

Manaslu Circuit Trek Itinerary



The Manaslu Circuit Trek is one of Nepal's most stunning and less-crowded trekking routes, circling the world's eighth-highest mountain, Mount Manaslu (8,163 m). This 12 days journey offers a perfect mix of natural beauty and cultural immersion, taking you through lush forests, remote villages, suspension bridges, and high alpine landscapes. The trek gradually ascends from subtropical valleys to rugged mountain terrain, culminating in the dramatic crossing of the Larkya La Pass (5,160 m); one of the highest passes in Nepal.



Day 1



Day 1: Drive to Machha Khola

- Wake Up to Day 1 of Manaslu Circuit Trek

Today marks the beginning of your journey into the remote Himalayan region of Manaslu. After an early breakfast in Kathmandu, you'll set off on a quiet long yet incredibly scenic drive towards Machha Khola, the starting point of the trek.

- Elevation: 870m
- Drive Duration: 8–9 hours
- Distance: Approx. 160 km
- Overnight: Machha Khola

Drive Highlights:

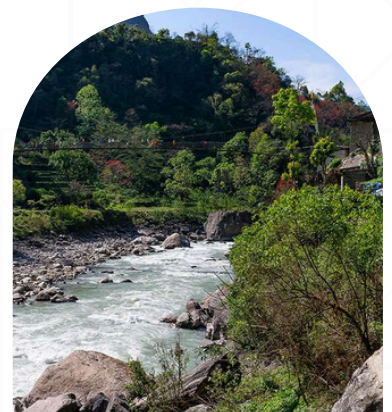


- The journey begins with a drive westward out of Kathmandu, following the Prithvi Highway along the Trishuli River. As you leave the bustling city behind, the landscape quickly transforms into rolling hills, terraced farmlands, and quaint villages.
- The road winds past Soti Khola, where the mountains begin to draw closer and the terrain becomes more dramatic. You'll pass through lush green hillsides, waterfalls, narrow ridges, and local hamlets that offer a glimpse into rural Nepali life.

Arrival in Machha Khola:



- By late afternoon or early evening, you'll arrive in Machha Khola, a riverside village. This small settlement lies beside the Budhi Gandaki River and serves as the gateway to the Manaslu trekking route.
- After checking into a local teahouse, you'll have time to stretch your legs, enjoy a warm dinner, and rest. The peaceful surroundings, the sound of the river, and the excitement of the trek ahead make this a special overnight stop.





Day 2



Day 2: Machha Khola → Jagat

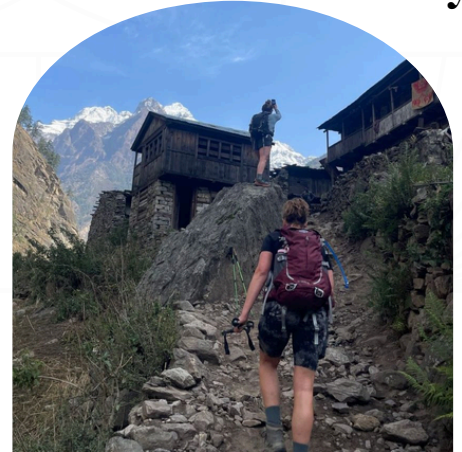
- Elevation: 870m → 1,340m
- Distance: ~15 km | Hiking Time: 6–7 hrs
- Overnight: Jagat
- Start your trek along the Budhi Gandaki River, passing through narrow trails carved into hillsides and lush forests. Cross small settlements like Khorlabesi and Tatopani (a natural hot spring), and traverse suspension bridges over gushing rivers. The trail undulates gently before a final climb brings you to Jagat, a charming stone-paved village that marks the official entry into the Manaslu Conservation Area.

Day 3: Jagat → Deng

- Elevation: 1,340m → 1,860m
- Distance: ~19 km | Hiking Time: 6–7 hrs
- Overnight: Deng
- Today's trail winds through a mix of lush jungle, dramatic gorges, and terraced farmland. Cross over multiple suspension bridges and walk past Mani walls and Buddhist chortens, signaling your entry into culturally Tibetan regions. Villages like Philim and Ekle Bhatti offer brief rest points. Eventually, you'll reach Deng, a small village with strong Buddhist influence and serene river views.



Day 3



Day 4



Day 4: Deng → Namrung

- Elevation: 1,860m → 2,630m
- Distance: ~19 km | Hiking Time: 6 hrs
- Overnight: Namrung
- Enter the beautiful Nubri Valley as you ascend through pine and rhododendron forests, crossing wooden bridges and passing waterfalls. The trail climbs steadily, revealing occasional views of snow-capped peaks. After reaching Ghapar and Prok, continue uphill to Namrung, a culturally rich village known for its Tibetan style houses, monasteries, and panoramic Himalayan vistas.





Day 5



Day 5: Namrung → Shyala

- Elevation: ~2,630m → ~3,500m
- Distance: ~10 km | Hiking Time: 4–5 hrs
- Overnight: Shyala
- Enjoy one of the most scenic sections of the trek as you pass through alpine forests, terraced fields, and traditional Tibetan villages like Lho and Sho. The trail offers jaw-dropping views of Manaslu, Ganesh Himal, and Himal Chuli. Along the way, immerse yourself in Buddhist culture, with monasteries, prayer flags, and Mani walls adorning the route. Arrive at Shyala, a peaceful village surrounded by mountains on all sides.

Day 6: Shyala → Samagaun

- Elevation: 3,500m → 3,530m
- Distance: ~8 km | Hiking Time: 4 hrs
- Overnight: Samagaun
- A short but rewarding day, the trail gently climbs past yak pastures and glacial streams, with increasingly dramatic views of Mount Manaslu looming ahead. You'll arrive at Samagaun, a picturesque Tibetan-style village with flat-roofed houses, monasteries, and expansive views. Spend the afternoon exploring the village or resting for the acclimatization day ahead.



