



Community Trek
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TRIP ITINERARY

MANASLU CIRCUIT LODGE TREK IN NEPAL.

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NEPAL · MANASLU

Manaslu Circuit Lodge Trek in Nepal.

The Manaslu Circuit Trek is one of Nepal's most scenic and less-crowded Himalayan adventures.

TRIP PRICE

\$1,400

COST / PRICE

\$1,400

REGION

Manaslu

DURATION

14 days

MAXIMUM ALTITUDE

5,106 m

BEST SEASON

Spring & Autumn

DIFFICULTY

Challenging

ACCOMMODATION

Teahouse / Lodge

TRIP TYPE

trekking

HIGHLIGHTS

What makes this trip special

- 01

Trek Around Mount Manaslu (8,163 m): Explore the spectacular landscapes surrounding the world's eighth-highest mountain.
- 02

Cross Larke La Pass (5,106 m): Experience the thrill of crossing one of Nepal's most scenic and rewarding Himalayan passes.
- 03

Immerse Yourself in Ancient Tibetan Culture: Visit traditional mountain villages, centuries-old monasteries, prayer walls, and experience authentic Himalayan hospitality.
- 04

Discover Nepal's Untouched Himalayan Wilderness: Trek through pristine forests, glacier valleys, alpine meadows, and enjoy breathtaking views of Manaslu, Himalchuli, Ganesh Himal, and Annapurna.

OVERVIEW

Journey overview

The Manaslu Circuit Trek is one of Nepal's most spectacular off-the-beaten-path trekking adventures. Encircling Mount Manaslu (8,163 m), the world's eighth-highest peak, this remarkable journey takes you through pristine forests, dramatic river valleys, alpine meadows, glacial landscapes, and traditional Himalayan villages. Compared to the Everest and Annapurna regions, the Manaslu trail remains peaceful, offering a more authentic and less-crowded trekking experience.

Beyond its stunning scenery, the Manaslu region is rich in culture and heritage. The upper valley is strongly influenced by Tibetan Buddhism, where you'll discover centuries-old monasteries, colorful prayer flags, mani walls, and welcoming mountain communities that have preserved their traditional way of life for generations. Every village offers a unique opportunity to experience local customs, hospitality, and Himalayan culture.

The trek reaches its highest point at Larke La Pass (5,106 m), one of Nepal's most beautiful mountain passes. From the summit, trekkers are rewarded with breathtaking panoramic views of Manaslu, Himlung Himal, Cheo Himal, Kang Guru, Annapurna II, and many other snow-capped peaks. The route combines challenging mountain trails with unforgettable natural beauty, making it ideal for adventurous hikers seeking both excitement and accomplishment.

The best time to trek the Manaslu Circuit is during spring (March to May) and autumn (late September to November), when the weather is generally stable and mountain views are at their clearest. As the region is a restricted area, trekkers must travel with a licensed guide and obtain the required permits. For those looking to explore one of Nepal's last great Himalayan wildernesses, the Manaslu Circuit Trek offers an unforgettable blend of adventure, culture, and breathtaking scenery.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Arrival in Kathmandu

1440m.



Upon arrival at **Tribhuvan International Airport**, you will be warmly welcomed by our representative and transferred to your hotel in Kathmandu. After check-in, take some time to rest and recover from your journey. If you feel ready to explore, you can stroll through the lively streets of **Thamel**, a popular tourist area filled with trekking shops, cafés, restaurants, and local markets.

In the evening, meet your trekking guide for a brief introduction and trip briefing. Go over the itinerary, trekking essentials, and any last-minute preparations for the journey ahead. Later, enjoy a traditional **Nepali welcome dinner** and experience the warm hospitality and flavors of Nepal before beginning your Langtang adventure.

DAY 2

Trek Preparation & Trip Briefing

1,440m.



Today is your final preparation day for the **Manaslu Circuit Trek**. We will complete the necessary permits and check your trekking gear to make sure everything is ready.

If you need any last-minute equipment, your guide will help arrange rentals or purchases in Kathmandu. Take this time to relax and prepare for the journey.

In the afternoon, your guide will give you a short **trip briefing** covering the itinerary, altitude, safety, accommodation, meals, and important trekking tips. Afterward, enjoy a relaxed evening before the adventure begins.

DAY 3

Drive from Kathmandu to Jagat (1,340 m)

1,340m



After an early breakfast, begin your scenic drive from **Kathmandu to Jagat**, following the Trishuli and Budhi Gandaki River valleys. Along the way, pass through green hills, terraced farmland, waterfalls, and traditional villages while enjoying beautiful views of rural Nepal.

The road becomes rough and winding as you enter the Manaslu region, with sections of **off-road mountain driving** adding to the adventure. Although the journey is long, the changing landscapes and peaceful countryside make it a memorable start to your Manaslu Circuit Trek.

