

Manaslu Circuit

A remote Himalayan circuit around Manaslu (8,163m), following deep river gorges, Tibetan-influenced highland villages, and culminating in the dramatic crossing of Larkya La Pass (5,106m).

Total Duration: 17–18 Days

Trek Duration: 14–15 Days

Max Elevation: 5,106m (Larkya La Pass)

Max Sleeping Elevation: 4,460m (Dharamsala)

Difficulty: Moderate to Challenging

Accommodation: Hotel (Kathmandu) | Teahouse Lodges (Trek)

Permit Requirement: Restricted Area Permit (minimum two trekkers)

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Airport pickup and transfer.

Accommodation: Hotel

Day 2 – Expedition Briefing & Permits (1,400m)

Gear check, permit processing, route briefing.

Accommodation: Hotel

Day 3 – Drive to Machha Khola (930m)

Scenic drive along Budhi Gandaki River.

Elevation Loss: -470m

Duration: 8–9 hours

Accommodation: Teahouse

Day 4 – Machha Khola to Jagat (1,410m)

River valley trekking with suspension bridges and stone stair climbs.

Elevation Gain: +480m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 5 – Jagat to Deng (1,860m)

Enter restricted region; narrow gorge sections and forested climbs.

Elevation Gain: +450m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 6 – Deng to Namrung (2,630m)

Steady climb with first clear Himalayan panoramas.

Elevation Gain: +770m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 7 – Namrung to Lho (3,180m)

Shorter ascent day allowing gradual acclimatization.

Elevation Gain: +550m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 8 – Lho to Samagaon (3,530m)

Open alpine landscape with dramatic Manaslu views.

Elevation Gain: +350m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 9 – Acclimatization Day in Samagaon (3,530m)

Optional hike toward Manaslu Base Camp or Pungyen Gompa.

Elevation Gain (Optional): +400–700m

Accommodation: Teahouse

Day 10 – Samagaon to Samdo (3,875m)

Short high-altitude progression to Tibetan-influenced village.

Elevation Gain: +345m

Walking Duration: 3–4 hours

Accommodation: Teahouse

Day 11 – Acclimatization Hike in Samdo (3,875m)

Optional ridge hike toward border viewpoints.

Elevation Gain (Optional): +400–600m

Accommodation: Teahouse

Day 12 – Samdo to Dharamsala (4,460m)

Gradual climb toward base of the pass.

Elevation Gain: +585m

Walking Duration: 4–5 hours

Accommodation: Basic teahouse

Day 13 – Cross Larkya La (5,106m) to Bimthang (3,720m)

Early alpine start over the high pass with panoramic views.

Elevation Gain: +646m

Elevation Loss: -1,386m

Walking Duration: 7–9 hours

Accommodation: Teahouse

Day 14 – Bimthang to Tilije (2,300m)

Long descent into greener Annapurna foothills.

Elevation Loss: -1,420m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 15 – Tilije to Dharapani & Drive to Besisahar (760m)

Short trek followed by jeep transfer.

Elevation Loss: -1,540m

Walking Duration: 3–4 hours + drive

Accommodation: Guesthouse

Day 16 – Drive to Kathmandu (1,400m)

Return drive to capital.

Elevation Gain: +640m

Duration: 6–7 hours

Accommodation: Hotel

Day 17 – Departure or Free Day

Airport transfer or optional sightseeing.