Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Manaslu Circuit Trek - 17 Days

One of the ‘being popular’ trekking destinations of Nepal- Manaslu Circuit Trek takes us to the captivating natural essence, exclusiveness, and untouched beauty of the Manaslu region, one of the restricted areas of Nepal. It is gaining its popularity for its quiet trekking trails, untouched beauty of the region, and large and quiet wide pasturelands. As the trek takes us up to the border of Tibet and Nepal allows us to gain experience of the culture and lifestyle of both Hindus and Buddhists. The off-the-beaten trekking routes take us via rich woodlands full of rhododendron, pine, birch, cedar, and juniper trees along with pleasant pastures.



12_Days_Manaslu_circui...

The Manaslu round trek is a 17-day teahouse-teahouse trek that circumnavigates the 8th tallest peak of the world- Mt. Manaslu (8,156m/26,758ft). We will be trekking inside the Manaslu Conservation and reach to Annapurna Conservation area at the end of the trek. Thus it will be an experience for both of these regions.

Round Manaslu trek takes us from the steamy very lowlands which are full of terraced fields filled with rice, millets, buckwheats, barley, wheat, potatoes, mustards, and other vegetables and crops according to the seasons, almighty Budhi Gandaki gorge with dazzling waters and magnificent waterfalls. Passing high rickety suspension bridges that are very high and often very long will add more adventure throughout the trek.

Trekking around Manaslu means covering the huge trekking distance (approximately 177 km/109.9 Miles) in the Himalayan sections of Nepal, but there are various options to alter the itinerary based on your interests, physical strengths, and budget.

Trek Route for Round Manaslu Trek

Manaslu Round trip begins with a scenic and sometimes enthrill drive to Soti Khola (beginning point of the trek) from Kathmandu. Spending a night there, we begin our trek. On the second day, our trekking adventure truly starts and we proceed to Machha Khola (890m / 2,965ft). On the way, we trek passing shimmering forests, steep ridges, terraced fields, and high suspension bridges.



Larke_La_Manaslu_Circu...

Continuing the trek the next day, we ascend to Jagat. Machha Khola to Jagat is a 14-kilometer-long journey and it takes 6-7 hours to reach there. On the way, we pass some of the beautiful villages such as Khorlabensi and Doban, cross a couple of rivers such as Budhi Gandaki and Doban Khola, and pass some terraced fields full of buckwheat, millets barley, etc., lush woods, and some spectacular waterfalls and so forth.

Our next day’s destination will be Deng, a small settlement. The path today is quite rugged with numerous ascends and descends but we will have an eye-catching view of Sringeri Himal on the way. Crossing a large Gurung settlement-

Philim, we further walk passing some rewarding waterfalls and a few suspension bridges to reach Deng for an overnight stay. This Buddhist village contains holy monasteries and rivers, and from here, we will begin to see the glorious snow-capped mountain peaks.

Our Manaslu trek continues the next day's destination is Namrung. At first, we descend from Deng and then ascend to Rana Bridge. From this region onwards, you will be entering the Buddhist settlements, which you can sense from seeing Mani walls and stone statues on the path. Just before reaching Ghap, you will be crossing a suspension bridge. Continuing the trek, after lunch, we walk passing the forested lands crossing the river from different places, we reach Namrung for an overnight stay. Namrung village is famous for its beautiful views of Ganesh Himal (7,422m) and Mt. Himalchuli (7,893m).

Our sixth day’s journey begins after breakfast with the beautiful sunrise at Namrung village. We are pushing to the higher elevations each day. Now, with a couple of ups and downs, crossing the rivers and passing the rocky lands, we arrive at the village of Shyala and spend a night before pushing higher lands. All around Shyala Village, you will get to enjoy the views of Himal Chuli, Peak 29, Manaslu, and Ganesh Himal.

Larke_La_Manaslu_Circu...

Image not found or type unknown

From Shyala, we make another camp to Samagaun village. Samagaun is a small township with stone-built houses and some Buddhist shrines including a monastery. We will have a spare day at Samagaun for rest and acclimatization. We will have chances to explore the nearby attractions such as Birendra Lake, Pungyen Monastery, and Manaslu Base Camp during this day.

