

Manaslu Circuit Trek



The Manaslu Circuit Trek is one of Nepal’s most rewarding trekking routes, offering an incredible blend of cultural richness, natural beauty and Himalayan adventure. This journey takes you from the green, terraced hills of the lower Budhi Gandaki Valley—home to Hindu farming communities—to the high alpine zone where Tibetan-influenced villages and Buddhist traditions dominate.

Named after Mt. Manaslu (8,163m)—the “Mountain of the Spirit” and the world’s eighth highest peak—this trek is a visual and cultural feast. The trail gradually ascends through remote villages, lush forests, steep river gorges and High Mountain pastures. You’ll encounter ancient monasteries, spinning prayer wheels, colorful mani walls, and friendly locals whose customs and lifestyles have remained unchanged for generations.

Where is Manaslu Circuit Trek?

The Manaslu Circuit Trek is located in the Gorkha District of north-central Nepal, within the Manaslu Conservation Area. It circles around Mount Manaslu (8,163m), the eighth highest mountain in the world, which lies near the border with Tibet (China). The trek begins in the lower hills at Machha Khola or Soti Khola, following the Budhi Gandaki River through remote villages, lush forests, and deep gorges. As the trail ascends, it enters high-altitude valleys with Tibetan-influenced culture, eventually reaching the Larke La Pass (5,160m)—the highest point of the trek.

Trek Highlights:

- Explore the remote trails surrounding Mount Manaslu (8,163m), the eighth highest peak in the world

- Challenge yourself with the dramatic crossing of Larke La Pass (5,160m), one of Nepal's most scenic high-altitude passes
- Enjoy a quieter trekking experience with fewer crowds than other popular routes like Everest or Annapurna
- Walk through culturally rich villages such as Samagaun and Samdo, influenced by Tibetan traditions and lifestyles
- Discover ancient monasteries, spinning prayer wheels, and long mani walls that reflect deep-rooted Buddhist culture
- Experience a shift in landscapes—from lush green hills and terraced fields to rocky alpine zones and glacial moraines

Detailed Itinerary

Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer). In the evening 5 PM, join us at the Hawk's Eye Travels office for a short pre-trek briefing to go over the itinerary, permits and any final preparations for your upcoming adventure.

Day 2: Drive to Soti Khola and Trek to Machha Khola (869m) - Approx. 5-6 Hours

Start your journey with a scenic 8–9 hour drive from Kathmandu to Soti Khola, passing through countryside, terraced farms, and hillside villages. The final stretch offers rugged but beautiful terrain as you reach the trailhead. From Soti Khola, begin your trek along the Budhi Gandaki River, walking through sal forests, rice terraces and local Gurung villages. After about 5–6 hours of trekking, arrive at Machha Khola, a peaceful village by the river. Settle into a teahouse and rest after your first day on the trail.

Day 3: Trek from Machha Khola to Jagat (1,340m)-6-7 Hours

After breakfast, follow the Budhi Gandaki River through a mix of terraced fields, forests, and rocky paths. Pass villages like Khorlabesi and the natural hot spring at Tatopani, where you can pause for a quick rest. Cross suspension bridges and walk alongside dramatic cliffs and waterfalls as you continue through Dobhan. The trail gradually climbs through lush hills before reaching Jagat, a traditional stone village and the official entry point to the Manaslu Conservation Area. Enjoy the scenic beauty and warm hospitality in this peaceful hillside settlement.

Day 4: Trek from Jagat to Deng (1,860m)-7-8 Hours

Leave Jagat after breakfast and continue along a scenic trail that gradually ascends through dense forests, rocky cliffs and small hillside villages. Enjoy views of waterfalls, steep gorges, and distant snow peaks. After a steady walk, arrive at Deng, a small village with a Tibetan cultural influence and basic teahouse facilities.

Day 5: Trek from Deng to Namrung (2,630m)-6-7 Hours

Today, the trail gradually climbs as you enter the alpine zone, leaving dense forests behind. Along the way, enjoy your first close views of snow-capped peaks, including parts of Mt. Manaslu. The path winds through small villages and terraced fields, revealing stunning landscapes. You'll reach Namrung, a peaceful village featuring traditional stone houses and welcoming teahouses, where you can rest and prepare for higher altitudes ahead.

Day6: Trek from Namrung to Shayla (3,500m) - Approx. 6 Hour

Today, the trail climbs steadily into the high alpine zone, offering breathtaking views of Mt. Manaslu and surrounding peaks. You'll pass through traditional villages adorned with stone houses, mani walls and prayer flags, showcasing the region's Tibetan Buddhist culture. The path includes gentle slopes and some steeper sections as you approach Shayla, a quiet village perfect for acclimatizing. Enjoy warm teahouses and stunning mountain scenery while preparing for the days ahead.

