



Bridge Nepal Treks & Travels

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Manaslu Circuit Trek: an untouched trail of Nepal

11 Nights and 12 Days Trek

Price	1250.00
Duration	11 Nights and 12 Days
Location	Nepal

Tour Overview

Looking for an authentic Himalayan adventure away from the crowds? The 12-Day Manaslu Circuit Trek is one of the most rewarding trekking experiences in Nepal, taking you deep into the remote valleys and high mountain landscapes surrounding Mount Manaslu (8,163m), the eighth-highest mountain in the world.

This incredible journey follows the ancient trading routes of the Budhi Gandaki Valley, leading trekkers through lush forests, dramatic river gorges, traditional mountain villages, suspension bridges, and centuries-old Buddhist monasteries. As you ascend through Jagat, Deng, Namrung, Lho, Samagaon, and Samdo, you'll experience the rich Tibetan-influenced culture that makes the Manaslu region one of Nepal's most fascinating trekking destinations.

The trek offers a constantly changing landscape—from subtropical forests and terraced hillsides to alpine meadows, glacial valleys, and rugged Himalayan terrain. Along the way, you'll be rewarded with breathtaking views of Mount Manaslu, Himal Chuli, Ngadi Chuli, Ganesh Himal, Himlung Himal, Kang Guru, and Annapurna II, creating unforgettable moments at every turn.

A key highlight of the journey is spending time in the beautiful village of Samagaon, where acclimatization allows you to fully appreciate the stunning mountain surroundings before ascending into the high Himalayas. The adventure reaches its peak at the legendary Larkya La Pass (5,160m), one of the most spectacular mountain passes in Nepal. Standing atop the pass, surrounded by towering snow-capped peaks and vast Himalayan panoramas, is an achievement that few travelers ever forget.

Unlike the busier Everest and Annapurna trekking routes, the Manaslu Circuit Trek remains relatively untouched, offering a more peaceful, authentic, and immersive trekking experience. It is the perfect choice for trekkers seeking adventure, cultural discovery, and raw Himalayan beauty within a compact itinerary.

At Bridge Nepal Treks and Travels, we believe that every trek should be safe, seamless, and memorable. Our experienced local guides, carefully planned itineraries, reliable logistics, and personalized service ensure that you can focus entirely on enjoying the journey while we take care of every detail.

Challenge yourself, discover hidden Himalayan cultures, cross the breathtaking Larkya La Pass, and experience one of Nepal's finest trekking adventures with Bridge Nepal Treks and Travels. Your Manaslu journey awaits.

Trip Highlights

- Trek around the majestic Mount Manaslu (8,163m), the world's eighth-highest mountain.
- Experience one of the most scenic and remote trekking adventures in Nepal.
- Cross the spectacular Larkya La Pass (5,160m), one of Nepal's most breathtaking high-altitude mountain passes.
- Discover the untouched beauty of the restricted Manaslu Conservation Area.
- Follow the Historical Budhi Gandaki River through deep gorges, waterfalls, and suspension bridges.
- Explore authentic Himalayan villages including Jagat, Deng, Namrung, Lho, Samagaon, and Samdo.
- Immerse yourself in centuries-old Tibetan Buddhist culture, traditions, and mountain lifestyles.
- Visit ancient monasteries, mani walls, chortens, and prayer-flag-lined trails.
- Acclimatize in the beautiful village of Samagaon, surrounded by stunning Himalayan scenery.
- Witness breathtaking views of Mount Manaslu, Himal Chuli, Ngadi Chuli, Ganesh Himal, Himlung Himal, Kang Guru, and Annapurna II.
- Trek through diverse landscapes ranging from lush forests and terraced farmlands to alpine meadows and glacial valleys.
- Experience fewer crowds and a more authentic trekking experience compared to Everest and Annapurna trekking routes.
- Enjoy unforgettable panoramas of snow-capped peaks, glaciers, and remote Himalayan wilderness.
- Challenge yourself on one of Nepal's most rewarding and adventurous trekking routes.
- Stay in traditional teahouses and experience genuine Himalayan hospitality.
- Perfect trek for adventurers seeking culture, nature, high mountain passes, and off-the-beaten-path exploration.

- Professionally guided by Bridge Nepal Treks and Travels with expert local guides, personalized service, and safety-focused support.
- Complete an unforgettable Himalayan journey combining adventure, culture, and some of the finest mountain scenery in Nepal.