Our trek continues after resting and acclimatizing at Samagaun. Samdo will be another destination for a stay. Today’s trek will be pleasant as we cross the pasture areas and ascend to the valley as the journey takes us through birch and juniper forest. Along with mighty Manaslu, we will have gorgeous views of the mountain massifs that are included in the Mansiri mountain range.

Wow! We are just a day away from our dreamed destination - Larkya La Pass (5,160m / 16,929ft), the highest point of the entire trek. Thus, we hike to Dharmasala today and await the biggest adventure. Throughout the trekking route, we hike slowly with plenty of rest as we are near 4500m above sea level. We will be immersed as we are surrounded by the high mountain massifs and blessed with Mani walls and prayer flags. Another interesting sight is that of the Larkya glacier. We trek around the Salkha Khola valley and ascend to reach Dharamsala, also known as Larkya La Phedi.

And ultimately, on our 13th day, we will be crossing Larkey La (5,160m / 16,929ft), the utmost point of the adventure. Awaking early morning (around 3-4), we pack everything and begin our adventure following the Larkey Glacier moraine route, passing some frozen lakes.

Upon reaching Larkey La, we will have astonishing sceneries of Himlung Himal, Annapurna II, Cheo Himal, and

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Kanguru. Crossing it, we trek down passing yak pastures to arrive at Bhimtang.

manalsu circuit.jpg

Image not found or type unknown

We circumnavigate Mt. Manaslu. Now, we have a return trip ahead and we leave Bhimthang and head for Dharapani. As we pass through dense pine forests, we may be able to see sheep, horses, jackanapes (a type of monkey), and much other wildlife. As this is the last day of the entire trek, we celebrate our adventure with all our crew members and exchange our experiences in the evening.

The next day, we drive to Kathmandu following Bensishahar- Manang road and further to the Bensishahar-Kathmandu highway. In this way, we conclude our Manaslu Circuit hike.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing,
- Private Jeep for Kathmandu to Sotikhola, Dharapani to Kathmandu

Food and Accommodation

- Four nights' accommodation in Kathmandu in a three-star category hotel

  Twelve nights' accommodation in the best available local lodge/teahouse throughout the trek
- Breakfast in Kathmandu
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Farewell Dinner in Kathmandu

Staff

- A Government-licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A porter for two trekkers including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment

  A Government licensed English-speaking tour guide for the Sightseeing Program at Kathmandu

Permits and Tariffs

- Annapurna Conservation Area Permit (ACAP)
- Special Permit for Manaslu Restrict Area Permit
- Trekkers' Information Management Systems (TIMS)
- All other government, local taxes, and official expenses

Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- MAnaslu Circuit trekking map, Outward Adventure t-shirt

  Outward Adventure Token of Love after the successful trek
- A first aid medicine bag in each group (carried by trekking leader)

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottled water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery recharge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

Upon your arrival at Tribhuvan International Airport in Kathmandu, our friendly team from Outward Adventure Treks will warmly welcome you with a traditional Nepali greeting. After a smooth transfer to your hotel, you'll have time to relax and recover from your journey.

In the evening, our representative will brief you about the upcoming Manaslu Circuit Trek, providing details about routes, permits, and essential preparations.

You can then enjoy a welcome Nepali dinner in the vibrant Thamel district, where the sounds of traditional music and the aroma of local cuisine set the tone for your Himalayan adventure ahead.

Day 2: A Day in Kathmandu: Sightseeing and Trek Preparation

oday is all about exploring Kathmandu's cultural and spiritual treasures. After breakfast, we visit UNESCO World Heritage Sites — Swayambhunath (Monkey Temple), Boudhanath Stupa, Pashupatinath Temple, and the Kathmandu Durbar Square. These sites showcase Nepal's deep-rooted history, art, and devotion.

Our professional city guide will share fascinating insights into Kathmandu's ancient architecture and the daily life of the locals.

In the afternoon, we return to the hotel for final trek preparations — checking trekking gear, obtaining permits, and meeting the trekking team. Rest early tonight; your Himalayan journey begins tomorrow.

Day 3: Drive from Kathmandu to Soti Khola: 142 km/6-8 hourss drive

After breakfast, we begin our scenic drive westward along the Prithvi Highway, passing through rolling hills, terraced fields, and riverside villages. The journey offers a glimpse of rural Nepal's charm and the daily lives of farmers and merchants.

We continue along the Budhi Gandaki River valley, with views of lush forests and dramatic cliffs as we reach Soti Khola, the trek's starting point.

