

Manaslu Circuit – Small Group Trek

A remote and dramatic Himalayan circuit encircling Manaslu (8,163m), featuring deep river gorges, Tibetan-influenced villages, high alpine terrain, and the spectacular crossing of Larkya La Pass (5,106m).

Total Duration: 16–17 Days

Trek Duration: 13–14 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 2 trekkers required)

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Airport pickup and transfer; informal group meet-up.

Accommodation: Hotel (Kathmandu)

Day 2 – Briefing & Permit Preparation (1,400m)

Overview: Full expedition briefing, permit processing, gear checks, welcome dinner.

Accommodation: Hotel (Kathmandu)

Day 3 – Drive to Machha Khola (930m)

Overview: Long but scenic drive following the Budhi Gandaki River into remote hills.

Elevation Loss: -470m

Duration: 8–9 hours

Accommodation: Teahouse

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

Overview: 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)

Overview: Enter restricted Manaslu region; trail narrows with dramatic gorge sections.

Elevation Gain: +450m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 6 – Deng to Namrung (2,630m)

Overview: Gradual climb through forests and traditional villages with first Manaslu views.

Elevation Gain: +770m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 7 – Namrung to Samagaon (3,530m)

Overview: Landscape opens into alpine terrain with strong Himalayan panoramas.

Elevation Gain: +900m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 8 – Acclimatization Day in Samagaon (3,530m)

Overview: Acclimatization hike toward Manaslu Base Camp or Pungyen Gompa.

Elevation Gain (Optional Hike): +400–700m

Accommodation: Teahouse

Day 9 – Samagaon to Samdo (3,875m)

Overview: Short high-altitude trek into windswept Tibetan-influenced village.

Elevation Gain: +345m

Walking Duration: 3–4 hours

Accommodation: Teahouse

Day 10 – Acclimatization Hike in Samdo (3,875m)

Overview: Optional ridge hike toward Tibetan border viewpoints.

Elevation Gain (Optional): +400–600m

Accommodation: Teahouse

Day 11 – Samdo to Dharamsala (4,460m)

Overview: Gradual but steady climb toward Larkya La base camp.

Elevation Gain: +585m

Walking Duration: 4–5 hours

Accommodation: Teahouse (basic lodge)

Day 12 – Cross Larkya La (5,106m) to Bimthang (3,720m)

Overview: Early alpine start crossing the high pass with panoramic Himalayan views.

Elevation Gain: +646m

Elevation Loss: -1,386m

Walking Duration: 7–9 hours

Accommodation: Teahouse

Day 13 – Bimthang to Tilje (2,300m)

Overview: Descend through rhododendron forest into greener Annapurna region.

Elevation Loss: -1,420m

Walking Duration: 6–7 hours

Accommodation: Teahouse

Day 14 – Tilje to Dharapani & Drive to Besisahar (760m)

Overview: Short morning trek followed by jeep transfer.

Elevation Loss: -1,540m

Walking Duration: 3–4 hours trek + 4 hour drive

Accommodation: Guesthouse

Day 15 – Drive to Kathmandu (1,400m)

Overview: Return drive to Kathmandu.

Elevation Gain: +640m

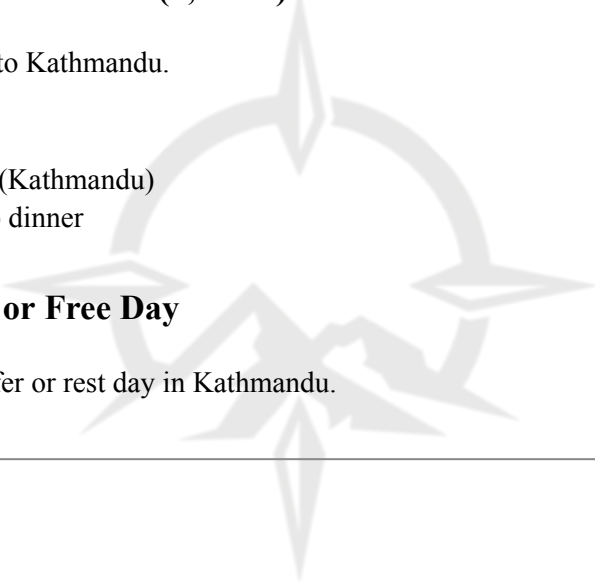
Duration: 6–7 hours

Accommodation: Hotel (Kathmandu)

Evening: Farewell group dinner

Day 16 – Departure or Free Day

Overview: Airport transfer or rest day in Kathmandu.



TROPOS ADVENTURES
EXPLORING THE WAY