Detailed Itinerary

Day 1: Scenic Drive from Kathmandu to Machha Khola (900m)

Maximum Elevation: 1,400m

Driving Distance: Approx. 160 km

Driving Duration: 8-10 Hours

Your Himalayan adventure begins with an early morning drive from Kathmandu toward the remote Manaslu region. The journey follows winding mountain roads, terraced farmlands, river valleys, and traditional villages, offering a fascinating glimpse into rural Nepal. After passing through Arughat and Soti Khola, continue alongside the Budhi Gandaki River to reach Machha Khola, the starting point of your trekking adventure.

Overnight: Teahouse in Machha Khola

Meals: Lunch, Dinner

Day 2: Trek from Machha Khola to Jagat (1,340m)

Maximum Elevation: 1,340m

Trek Distance: Approx. 22 km

Trek Duration: 6-7 Hours

The trail follows the Budhi Gandaki River through beautiful forests, rocky paths, waterfalls, and suspension bridges. Pass small settlements and natural hot springs before gradually ascending to Jagat, a charming stone-paved village and official entry point to the Manaslu Conservation Area.

Overnight: Teahouse in Jagat

Meals: Breakfast, Lunch, Dinner

Day 3: Trek from Jagat to Deng (1,800m)

Maximum Elevation: 1,800m

Trek Distance: Approx. 20 km

Trek Duration: 6-7 Hours

Today's trek takes you through traditional Gurung villages, terraced fields, and dense forests. As you move deeper into the valley, the landscape becomes increasingly dramatic, with towering cliffs, cascading waterfalls, and narrow gorges. The influence of Tibetan culture becomes more noticeable as you arrive in Deng.

Overnight: Teahouse in Deng

Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Deng to Namrung (2,630m)

Maximum Elevation: 2,630m

Trek Distance: Approx. 19 km

Trek Duration: 6-7 Hours

Cross suspension bridges and pass through beautiful pine and rhododendron forests as the trail climbs steadily toward Namrung. Along the way, you'll encounter mani walls, prayer wheels, and traditional Buddhist settlements. Upon arrival, enjoy your first spectacular views of the snow-capped Himalayas.

Overnight: Teahouse in Namrung

Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Namrung to Lho (3,180m)

Maximum Elevation: 3,180m

Trek Distance: Approx. 11 km

Trek Duration: 4-5 Hours

The scenery becomes increasingly alpine as you trek through picturesque mountain villages surrounded by breathtaking peaks. Enjoy stunning views of Mount Manaslu, Himal Chuli, and Ngadi Chuli. Upon reaching Lho, visit the local monastery and witness one of the most impressive panoramas of Manaslu.

Overnight: Teahouse in Lho

Meals: Breakfast, Lunch, Dinner

Day 6: Trek from Lho to Samagaon (3,530m)

Maximum Elevation: 3,530m

Trek Distance: Approx. 17 km

Trek Duration: 5-6 Hours

Today's trail traverses high Himalayan terrain with incredible mountain views in every direction. Pass traditional settlements, yak pastures, and ancient monasteries before arriving at Samagaon, the cultural and acclimatization hub of the Manaslu region.

Overnight: Teahouse in Samagaon

Meals: Breakfast, Lunch, Dinner

Day 7: Acclimatization Day in Samagaon

Maximum Elevation Reached: Approx. 4,200-4,500m

Hiking Duration: 3-5 Hours (Optional)

A well-deserved acclimatization day helps your body adjust to the increasing altitude. Optional hikes to surrounding viewpoints, glacial areas, or monasteries provide spectacular views of Mount Manaslu and the surrounding Himalayan landscape. The remainder of the day can be spent exploring the village and experiencing local culture.

Overnight: Teahouse in Samagaon

Meals: Breakfast, Lunch, Dinner

Day 8: Trek from Samagaon to Samdo (3,860m)

Maximum Elevation: 3,860m

Trek Distance: Approx. 8 km

Trek Duration: 3-4 Hours

A relatively short trekking day allows gradual altitude gain. The trail climbs through open alpine terrain, yak grazing pastures, and expansive Himalayan landscapes. Samdo is a remote Tibetan-influenced village located close to the Nepal-Tibet border.