Upon arrival, you'll settle into a cozy teahouse near the river. The soothing sound of the Budhi Gandaki accompanies your evening, as the team enjoys dinner together and prepares for the trail ahead.

Day 4: Trek Sotikhola to Machha Khola (870 m/2854 ft): 14km/5-6 hours

Today marks the start of your trekking adventure. The trail from Soti Khola winds through sal forests, small villages, and terraced farmlands alongside the river. The route involves gentle ascents and descents on rocky terrain and suspension bridges.

You'll witness the first glimpses of rural mountain life — smiling children, water buffalo grazing, and farmers tending their rice fields.

After about 5–6 hours of hiking, we arrive at Machha Khola, a small riverside settlement named after "Fish River."

Overnight at a local teahouse with warm hospitality and home-cooked meals.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Day 5: Trek Machha Khola to Jagat (1340m/4395 ft) 16 km/6-7 hrs

We start the day with a gradual climb, crossing streams and passing through charming Gurung and Magar villages. The trail ascends through rocky paths and forested ridges, offering scenic views of waterfalls and valleys.

Along the way, we cross the Tharo Khola and reach Khorlabesi, a lovely hamlet where locals grow millet and corn. From here, the trail leads to Tatopani, a natural hot spring — perfect for a brief rest.

After several ascents and descents, we reach Jagat, a beautiful stone-paved village marking the entry point to the Manaslu Conservation Area. Overnight at a teahouse.

Day 6: Trek Jagat to Deng (1860 m/ 6100 ft) 19 km/ 7-8 hrs

Leaving Jagat, the trail climbs along stone steps and lush forest. You'll cross several suspension bridges over the Budhi Gandaki River as you pass through Sirdibas and Philim, two charming Gurung villages with traditional houses and prayer flags.

The route offers breathtaking views of waterfalls cascading down the rocky cliffs. Beyond Philim, the valley widens and the terrain becomes wilder.

After 7–8 hours of trekking, we reach Deng, a small yet welcoming settlement surrounded by dense forest. Dinner and overnight stay at a comfortable teahouse.

Day 7: Trek Deng to Namrung (2630m/ 8626 ft) 17km/6-7hours

Today's trail leads through alpine forest, crossing several suspension bridges. The scenery begins to change as we move deeper into the higher Himalayan region.

We ascend steadily through bamboo forests and picturesque villages, including Bihi Phedi and Prok, both offering stunning views of Siringi Himal.

Finally, we reach Namrung, a beautiful village known for its Tibetan-style stone houses and ancient monasteries. Namrung offers Wi-Fi and bakeries — a pleasant comfort in the remote mountains.

Day 8: Trek Namrung to Shyala (3500m/11480ft) 14 km/5-6 hours

The trail from Namrung to Shyala passes through lush forests of rhododendron and fir, with snow-capped mountains in every direction. We walk through Lihi and Lho, two artistic villages adorned with prayer wheels and chortens.

The majestic Manaslu (8,163 m) comes into full view as we move higher. The air grows crisper and the landscape more dramatic.

By afternoon, we reach Shyala, a peaceful highland village offering panoramic views of Himalchuli, Ngadi Chuli, and the Manaslu massif. Overnight at a teahouse overlooking the snowy peaks.

Day 9: Trek Shyala to Sama Gauon (3520m/11545 ft) 12 km/5-6 hours

Today's short yet scenic trek leads us to Sama Gaon, the largest village on the route and a highlight of the Manaslu region. The trail passes through juniper forests, mani walls, and yak pastures.

As we enter the village, we encounter rich Tibetan culture — monasteries, mani stones, and villagers dressed in traditional attire.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

Sama Gaon lies at the foot of Manaslu and offers jaw-dropping views of the surrounding peaks. It's a perfect place to rest and acclimatize before ascending higher. Overnight at a cozy teahouse.

Day 10: Acclimatization day at Sama Gaun

We dedicate today to acclimatization and exploration. After breakfast, we hike up to Manaslu Base Camp (4,800 m), a challenging but rewarding side trip offering sweeping views of Manaslu Glacier, turquoise lakes, and the mighty peak itself.

The trail ascends gradually through birch forests and alpine meadows, where blue sheep and Himalayan marmots can often be seen.

After a fulfilling day, we return to Sama Gaon for rest, hot meals, and tea by the fire — preparing for the next leg of our trek.

