Manaslu Circuit Trek

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Trip Summary

Package: Manaslu Circuit Trek

Total Days: 15 days

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DAY 1

Arrival, transfer to hotel

A Taleju Adventure representative will be there to pick you up from the Tribhuwan International Airport in Kathmandu. We take a short drive from the airport to our Taleju Boutique Hotel or any 3-star rated hotel. After a short rest, you can visit Taleju Adventure's office to discuss more about the trek. Alternatively, you can have a discussion at your hotel. Overnight in Kathmandu.

DAY 2

Trekking preparation day, Heritage sightseeing

After short introduction with our tour guide, you will be having a tour to Kathmandu UNESCO world heritage sites with our tour guide. First visit would be to Pashupatinath Temple (Nepal's biggest Hindu temple). It is also a place for dead body cremation for Hindu community. Then we drive to Bouddhanath Stupa, one of the most revered and biggest Stupa of Nepal. It was damaged by 2015 earthquake but now completely repaired.

Then after we drive to Swyambhunath Stupa, popularly known as "monkey temple". This stupa is on the small hill where you can see the entire Kathmandu valley. Last visit would be to Patan Durbar Square, an "Ancient Royal Palace". Inside the square you can see different Hindu temples, among which Krishna Temple is very popular. Besides, you can study the Newari architecture, arts and culture. Overnight in Kathmandu.

DAY 3

Drive to Machha Khola (869m/2,851ft): 7- 8 hours

Our journey into the mountains begins along a winding road along the Prithvi Highway that follows the Trishuli River, offering scenic views of terraced farmlands and charming village huts. Upon reaching Dhading Besi, we head towards Arughat through a dirt road and reach Machhakhola after crossing Soti Khola. Overnight in Machha Khola.

DAY 4

Trek from Machha Khola to Jagat (1,340m/4,396 ft): 6 - 7 hours

Today marks the beginning of your trek as you follow a scenic, winding trail along the banks of the Budhi Gandaki River. Along the way, there is a place called Tatopani, a natural hot spring, where you can rest and refresh. From Tatopani, the trail ascends over a ridge and crosses the Budhi Gandaki River via a suspension bridge, leading to the village of Doban. Continuing onward, you'll cross another long suspension bridge and climb a ridge before descending to Yaru Khola, a scenic mountain stream. The path then ascends again toward Tharo Bharyang. After a series of gentle ups and downs through the rugged terrain, the trail finally reaches Jagat, a charming settlement, built with stone houses and narrow lanes, offers a glimpse into the traditional Himalayan way of life.

DAY 5

Jagat to Deng (1,860m/6,102ft): 6 - 7 hours

Today's trek begins with a climb along a rocky ridge to reach Salleri, offering scenic views of the surrounding hills and valleys. From there, the trail continues toward Sirdibas, a charming village with traditional stone houses and prayer flags fluttering in the breeze. As we continue our journey, we will reach Ghatta Khola, where we cross a long suspension bridge to reach the Gurung village of Phillim. From Phillim, the trail continues through beautiful landscapes until we arrive at Ekle Bhatti, where we'll take a break for lunch. Following lunch, the trek leads through a narrow, steep gorge and crosses the roaring Budhi Gandaki River once again. We then pass through a serene bamboo forest, eventually arriving at the peaceful village of Deng. Overnight at Deng.

DAY 6

Deng to Namrung (2,630m/8,629ft): 5-6 hours

Shortly after departing from Deng, the trail crosses the Budhi Gandaki River once again and ascends to the village of Rana. The journey continues through a series of ascents and descents, leading you across a picturesque bridge and onward to Bihi Phedi. As you trek through enchanting rhododendron and pine forests, you'll pass through several forested ridges and traditional mani walls—the one in Ghap is particularly notable for its beautifully carved stones depicting the Buddha in various meditative postures. The trail then follows the riverbank, crossing it once more before finally arriving at the serene and culturally rich village of Namrung. Overnight in Namrung.

DAY 7

Namrung to Lho (3,180m/10,433ft): 4 - 5 hours

After leaving Namrung, the trail enters the culturally rich region of Upper Nupri, known for its strong Tibetan Buddhist influence. The path climbs steadily, passing through traditional mani walls, terraced fields, and clusters of stone-built houses. The trail then leads to the charming village of Lihi, notable for its distinctive architecture and beautifully adorned chortens. From Lihi, the path continues to Sho, where the first breathtaking views of Mt. Manaslu and Naike Peak come into sight at the head of the valley. Continuing onward, you arrive at the large and culturally vibrant village of Lho. Here, you'll find a prominent gompa (monastery) and a massive mani wall, reflecting the deep spiritual traditions of the region. Overnight in Lho.

DAY 8

Lho to Samagaun (3,520m/11,549ft): 5 - 6 hours

Beginning our walk through forested trails lead to expansive barley fields. As you continue, you'll reach the village of Lihi, offering stunning views of snow-capped peaks such as Himal Chuli and Ganesh Himal. The trail then descends into a breathtaking valley, where you'll cross the Hinang River. After a well-deserved lunch break, a steep ascent through a series of chortens (Buddhist shrines) rewards you with panoramic views of Ngadi Chuli (also known as Peak 29). Continuing the trek, you'll pass the Ribung Monastery, a serene spiritual site nestled in the hills. The path then cross through Shyala village and Numla Khola, followed by gentle uphill trail reaching Samagaun. This village lies in the shadow of Mount Manaslu and offers an unforgettable Himalayan atmosphere. Overnight in Samagaun.