Overnight: Teahouse in Samdo

Meals: Breakfast, Lunch, Dinner

Day 9: Trek from Samdo to Dharmashala (4,460m)

Maximum Elevation: 4,460m

Trek Distance: Approx. 11 km

Trek Duration: 4-5 Hours

The trail ascends steadily toward Dharmashala, also known as Larkya Phedi, the final stop before crossing Larkya La Pass. Surrounded by rugged mountains and glacial landscapes, this high-altitude camp offers a true Himalayan wilderness experience.

Overnight: Teahouse in Dharmashala

Meals: Breakfast, Lunch, Dinner

Day 10: Cross Larkya La Pass (5,160m) & Trek to Bimthang (3,590m)

Maximum Elevation: 5,160m

Trek Distance: Approx. 24 km

Trek Duration: 8-10 Hours

The most challenging and rewarding day of the trek begins before sunrise. Ascend gradually to the summit of Larkya La Pass, one of Nepal's most spectacular mountain passes. From the top, enjoy breathtaking views of Manaslu, Himlung Himal, Kang Guru, Cheo Himal, and Annapurna II. After celebrating your achievement, descend through glacial valleys and alpine meadows to the beautiful settlement of Bimthang.

Overnight: Teahouse in Bimthang

Meals: Breakfast, Lunch, Dinner

Day 11: Trek from Bimthang to Dharapani (1,860m)

Maximum Elevation: 3,590m

Trek Distance: Approx. 22 km

Trek Duration: 7-8 Hours

Descend through rhododendron forests, pine woodlands, and picturesque mountain villages while enjoying magnificent views of the surrounding peaks. The trail eventually joins the Annapurna Circuit route before

reaching Dharapani, marking the completion of the trekking section.

Overnight: Teahouse in Dharapani

Meals: Breakfast, Lunch, Dinner

Day 12: Drive to Kathmandu via Besisahar (1,400m)

Maximum Elevation: 1,860m

Driving Distance: Approx. 210 km

Driving Duration: 8-10 Hours

After breakfast, begin the scenic drive back to Kathmandu via Besisahar. Enjoy your final views of Nepal's hills, rivers, and rural landscapes before arriving in the capital. Upon arrival, celebrate the successful completion of your Manaslu Circuit Trek and reflect on the unforgettable memories created in one of Nepal's most remote Himalayan regions.

Meals: Breakfast, Lunch

Included Services

- Traditional Nepali welcome upon arrival at Kathmandu International Airport.
- Airport pick-up and drop-off services by private tourist vehicle.
- Professional trip briefing and trek preparation assistance before departure.
- 1 night hotel accommodation in Kathmandu before the trek on a twin-sharing basis with breakfast.
- All ground transportation as per the itinerary.
- Private or shared transportation from Kathmandu to Machha Khola.
- Local transportation from Dharapani to Kathmandu via Besisahar.
- Accommodation in the best available teahouses and mountain lodges throughout the trek.
- Three freshly prepared meals daily (breakfast, lunch, and dinner) during the trekking period.
- Seasonal fresh fruits served during the trek.
- Experienced government-licensed English-speaking trekking guide.
- Choice of male or female trekking guide upon request and availability.
- Porter service (1 porter for every 2 trekkers, carrying up to 20kg of luggage).
- Guide and porter salaries, accommodation, meals, transportation, equipment, and insurance.
- Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP) and Annapurna Conservation Area Permit (ACAP).
- Comprehensive first-aid medical kit carried by the guide.
- Emergency coordination and 24/7 support from the Bridge Nepal Treks and Travels team.
- Complimentary trekking route map and trip information.

- Official trek completion certificate.
- All applicable government taxes, local taxes, and service charges.

Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees
- Travel insurance
- Hotel accommodation in Kathmandu after the trek unless specifically mentioned in the package.
- Personal expenses
- Tips and gratuities for guides, porters, drivers, and hotel staff (highly appreciated but optional).
- Any services, activities, meals, or expenses not specifically mentioned in the "Included" section.

Fixed Departure Dates

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Frequently Asked Questions

Q: Is the Manaslu Circuit Trek suitable for beginners?

Yes, the Manaslu Circuit Trek can be completed by beginners with a good level of fitness and determination. While previous trekking experience is helpful, our experienced guides ensure a safe and enjoyable journey for both first-time and experienced trekkers.

Q: How difficult is the 12-Day Manaslu Circuit Trek?

This trek is considered moderately challenging. The trail involves daily walks of 5 to 8 hours through varied terrain and includes crossing the high-altitude Larkya La Pass (5,160m). Proper preparation and acclimatization make the trek achievable for most active travelers.