Day 11: Trek Sama Gaun to Samdo (3875m/12710 ft) 8km/3-4 hours

The trail from Sama Gaon climbs gently through barren landscapes and yak pastures toward Samdo, a Tibetan refugee village near the border with Tibet.

You'll feel the raw power of the Himalayas here — vast valleys, clear skies, and the whisper of mountain winds.

Samdo offers a glimpse into authentic high-altitude living. In the evening, we explore the village, visit a small monastery, and enjoy dinner with a spectacular mountain backdrop.

Day 12: Trek Samdo to Larkya Phedi/ Dharamsala High Camp (4480 m/14694 ft) 6 km/3-4 hours

Today's trek is relatively short but important for acclimatization before crossing Larkya La Pass. The trail traverses rocky terrain with stunning views of Larkya Glacier and Manaslu North.

We may spot blue sheep grazing along the hillsides. After about 3–4 hours, we reach Larkya Phedi (Dharamsala High Camp) — our base for tomorrow's big pass crossing.

We rest early, surrounded by silent peaks and anticipation for one of the trek's most exciting days.

Day 13: Cross Larkya La (5160m/16924 ft) and descend to Bimthang (3590m/11775 ft) 16km/8-9 hours

This is the most challenging yet thrilling day of the entire trek. We begin before dawn, ascending gradually across the icy slopes of Larkya La Pass, the highest point of the journey.

From the top, panoramic views of Himlung Himal, Cheo Himal, Kangguru, and Annapurna II unfold before your eyes — a sight you'll never forget.

After spending time celebrating at the pass, we descend carefully to Bimthang, a beautiful alpine valley surrounded by glaciers. Overnight at a teahouse with a sense of achievement in the air.

Day 14: Trek Bimthang to Dharapani (1965m/6445 ft) 24 km/6-7 hours

After breakfast, we descend through rhododendron and pine forests, passing villages like Gho and Tilje. The landscape becomes greener and warmer as we lose altitude.

You'll enjoy your last full trekking day through suspension bridges and terraced hillsides. The contrast between alpine and subtropical terrain is fascinating.

Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

By late afternoon, we arrive at Dharapani, where the Manaslu trail meets the famous Annapurna Circuit route. Overnight stay at a teahouse.

Day 15: Drive Dharapani to Kathmandu

We board our vehicle for a scenic drive back to Kathmandu, retracing mountain roads and river valleys. It's a long but enjoyable journey filled with reflections of the past two weeks' adventure.
As we return to the city, you'll notice how vibrant urban life contrasts with the peacefulness of the Himalayas.
Upon arrival, transfer to your hotel for a well-deserved shower and rest. In the evening, enjoy a farewell dinner hosted by Outward Adventure Treks — celebrating your incredible Manaslu experience.

Day 16: Rest Day in Kathmandu - Preparation of Final Departure

After the incredible journey around the Manaslu Circuit, today is a relaxing rest day in Kathmandu — a well-deserved pause after many days of trekking through remote mountain trails. Enjoy a slow morning with a hearty breakfast and perhaps some quiet reflection over a cup of Nepali tea. Your body finally gets the rest it deserves, while your mind replays the breathtaking memories of the Himalayas.

You can spend the day exploring Kathmandu's charming streets, visiting art galleries, or shopping for souvenirs in Thamel — from handmade crafts and prayer flags to trekking gear and Himalayan spices. If you wish, our team can also help arrange optional activities such as a spa and massage session, or a day tour to Bhaktapur or Patan Durbar Square for those who still wish to experience more of the valley's culture.

In the evening, join your trekking companions and the Outward Adventure Treks team for a farewell dinner at a traditional Nepali restaurant, complete with live cultural music and dance. It's a time to celebrate your accomplishment, share stories, and express gratitude for the remarkable adventure you've completed. Tomorrow, you'll prepare for your final departure — carrying home lifelong memories of Nepal's mountains, culture, and warmth.

Day 17: Depart Kathmandu-Airport drop

After breakfast, our representative will transfer you to Tribhuvan International Airport for your flight home.
It's time to say goodbye — but the memories of the Manaslu Circuit Trek, the friendships formed, and the towering peaks will stay with you forever.
We hope to welcome you again for another Himalayan journey with Outward Adventure Treks & Expedition. Safe travels and Namaste!