Day 7: Trek from Shayla to Samagaun (3,500m) - Approx. 7 Hours

Today's trek takes you to Samagaun, a key village deeply influenced by Tibetan culture. Along the way, you'll notice prayer flags fluttering in the breeze and may encounter local herders tending their animals. Samagaun is known for its ancient monasteries, mani walls, and traditional stone houses, reflecting centuries-old Buddhist traditions. The peaceful atmosphere and cultural richness make Samagaun a memorable stop on your Manaslu Circuit trek.

Day 8: Acclimatization Day in Samagaun

Today is a rest and acclimatization day in Samagaun, allowing your body to adjust to the high altitude. To make the most of the day, you can take an optional hike to Manaslu Base Camp, where you'll be rewarded with close-up views of the mighty Manaslu peak and surrounding glaciers. Alternatively, visit the serene Pungyen Gompa, a remote Buddhist monastery perched on a hillside offering peaceful surroundings and panoramic mountain vistas.

Day 9: Trek from Samagaun to Samdo (3,860m) Approx. 4 Hours

Today's trek is a shorter but scenic journey from Samagaun to Samdo, offering magnificent views of the surrounding Himalayan peaks. The trail gently climbs through alpine landscapes dotted with prayer flags, mani walls, and traditional stone houses that reflect the strong Tibetan cultural influence of the region. Samdo is a small, charming village located close to the Tibetan border.

Day 10: Trek to Dharmasala (4,460m) - Approx. 4-5 Hours

Today you'll trek from Samdo to Dharmasala, your final stop before the challenging Larke La Pass. The trail gradually climbs through rugged alpine terrain, with stunning views of towering peaks and glaciers surrounding you. Dharmasala, also known as Larke Phedi, is a small high-altitude settlement offering basic teahouse facilities. This stop is crucial for resting and acclimatizing before the demanding pass crossing ahead.



Day 11: Cross Larke Pass (5,160m) and Trek to Bimthang - Approx. 8-9 Hours

Today is the most challenging and rewarding day of the trek as you cross the Larke La Pass, the highest point on the Manaslu Circuit at 5,160 meters. The ascent begins early, winding through rocky terrain and patches of snow, with each step bringing breathtaking panoramic views of towering peaks like Manaslu, Himalchuli and Ngadi Chuli.

Day 12: Trek from Bimthang to Goa (2,515m) - Approx. 5 Hours

Today's trek leads you downhill from Bimthang through beautiful rhododendron forests and expansive alpine pastures. As you descend, the air grows warmer and the landscape transforms, revealing lush greenery and colorful wildflowers during spring and summer. The trail passes through small villages where you can observe local life and traditional stone houses. Enjoy peaceful moments alongside streams and terraced fields while soaking in panoramic mountain views.

Day 13: Trek from Goa to Chamje (1,430m) - Approx. 6 Hours

Today, you'll descend further from Goa into the lush valleys of the Annapurna region, marking the completion of the Manaslu Circuit loop. The trail winds through verdant forests, terraced fields, and traditional villages, showcasing a mix of cultures and landscapes. As you approach Chamje, enjoy views of the flowing Marshyangdi River and the peaceful countryside. Chamje is a lively village and a gateway to the Annapurna trekking area, offering good facilities and a warm welcome.



Day 14: Drive Back to Kathmandu - Approx. 9-10 Hours

Today marks the end of your incredible Manaslu Circuit trek as you take a scenic drive back to Kathmandu. The journey passes through beautiful river valleys, terraced farmlands, and traditional Nepali villages, giving you a last chance to soak in the rural charm of Nepal.

Inclusions:

- Transportation: Private jeep or local bus from Kathmandu to Soti Khola and return from Chamje to Kathmandu
- Accommodation During Trek: Basic tea house/Hotel stays in twin-sharing rooms
- Guide Services: Professional, licensed, and English-speaking trekking guide
- Porter Service: 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- Permits: All necessary trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Drinking Water: Safe drinking water (filtered/boiled) during the trek
- Support Staff Costs: Guide and porter wages, food, accommodation and insurance
- Government Taxes: All applicable government and local taxes

Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch, and dinner with tea/coffee during trekking days

- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Meals in Kathmandu: Lunch and dinner in the city
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry
- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Changes caused by weather, strikes, road blockages, or any unforeseen circumstances

Best time for the Manaslu Circuit Trek

Choosing the right time to trek the Manaslu Circuit is key to enjoying clear mountain views, comfortable weather, and safe trail conditions. While the trek can be attempted most of the year, spring and autumn are widely regarded as the best seasons for this adventure.

Spring (March to May): Spring brings the landscape to life with blooming rhododendrons, fresh greenery, and mild temperatures. The skies are generally clear, offering spectacular views of Mount Manaslu (8,163m) and the surrounding peaks. This season is perfect for photography, and the trails are less crowded than in other trekking regions.

Autumn (September to November): Autumn is the most popular season for the Manaslu Circuit Trek. After the summer monsoon, the air is fresh and the skies are crystal clear. This is the best time for panoramic Himalayan views and stable weather, especially for safely crossing the Larke La Pass (5,160m). You'll also experience local cultural festivals like Dashain and Tihar in the villages along the way.



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