Q: What is the highest point reached during the trek?

The highest point of the trek is Larkya La Pass at 5,160 meters, one of Nepal's most spectacular mountain passes. The summit rewards trekkers with breathtaking views of Manaslu, Himlung Himal, Kang Guru, Annapurna II, and surrounding Himalayan peaks.

Q: What makes the Manaslu Circuit Trek special?

Unlike the busier Everest and Annapurna regions, the Manaslu Circuit offers a more remote and authentic Himalayan experience. Trekkers enjoy pristine landscapes, traditional Tibetan-influenced culture, fewer crowds, and some of the most dramatic mountain scenery in Nepal.

Q: What is the best time to do the Manaslu Circuit Trek?

Spring (March to May) and autumn (September to November) are the best seasons for the Manaslu Circuit Trek. During these months, the weather is generally stable, mountain views are clear, and trekking conditions are ideal.

Q: Why is an acclimatization day included in Samagaon?

Acclimatization is essential for safe high-altitude trekking. The rest day in Samagaon helps your body adjust to the altitude while allowing you to explore the surrounding mountains, glaciers, and traditional Himalayan culture.

Q: What accommodation can I expect during the trek?

You will stay in comfortable teahouses and mountain lodges operated by local families. These lodges provide clean rooms, warm meals, and a welcoming atmosphere throughout the trek.

Q: What meals are provided during the trek?

The package includes breakfast, lunch, and dinner throughout the trekking period. Teahouses offer a variety of local and international dishes, including Dal Bhat, noodles, soups, fried rice, pasta, potatoes, pancakes, eggs, and hot drinks.

Q: Are permits required for the Manaslu Circuit Trek?

Yes. Since the Manaslu region is a restricted trekking area, trekkers require a Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP). Bridge Nepal Treks and Travels arranges all necessary permits on your behalf.

Q: Can I trek independently in the Manaslu region?

No. Independent trekking is not permitted in the Manaslu Restricted Area. Nepal government regulations require trekkers to travel with a licensed guide and obtain permits through a registered trekking company.

Q: What mountains will I see during the trek?

The trek offers incredible views of Mount Manaslu (8,163m), Himal Chuli, Ngadi Chuli, Ganesh Himal, Himlung Himal, Kang Guru, Cheo Himal, and Annapurna II, along with numerous other snow-capped Himalayan peaks.

Q: Is altitude sickness a concern on this trek?

As the trek reaches over 5,000 meters, altitude sickness can affect some trekkers. Our itinerary includes proper acclimatization, and our guides closely monitor your health throughout the journey to ensure your safety.

Q: Is travel insurance necessary?

Yes. We strongly recommend comprehensive travel insurance that covers high-altitude trekking and emergency helicopter evacuation. This provides peace of mind while trekking in remote Himalayan regions.

Q: Are male and female trekking guides available?

Yes. Bridge Nepal Treks and Travels offers both male and female licensed trekking guides based on your preference and guide availability at the time of booking.

Q: Is Wi-Fi and mobile network available during the trek?

Wi-Fi and mobile network services are available in many villages along the route, although connections may become slower and less reliable at higher elevations.

Q: What should I pack for the trek?

Essential items include trekking boots, warm layers, a down jacket, gloves, sunglasses, a sleeping bag, trekking poles, sunscreen, and personal medications. We provide a detailed packing list after booking.

Q: How many hours do we walk each day?

Most trekking days involve 5 to 8 hours of walking, depending on the trail conditions, altitude, and destination for the day.

Q: Why choose Bridge Nepal Treks and Travels for the Manaslu Circuit Trek?

Bridge Nepal Treks and Travels combines local expertise, experienced guides, personalized service, flexible itineraries, comprehensive safety measures, and authentic Himalayan hospitality to deliver an unforgettable trekking experience in Nepal.

Q: What is the biggest highlight of the Manaslu Circuit Trek?

The ultimate highlight is crossing Larkya La Pass (5,160m), but many trekkers also consider the untouched landscapes, traditional mountain villages, authentic culture, and close-up views of Mount Manaslu equally unforgettable.

Q: How do I book the Manaslu Circuit Trek?

Booking is simple. Contact Bridge Nepal Treks and Travels through our website, email, WhatsApp, or social media channels. Our travel specialists will help customize your trip and guide you through the booking process from start to finish.

Trip Information

- About The Trek
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Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