Day 6



Day 7



Day 7: Acclimatization Day in Samagaun

- Elevation: 3,530m → up to 4,800m (optional)
- Distance: ~10–14 km | Hiking Time: 4–6 hrs
- Overnight: Samagaun

A vital rest day to adjust to the altitude. Choose between two optional hikes:

- Manaslu Base Camp (4,800m): A challenging but rewarding climb offering stunning close-up views of Manaslu and its glaciers.
- Pungyen Gompa: A beautiful, less demanding hike to an ancient monastery with panoramic views and spiritual serenity.
- Birendra Lake (3,650m): A gentle hike to a stunning turquoise glacial lake at the foot of Manaslu. It's perfect for a relaxed yet rewarding outing.

Return to Samagaun for the night, recharged and ready for the higher elevations to come.





Day 8



Day 8: Samagaun → Samdo

- Elevation: 3,530m → 3,860m
- Distance: ~7 km | Hiking Time: 3–4 hrs
- Overnight: Samdo
- A short yet high-altitude hike today takes you through expansive yak pastures, dry alpine landscapes, and stunning mountain backdrops. As you ascend gradually along the Budhi Gandaki River, you'll notice the terrain becoming increasingly barren and dramatic. Reach Samdo, a windswept Tibetan village just 20 km from the Tibetan border, where you'll get your first glimpse of the trail leading toward the Larkya La Pass.

Day 9: Samdo → Dharamsala (Larkya Phedi)

- Elevation: 3,860m → 4,460m
- Distance: ~6 km | Hiking Time: 4 hrs
- Overnight: Dharamsala
- Today is a slow, steady climb to Dharamsala, also known as Larkya Phedi, the last stop before crossing the high pass. The trail offers fantastic views of Larkya Glacier and surrounding peaks, with occasional sightings of Himalayan blue sheep or eagles. Accommodation here is very basic due to the remoteness, but it sets you up perfectly for an early start on the biggest day of the trek.



Day 9



Day 10



Day 10: Dharamsala → Larkya La Pass (5,106 m) → Bimthang

- Elevation: 4,460m → 5,106m → 3,590m
- Distance: ~22 km | Hiking Time: 8–9 hrs
- Overnight: Bimthang
- The most challenging and rewarding day of the entire trek. You'll begin before sunrise, gradually ascending toward Larkya La Pass (5,160m), a spectacular high mountain pass surrounded by towering peaks like Himlung, Cheo, and Annapurna II. The panoramic Himalayan views at the top are breathtaking. After celebrating your achievement, descend steeply across glacial moraines into the lush, green valley of Bimthang, a beautiful alpine meadow with dramatic mountain scenery.





Day 11



Day 11: Bimthang → Goa

- Elevation: 3,590m → 2,300m
- Distance: ~16 km | Hiking Time: 5–6 hrs
- Overnight: Goa

After the thrilling high pass, today's trek is a peaceful descent through alpine meadows and dense rhododendron and pine forests. You'll walk along a scenic trail with occasional views of Himlung, Lamjung Himal, and Manaslu peeking through the trees. Cross rivers via wooden bridges and pass through small settlements before reaching Goa, a tranquil village nestled in the greenery.

Day 12: Goa → Tilije → Drive to Pokhara

- Elevation: 2,300m (Goa) → 1,960m (Tilije) → 820m (Pokhara)
- Distance: ~9 km trek | Trek + Drive Time: 3–4 hrs trek + 6–7 hrs drive
- Overnight: Pokhara/Kathmandu
- Your final trekking day begins with a scenic descent through lush forest trails to the picturesque village of Tilije, where you'll pass through fields, stone-paved paths, and traditional homes. After a warm farewell to the mountains, board a jeep for a full-day drive straight to Pokhara, Nepal's stunning lakeside city. It's a long journey, but the road winds through beautiful valleys and hillside villages.
- You can also choose whether you would like to end the trek in Pokhara or Kathmandu.



Day 12



Arrival in Pokhara

Arriving in Pokhara, you'll be greeted with a more relaxed atmosphere, warm showers, and vibrant city life. Celebrate the completion of your Manaslu Circuit with a peaceful evening by Phewa Lake or a well-earned meal at one of the lakeside cafés. (The drive can be conveniently arranged to either Pokhara or Kathmandu, based on your preference.)





Manaslu Circuit Trek: More Fun & Fascinating Facts

Q: What makes Manaslu a “spiritual mountain”?

Locals believe that the mountain is home to powerful deities and spirits. The name "Manaslu" comes from the Sanskrit word "Manasa," meaning "soul" or "spirit." This spiritual significance is deeply rooted in both Hindu and Buddhist traditions.

Q: What wildlife can I spot along the trek?

The Manaslu Conservation Area is home to rare and endangered species, including snow leopards, red pandas, and blue sheep. Over 110 bird species, 33 mammals, and 11 butterfly species have been recorded.

Q: What is the highest point on the trek?

Larkya La Pass, standing at 5,106 meters (16,752 feet), is the highest point of the trek and offers breathtaking panoramic views of surrounding peaks.

Q: What cultural influences will I experience?

The trek passes through villages inhabited by Gurung, Nubri, and Tibetan communities. You'll encounter Tibetan Buddhism, with monasteries, prayer flags, and chortens dotting the landscape.

Q: How does the trek support local communities?

By hiring guides, porters, or staying in local teahouses, trekkers contribute directly to the livelihoods of the communities along the route. These interactions promote sustainable tourism and cultural exchange.