DAY 4

Trek from Jagat to Deng (1,865 m)



After breakfast, begin your trek from **Jagat to Deng**, entering the beautiful **Manaslu Conservation Area**. The trail passes through traditional villages, terraced fields, lush forests, and several suspension bridges while following the dramatic Budhi Gandaki River valley.

As you gradually gain altitude, the landscape and culture begin to change. Villages show a stronger **Tibetan Buddhist influence**, with prayer flags, mani walls, and traditional mountain homes along the trail. Enjoy the peaceful surroundings and changing scenery before arriving at **Deng (1,865 m)**, where you will spend the night.

DAY 5

Trek from Deng to Namrung (2,630 m)



After breakfast, continue your trek from **Deng to Namrung**, following a scenic trail through dense pine and rhododendron forests. Cross small rivers and suspension bridges while passing through peaceful mountain settlements and enjoying the fresh Himalayan air.

As you gain altitude, the valley gradually opens and the mountain views become more impressive. Arrive at **Namrung (2,630 m)**, a beautiful village surrounded by dramatic peaks. On a clear day, enjoy your first stunning views of **Ganesh Himal, Himal Chuli**, and other Himalayan giants before relaxing at your lodge.

DAY 6

Trek from Namrung (2,630 m) to Shyala (3,500 m)

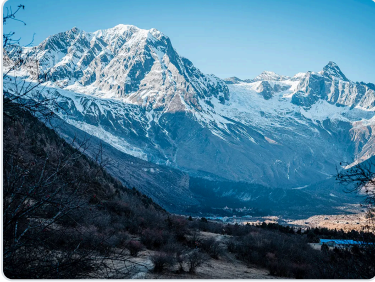


Today is one of the most scenic days of the **Manaslu Circuit Trek**. The trail climbs gradually from Namrung through beautiful forests and traditional villages with strong Tibetan influence. Along the way, you will see **mani walls, prayer wheels, and ancient monasteries**, offering a glimpse into the region's rich Buddhist culture.

As you climb higher, the valley opens up and spectacular mountain views appear. Enjoy stunning sights of **Mount Manaslu (8,163 m), Himal Chuli, Ngadi Chuli, and Ganesh Himal** along the trail. Arrive at **Shyala (3,500 m)**, a peaceful mountain village surrounded by towering peaks, and relax while enjoying its unforgettable panoramic scenery.

DAY 7

Trek from Shyala (3,500 m) to Sama Gaon (3,530 m) via Pungyen Gompa



After breakfast, leave Shyala and take a scenic side trail to **Pungyen Gompa**, a peaceful monastery surrounded by beautiful alpine landscapes and dramatic Himalayan peaks. The hike offers wonderful views of **Mount Manaslu and the Manaslu Glacier**, with plenty of quiet places to stop, enjoy the scenery, and take photographs. After exploring the monastery, return to the main trail and continue toward Sama Gaon.

The trail passes through open **alpine meadows and yak pastures** before reaching **Sama Gaon (3,530 m)**, the largest settlement in the upper Manaslu Valley. With its traditional Tibetan culture, monasteries, prayer flags, and mountain surroundings, Sama Gaon is a fascinating place to experience local life. It is also an important acclimatization stop before heading toward higher elevations.

DAY 8

Acclimatization Day at Sama Gaon - Hike to Manaslu Base Camp (4,800 m)



Today is an important **acclimatization day** in Sama Gaon. After breakfast, take a rewarding hike toward **Manaslu Base Camp**, passing the beautiful **Birendra Lake** and rocky glacial landscapes along the way. The gradual climb gives your body valuable time to adjust to the increasing altitude.

As you reach **Manaslu Base Camp (4,800 m)**, enjoy spectacular close-up views of **Mount Manaslu, glaciers, and surrounding snow-covered peaks**. Take some time to enjoy the scenery before returning to Sama Gaon. The hike provides excellent acclimatization and prepares you for the higher elevations ahead.

DAY 9

Trek from Sama Gaon to Samdo (3,860 m)

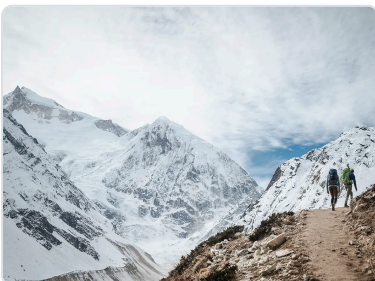


After breakfast, continue your trek from **Sama Gaon to Samdo**. Today's walk is relatively short and gentle, taking you through wide alpine valleys, open landscapes, and peaceful yak-grazing pastures. Enjoy the fresh mountain air and impressive views as you gradually move toward the higher reaches of the Manaslu region.

