

Manaslu Circuit Trek 12 Days

URL: <https://himalaya-discovery.com/trip/manaslu-circuit-trek-12-days/>

Destination	Activity	Start / End Point
Nepal	Trekking in Nepal	Kathmandu / Kathmandu
Duration	Region	Max. Altitude
12	Remote area	5213m
Best Season	Activity Per Day	Group Size
Summer (March-May) and Autumn (September - November)	6 - 8 hours	2 - 10
Difficult		

12-Day Manaslu Circuit Trek Highlights

- Opportunity to experience the isolated and remote areas of Nepal
- A wide number of tea houses in Dharamshala
- Satisfaction for true adventure seekers
- The chance to witness the 8th highest mountain of the world Mt. Manaslu
- Get the chance to explore the authentic tradition of Buddhists and the lifestyles of the locals
- Wide varieties of animals, plants, and birds

Trip Overview

Manaslu Circuit Trek is one of the most adventurous trips in [Nepal](#). This is a less-crowded trek with boundless adventures. **Our 12-day Manaslu Circuit Trek** will make you experience remote villages and the natural beauty of Nepal.

You will witness rich forests, rivers, and waterfalls beside the mountain panorama. You will also get to visit the preserved areas of the trip that are rare including plants and locations.

In the midwest Himalaya region, you will see the tribal village people belonging in the division of Gurung,

Magar, and Bhotias. They have a different way of embracing their own authentic cultures. Their friendly behavior is bound to make you feel welcomed and homely.

Also, there are 33 species of mammals, 110 species of birds and 211 types of butterflies. With 11 types of forest on the way, there are 2000 species of flowering plants. If you are lucky, you will see most of the species.

When it comes to scenic beauty, the 8th highest mountain of the world, [Mt. Manaslu](#), also known as Kutang (8163 m) is captivating.

Tea houses at Dharamshala is a great place you will stop by for varieties of teas. There are plenty of teahouses there at Dharamshala and also lots of places you can stop for foods.

They are close to Larke Phedi & Samdo village. Along with this, you can also discover the [Tsum Valley](#). It is also considered as the hidden valley. The people there follow the traditional ways and methods of living.

The locals follow Buddhism. Many prayer wheels, monasteries and mani walls add to the ambiance of the place. The people there are friendly and welcoming. The lifestyle there is pretty simple.

You will pass through the off beaten trail and isolated villages. This will give you the feeling of a different world which is as beautiful as you expect it to be.

Alternative Route: you can trek further [Annapurna Circuit](#) route to Jomsom at Kali Gandaki Valley crossing over the Thorong La pass (5416m.), which is another popular and adventure trek in the Annapurna region and concludes the trek by flying/driving down to Pokhara/Kathmandu.

When is the best time to Manaslu Circuit

Autumn season (i.e. September - November) is the best time for the Manaslu Circuit trek. **Spring season** (i.e. March to May) is also the second best time for [Manaslu Circuit trekking](#). In these seasons, beautiful floras and Mountain views welcome visitors.

In the winter season such as late December, January and February, the Larke La Pass is rather hard, so it's less preferable to go in the winter season. But the climate is pleasant during the autumn (September - November) too. But the nights are pretty chilly, do prepare to keep yourself warm and comfortable.

How hard is it to Trek to Manaslu Circuit?

The trek requires 5 - 7 hours of walk every day and is of a 'difficult' grade. But with regular exercises before the trek, anyone can do it. And with proper equipment, the journey will be worth it. Likewise, altitude is another precaution to take care of. So it is necessary to take regular rests and drink plenty of water. Take as much time as you need to enjoy the trek and take it slow to make the best out of the trek.

Amongst all the paths and tracks, the most difficult one is at Budhi Gandaki Gorge. Do invest in a good pair of trekking shoes for a comfortable walk on the rugged roads. Another challenging path is the Larke La Pass (5160m). The trip is completely safe and this trek will feed you with some amazing experiences and challenges.

Accommodation during the Manaslu Circuit Trek

Manaslu Circuit Trek is a tea house based trek. Every night you'll sleep in a teahouse with two single beds. For the most part, toilets are shared and can be outside tea houses. Heating is available only in the dining area. Foods in tea houses are available.

During the trek, you will stop for lunch in tea houses. For more details and information on Manaslu Circuit trek or any other treks in Nepal, please [contact us](#).