DAY 9

Day at Samagaun and hike to Manaslu Base Camp (4,620m/15,157ft)

Today is set aside for acclimatization, and we'll make the most of it with a hike to the base camp of Mount Manaslu, the eighth highest mountain in the world, standing at an altitude of 4,620 meters. The day begins with a scenic hike, passing through alpine landscapes and rugged terrain as we ascend towards Manaslu Base Camp. Along the way, we'll stop at the stunning Birendra Lake, a glacial lake with turquoise waters set against a backdrop of towering peaks—an ideal spot for photos and quiet reflection. At the base camp, you'll be rewarded with incredible panoramic views of the Manaslu range and a sense of awe as you stand amidst the Himalayan wilderness. We'll enjoy a packed lunch surrounded by the raw beauty of nature before making our way back down to Samagaon for the night.

DAY 10

Samagaun to Samdo (3,875m/12,713ft): 5 - 6 hours

After breakfast, the trek begins with a descent to the Budhi Gandaki River, following a scenic trail that leads to a bridge over a side stream. You will pass through peaceful juniper and birch forests and the stone huts of Kermo Kharka—a seasonal herding area. Eventually, the trail drops off the shelf, crosses the Budhi Gandaki, and climbs steeply up to a promontory between two river forks. As you ascend, a large Kani (Buddhist stupa gateway) comes into view. Following the Kani, the trail gently winds its way into the remote and picturesque village of Samdo. This village is close to the Tibetan border and offers stunning mountain vistas along with a rich cultural experience shaped by Tibetan heritage. Overnight in Samdo.

DAY 11

Samdo to Dharmashala/Larke Phedi (4,460m/14,633ft): 4 - 5 hours

After breakfast, the trail begins with a gentle walk past cultivated fields, leading to a large mani wall and a traditional stone archway. From here, the path descends toward the river, which you will cross via a wooden bridge.

The ascent then begins through a landscape of tundra and scattered juniper bushes, with the majestic Larkya Glacier coming into view—spilling down from the northern face of Mount Manaslu. As you continue, the trail winds in and out of a glacial gorge, offering increasingly dramatic alpine scenery. Eventually, you'll reach Dharmashala, also known as Larkya Phedi—the base camp for the Larkya La Pass. This small settlement provides basic accommodation and serves as an important overnight stop before the challenging high-altitude crossing ahead. Overnight in Dharmashala.

DAY 12

Dharmashala to Bimthang via Larke La Pass (5,160m/16,929ft): 8 - 9 hours

Today is one of the most challenging and rewarding days of the trek. The journey begins early in the morning with a steady climb up the ridge in front of Dharmashala. The trail briefly descends to a small glacial lake before continuing its ascent along the ridge, reaching the top of a moraine at 4,690 meters. From here, it crosses the moraine to the south, along steep, grassy slopes where prayer flags and cairns mark the way. The trail then descends to pass by four frozen lakes, before making a final steep climb to the Larkya La Pass at 5,160 meters (16,929 ft). The ascent takes about 3 to 5 hours from Dharmashala and it's essential to start early to avoid strong winds and cold temperatures that often hit later in the day. At the Larkya La Pass, you'll be rewarded with breathtaking panoramic views of some of the Himalayas' most majestic peaks, including Himlung Himal, Cheo Himal, Kang Garu, and Annapurna II. From the pass, the descent begins along a rocky moraine, dropping steeply to Dangboche Kharka finally leading to Bimthang. Overnight at Bimthang.

DAY 13

Bimthang to Tilije (2,300m/7,546ft): 5 - 6 hours

After breakfast in Bimthang, the trail begins with a descent across a glacial stream, then climbs briefly over the side of a moraine before descending into a beautiful forest of pine and rhododendron, reaching a place called Hompuk.

From Hompuk, the path follows the Dudh Khola through lush forests, offering a refreshing and tranquil walk. The trail then crosses a landslide area, continues through open fields, and makes a steep climb over a ridge adorned with prayer flags. After cresting the ridge, the trail descends to the riverbank, passing a few scattered houses as you arrive at the small village of Gho. The trek then continues through terraced fields and vibrant rhododendron and oak forests, eventually leading you to the charming village of Tilje. Overnight in Tilije.

DAY 14

Drive to Kathmandu through BesiShahar: 6 - 7 hours

After breakfast, you'll board a local shared vehicle for a three-hour drive to Besisahar, enjoying scenic views of hills, rivers, and rural life along the way. Upon arrival in Besisahar, a private vehicle will be waiting to transfer you back to Kathmandu. The drive to Kathmandu takes approximately 6 to 7 hours. Upon reaching Kathmandu, we will have a farewell dinner. Overnight in Kathmandu

DAY 15

Final Departure

Our adventure in Nepal comes to an end today! A Taleju Adventure representative will escort you to the airport approximately 3 hours before your scheduled flight. On your way home, you have plenty of time to plan your next adventure in the wonderful country of Nepal.