Arrive at **Samdo (3,860 m)**, one of the last permanent settlements before the Tibetan border. The village has a rich history of trans-Himalayan trade and a strong Tibetan cultural influence. Take some time to explore the village, enjoy the surrounding **snow-covered Himalayan peaks**, and relax at your lodge in preparation for the higher-altitude days ahead.

DAY 10

Trek from Samdo to Dharamsala / Larke Phedi (4,460 m)



After breakfast, begin the short trek from **Samdo to Dharamsala (Larke Phedi)**. The trail gradually climbs through rugged alpine terrain, with dramatic views of glaciers, rocky slopes, and snow-covered Himalayan peaks. As you walk higher, the landscape becomes more open and remote.

Arrive at **Dharamsala (4,460 m)**, the final overnight stop before crossing the challenging **Larke La Pass**. Take the afternoon to rest, stay warm, and prepare for the early start the next morning. This shorter day is important for acclimatization and helps your body adjust before the highest and most demanding section of the trek.

DAY 11

Cross Larke La Pass (5,106 m) and Trek to Bimthang (3,720 m)

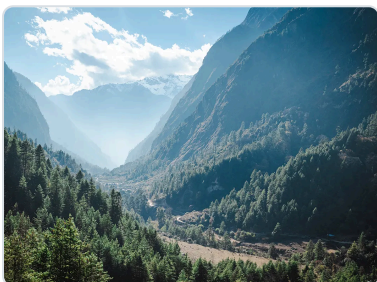


Today is the **most challenging and rewarding day of the Manaslu Circuit Trek**. Wake up early and begin the climb from Dharamsala toward **Larke La Pass (5,106 m)**. The trail is steep and demanding, with rocky paths, snow, and high-altitude terrain. Take your time, walk at a steady pace, and follow your guide's advice. Reaching the top is a truly unforgettable moment, with breathtaking panoramic views of **Himlung Himal, Cheo Himal, Kang Guru, Annapurna II**, and many surrounding peaks.

After celebrating your achievement at the pass, begin the long descent toward **Bimthang (3,720 m)**. The trail passes through dramatic glacial landscapes before opening into beautiful alpine meadows. As you descend, the air becomes easier to breathe and the scenery changes beautifully. Arrive at Bimthang, relax at the lodge, and celebrate one of the biggest achievements of your Himalayan adventure.

DAY 12

Trek from Bhimthang to Goa/Gho (2550m)

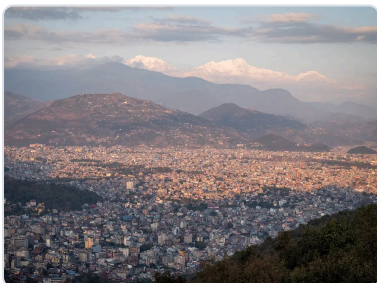


Today is the final walking day of your Manaslu Circuit adventure. From **Bhimthang**, the trail descends through beautiful rhododendron forests, alpine meadows, and peaceful mountain villages. As you lose altitude, the landscape becomes greener and warmer. Along the way, cross several rivers and suspension bridges before reaching **Goa/Gho (2,550 m)**.

In the evening, celebrate the successful completion of your trek with a traditional **farewell dinner** together with your guide, porters, and fellow trekkers. Share stories, enjoy the evening, and celebrate the journey you have completed together. If you wish, you can offer drinks or a small gesture of appreciation to the trekking crew. This is also a suitable time to give **tips to your guide and porters** in recognition of their hard work, care, and support throughout the trek.

DAY 13

Short walk to Tilje and drive to Kathmandu



After breakfast, enjoy a short **1.5-hour walk from Goa/Gho to Tilje**, where a local jeep will be waiting to take you to **Besisahar**. The drive follows a scenic off-road route through mountain villages, green hills, and river valleys.

From Besisahar, transfer to our private **Coaster tourist bus** and continue the comfortable drive along the paved highway toward **Kathmandu**. Upon arrival, check in to your hotel and take some time to relax after the long journey.

In the evening, celebrate the successful completion of your **Manaslu Circuit Trek** with a special farewell dinner. Share your favorite memories from the trail, enjoy good food, and celebrate the adventure with your trekking team.

DAY 14

Departure Day

After breakfast, enjoy some free time at your hotel or take a final stroll around Kathmandu before your departure. Our representative will arrange your **airport transfer** according to your flight schedule, ensuring you reach Tribhuvan International Airport comfortably and on time.

As your Manaslu adventure comes to an end, we wish you a **safe and pleasant journey home**. We hope the memories of the mountains, villages, culture, and people you experienced along the trail stay with you, and we look forward to welcoming you back to Nepal for another unforgettable adventure.