Getting to and from Manaslu Circuit Trek

Starting point of the Trek: From Kathmandu you will travel 160 km to Machha Khola. A private Jeep takes 7 hours and the local bus takes 8 to 9 hours. The first day of the trek is an off-road adventure ride.

Ending point of the Trek: You will drive from Dharapani in a Jeep for 6 hours and transfer it to another Jeep or local bus to Kathmandu for 7 hours.

Itinerary

Day 1: Arrive at Kathmandu.

On the first day, you'll arrive in Kathmandu at Tribhuvan International Airport. We will pick you up and take you to your hotel.

This day you will spend your entire day in Kathmandu. You can wander around the city to get familiar with the surrounding. There are varieties of religious and fun places where you can hang out and enjoy the time.

Highest Altitude:

1400m

Day 2: Drive to Macha Khola.

You will have breakfast and leave for Machha Khola. We will drive you there, it will take around 7 to 8 hours to reach Machha Khola.

The view from the bus is a lot more exciting and captivating as you expect the countryside to be. The winding roads and the settlement that blends very well with nature amazes you.

You will enjoy your ride. The travel duration is perfect to admire the beauty of the view seen from the bus. You will go through Dhading Besi road to reach there from Arughat Bazaar.

You can take beautiful pictures here with ease. The views are beautiful because of the mountains and river gorges.

After reaching to Machha Khola you will have your evening meals and rest the night in a teahouse there.

Trek Duration

7 hrs

Highest Altitude:

930m

Day 3: Trek to Jagat.

You will trek to Jagat today which is in Lamjung District. The path towards Jagat is also filled with suspension bridges. The tracks are along the hillsides.

Jagat is another village area on the way. You will see local people carrying their loads in a Doko (jute basket) on their back. They carry their foods and other necessities on their back. The normal transport facilities are not convenient in this place.

You will rest for the night here.

Trek Duration

5 - 6 hrs

Highest Altitude:

1410m

Day 4: Trek to Deng.

Deng is a more rural place than the others you have trekked to until this trek. You will pass through Philim to reach Deng. It takes about 3 hours to reach Philim. This trek consists of climbing up and down the hill many times.

The roads are rocky but you will reach a plain trail as you cross Philim. You will see millet and corn crops on the way. You will pass through bridges and small wooden bridges which are fun to walk in.

The village has people belonging to the Magar and Gurung community. The Gurungs had migrated from Tibet back in the 6th Century.

You will find a different peace there with the prayer flags and small Buddhist shrines.

You will stay here, have dinner and leave tomorrow morning.

Trek Duration

6 - 7 hrs

Highest Altitude:

1804m

Day 5: Trek to Namrung.

Trek to Namrung is the transition of the village to the mountain areas.

You will get closer to your destination as you reach to Namrung. You can feel it since you will be able to see the heads of the mountains from here. The distance is 19.5 kilometers.

You need to get rest along the way as you will get tired. Take more time to enjoy the views and the real fun of the trek. You will pass through Rabagaon, Bihi and Prok village to reach Namrung.

Namrung is actually situated next to the Budhi Gandaki river. So, you will walk beside the river to reach Nemrung. On the way, you will see small villages and the houses made from stones.

After reaching to Namrung, you will have your dinner and rest there.

Trek Duration	Highest Altitude:
6 - 7 hrs	2630m

Day 6: Trek to Shyala

As you hike from Namrung to Shyala, the route gradually opens up to expose some of the most spectacular mountain views on the Manaslu Circuit. The most famous of these is Mt. Manaslu (8,163 meters), the world's eighth highest peak, which comes into full view as you approach Lho and becomes much more dominating from Shyala. Its snow-covered face rises impressively above the valley, serving as the region's crown jewel.

Manaslu is flanked by several other tall peaks. To the southeast, you'll notice Himal Chuli (7,893 meters), a rugged, incredible summit which adds to the panoramic beauty.

Trek Duration	Highest Altitude:
5 hrs	3,574m

Day 7: Trek to Samagaon.

Samagaon is also known as the gateway to Manaslu. Samagaon is 1400 meters below the base camp of Manaslu.

After breakfast in the morning, you will head to Samagaon. There are a number of teahouses there for relaxing teas. The small place to stay will give you magnificent views of the mountains including Manaslu. The monks there might welcome you for blessings.

You will also witness Rhododendron woods if you go a bit below Samagaon. The roads might be a bit muddy on the way to Samagaon but the views will make you forget all the hassle.

Here, you will stay for the night.