Included and not included

Included

- ✓ 2 Night Hotel in Kathmandu.
- ✓ All Basic Mountain Accommodation as mentioned in the Itinerary.
- ✓ Airport Pickup.
- ✓ Kathmandu to Machha Khula and Drive back to Ktm from Dharapani or Syange with a private Jeep
- ✓ Bed and Breakfast during the Trek.
- ✓ Guide, Assistant guide, and porter (2:1 Porter and 1 porter: 22kg max)
- ✓ Salary, room, board, and insurance for the crew
- ✓ Manaslu Special Park Permit
- ✓ TIMS (Trekking Information Management System)

Not included

- All meal Lunch and Dinner.
- Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary
- Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- Personal Expenses: Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment
- USD 25 for an extra porter per day (If an extra porter is demanded)
- Tips: Tips for Guide, porters, and staff (Avg. US 12-15 US \$ per day per member)
- Any other item not listed in the "Price Includes" section

Trekking & tour route

Key stops, checkpoints, and route trajectory.

MANASLU CIRCUIT TREK



TREK OVERVIEW

- Duration: 12 Days
- Trekking Days: 9 Days
- Max Altitude: 5,106m (Larke Pass)
- Difficulty: Moderate to Challenging
- Best Season: Mar–May, Sep–Nov

LEGEND

- Trekking Route
- Side Trip / Optional
- Drive
- Overnight Stop
- Start / End Point
- Mountain Pass



ALTITUDE CHART



PLANNING

Frequently asked questions

How difficult is the Manaslu Circuit Trek?

The Manaslu Circuit Trek is considered moderately challenging to strenuous. Trekkers typically walk 6–8 hours each day over varied terrain, including steep ascents, rocky trails, and the high-altitude Larke La Pass (5,106 m). Good physical fitness and proper acclimatization are essential, but no technical climbing skills are required.

What permits are required for the Manaslu Circuit Trek?

Trekkers need three permits: the Manaslu Restricted Area Permit (RAP), the Manaslu Conservation Area Permit (MCAP), and the Annapurna Conservation Area Permit (ACAP). Permit costs vary depending on the season and the number of trekking days in the restricted area.

How many days does the Manaslu Circuit Trek take?

Most Manaslu Circuit Trek itineraries take 12 to 16 days, depending on your starting point, acclimatization schedule, and side trips. Travelers with more time often combine the trek with the Tsum Valley, extending the adventure to around 18–21 days.

What kind of accommodation is available on the Manaslu Circuit Trek?

Accommodation on the Manaslu Circuit Trek ranges from basic teahouses to more comfortable lodges. Teahouses offer simple rooms with shared bathroom facilities, while some lodges may have private rooms with attached bathrooms. It's advisable to bring a sleeping bag for added warmth and comfort.

Food and Drinking Water

You can find a wide variety of Nepali and Western food as well as drinks during the Manaslu Trek. Bottled water is available along the trail until the last village. You can buy boiling water from the lodge or restaurant or you can use iodine or water-purifying medicines. All the lodges and hotels provide free drinking natural spring water.

TIPPING GUIDES AND PORTERS

We consider our guides and porters to be the backbone of our company and go above and beyond to ensure they are treated with respect. All of our staff members are paid higher wages than is the industry minimum and our team members are all provided with training and educational opportunities. We view our porters as being an integral part of our team and know our consistently good feedback is because of the great work our team do.

Tipping is a way of showing gratitude for a job well done, it is not their salary, it is a bonus on top of what the team have already earned. We also want to stress that in the unlikely event that you are unhappy with the level of service received from your team, you are not obligated to tip.

As a general rule of thumb, the average tips given to your team (guides and porters) are 12-15 US \$ per member per day would be a kind and respectful amount to pay to your team. If you are trekking in a group this money is divided among all of the guides and porters, if you are trekking privately the tips can be given directly to you guide and porter.

Telephone, Internet & Electricity

During your Manaslu trekking, you'll get telephone access in lower section and internet access will be available in almost all places except for unusual weather situations that may disturb the internet connection. Each hotel has the wifi where you need to buy a card from Everest Link and you can access the internet. The telephone and internet costs would be the additional cost for your trip. Most of the lodges/ guest houses take an additional charge for battery charging. There is no electricity in all the places in Manaslu Trek. There is electricity or solar power where you can recharge your camera batteries, laptop, mobile, etc. that costs you need to pay extra. But, the facilities will be there to recharge your gadgets and devices.

GALLERY

A glimpse of the journey







Community Trek

Explore, Connect & Experience

Kapan, Kathmandu

WhatsApp & Call: +977-9869666346

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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<https://communitytrek.com/nepal/manaslu-circuit-lodge-trek>

Prepared Aug 29, 2026