Trek Duration	Highest Altitude:
4,5 hrs	3530m

Day 8: Acclimatization Day (Trip to Pungyen Gompa)

This is the acclimatization day at Sama Gaon to prevent altitude sickness. As an acclimatization hike, you will visit Pungyen Gompa, located east of Nubra Valley. This acclimatization hike needs a packed lunch.

Once on the mountaintop, you will have breathtaking views of Manaslu. There are many Himalayan Thars and Yaks grazing nearby.

You may trek to Manaslu Base Camp, north of Sama Gaon, to witness the beautiful Manaslu Mountain. Follow the trail past Birendra Tal and then turn left onto the base camp route.

You'll climb the steady trails. However, the altitude can cause breathing difficulties. So, keep your body hydrated and walk slowly. You will walk slowly north of Manaslu Glacier to the basecamp at 4,400m then return.

Or, you may go hiking to Birendra Tal, a short walk from Sama gaon. This is an option if you need to rest or are having difficulty with the altitude.

Day 9: Trek to Samdo.

The northern side of the Samdo is the Nepal - Tibet border. It is also the path to discover the view of the 8th highest mountain in the world. The distance between Samagaon and Samdo is 16.4 kilometers.

You will also witness different snow-capped mountains there.

The local lifestyle here is completely different the way they follow Buddhism. On the way, you will pass Lela Kharka and Khermo Kharka. There are also nearby Tibetan villages.

Trek Duration	Highest Altitude:
3-4 hrs	3860m

Day 10: Trek to Dharamshala.

The ninth day you will go to Dharamsala from Samdo after breakfast. Dharamsala is famous for tea houses. It is also the last spot you will rest before reaching the Manaslu Circuit Trek.

You will find a wide range of teahouses which you can enjoy during the trek. Snow-capped mountains and the scenic beauty will surround you. This place is perfect to stay overnight to rest and enjoy the tea.

Moreover, you will pass through Larke Bazaar. Larke Bazaar is a seasonal Tibetan Market in Dharamsala. You will see many glaciers and mani walls on the way as well.

You will stay here for a night.

Trek Duration	Highest Altitude:
3 - 4 hrs	4460m

Day 11: Trek to Bimthang via Larke La Pass.

This is the main destination in this trek. You will trek to Bimthang via the trails of Larke Pass. This is the most challenging part of the trek you will face. Make sure to take frequent rest and not put pressure on yourself.

Even though this part is the most challenging, it is worth it.

The reason why this is also the best part is that you will see views of Mt. Manaslu, Himlung Himal, Annapurna II, and Kangguru Himal. Moreover, you will explore the isolated and preserved areas of Manaslu.

You will be staying there overnight.

Trek Duration

8 hrs

Highest Altitude:

5160m

Day 12: Trek to Dharapani and drive to Kathmandu/Pokhara.

After a good amount of breakfast served there, you will head to Dharapani. You will pass your way through Marshyangdi Canyon to reach to Dharapani. It is also the trekking routes around Annapurna and Manaslu connect. You will see the beautiful Marshyangdi river as well.

From Dharapani to Beshisahar, you will take a jeep. You will then take a journey back to Kathmandu. There will be a 6-7 hour drive once reaching Beshisahar, and then you'll be able to rest in one of the best hotels of Kathmandu or Pokhara.

Trek Duration

6 - 7 hrs

Highest Altitude:

1860m

Day 13: Fly home.

Today you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

It's time to say good-bye to Nepal. Enjoy your final moments in Kathmandu by having breakfast in a café, taking a city stroll, and/or shopping for souvenirs.

A representative will meet you at your hotel and transfer you to the airport to catch your return flight home. It's good to be at the airport at least two and half hours prior to departure.

Highest Altitude:

1400m

Price Includes

- Airport transfers pick-up and drop-off.
- Manaslu Circuit Trek restricted area permit.
- Manaslu Conservation area permit
- Annapurna National park entry permit
- Trekkers' Information Management System (TIMS card)
- Transportation from Kathmandu to Macha Khola by local bus (Upgrade to a private Jeep USD 180 total).
- Transportation from Dharapani to Besisahar by jeep and to Kathmandu by local bus.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- All accommodations during the trek.
- English speaking Sherpa trek guide.
- Staff insurance and necessary ground transport for support staffs.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers).
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner/lunch after the trip completion.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- Tips for guide & porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Essential Information & Tips

Address

Bijeshwori Swayambhu
Kathmandu, Nepal