



Bridge Nepal Treks & Travels

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Manaslu Circuit Trek with Manaslu Base Camp: 14 Nights and 15 Days | Manaslu Base Camp Itinerary and cost | Trek guides in Nepal

Price	1500.00
Duration	14 Nights and 15 Days
Location	Nepal

Tour Overview

The Manaslu Circuit Trek with Manaslu Base Camp Trek is a premium Himalayan adventure that combines two of Nepal's most spectacular trekking experiences into one extraordinary journey. This 15-day expedition takes you deep into the restricted Manaslu region, circling the world's eighth highest mountain, Mount Manaslu (8,163m), and extending further to the iconic Manaslu Base Camp at 4,800m for an unforgettable close-up encounter with glaciers, icefalls, and towering Himalayan peaks.

Your journey begins with a scenic drive from Kathmandu into the remote Budhi Gandaki Valley, where the landscape gradually transforms from lush lowlands to deep gorges, cascading waterfalls, and traditional hillside villages. As you trek deeper into the region, you enter a world of untouched Himalayan wilderness where ancient Tibetan-influenced culture thrives in harmony with nature.

The trail passes through culturally rich villages such as Jagat, Deng, Namrung, Lho, Samagaun, and Samdo, each offering unique insights into the traditional mountain lifestyle. Prayer flags flutter across stone-built settlements, ancient monasteries stand as spiritual landmarks, and locals continue centuries-old traditions rooted in Tibetan

Buddhism.

One of the most rewarding highlights of the trek is the hike to Manaslu Base Camp, where trekkers are rewarded with breathtaking views of Mount Manaslu's massive ice walls and surrounding peaks. The journey continues through Samagaun and Samdo, allowing proper acclimatization before the ultimate challenge of the trek—the crossing of the legendary Larkya La Pass (5,106m). From the top, panoramic views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II create one of the most spectacular mountain vistas in Nepal.

Descending through alpine valleys and rhododendron forests, the route leads to Bimthang and eventually Dharapani, where the trekking section concludes. Throughout the journey, travelers experience a perfect blend of natural beauty, cultural immersion, and high-altitude adventure.

The Manaslu Circuit Trek with Manaslu Base Camp Trek is ideal for trekkers seeking a less crowded, more authentic alternative to popular routes like Everest and Annapurna. It offers raw Himalayan wilderness, deep cultural encounters, and one of the most rewarding trekking experiences in Nepal.

This trek is not just a journey through mountains—it is an exploration of ancient cultures, sacred landscapes, and some of the most dramatic scenery in the entire Himalaya, making it a truly once-in-a-lifetime adventure.

Trip Highlights

- Journey through one of Nepal's most spectacular restricted trekking regions around Mount Manaslu (8,163m)
- Reach the stunning Manaslu Base Camp (4,800m) for close-up glacier and icefall views of the world's 8th highest mountain
- Cross the legendary Larkya La Pass (5,106m), one of the most dramatic high mountain passes in Nepal
- Explore remote Himalayan valleys, untouched by mass tourism, offering a true wilderness trekking experience
- Experience authentic Tibetan-influenced culture in villages like Samagaun, Samdo, Lho, and Namrung
- Visit ancient Buddhist monasteries, prayer walls, chortens, and sacred spiritual sites along the route
- Walk through diverse landscapes ranging from subtropical forests and waterfalls to alpine meadows and glacial terrain
- Enjoy panoramic mountain views of Manaslu, Himalchuli, Ngadi Chuli, Himlung Himal, Cheo Himal, and Annapurna II
- Discover the sacred Birendra Lake and surrounding glacial landscapes near Samagaun
- Experience a perfect blend of cultural immersion, high-altitude adventure, and natural Himalayan beauty
- Trek in a restricted and less-crowded region, ensuring a peaceful and authentic trekking experience
- Professionally guided journey with full logistical support for safety, comfort, and smooth trekking experience

Drive from Kathmandu to Machha Khola (900m)

Distance: Approximately 160-170 km

Duration: 8-10 hours drive

Accommodation: Best available teahouse in Machha Khola

Your journey into the remote Himalayas begins with a scenic drive from Kathmandu, gradually leaving behind the bustling capital and entering the tranquil countryside of central Nepal. The road follows the Trishuli River, passing terraced farmlands, hillside villages, and deep river valleys that reflect Nepal's rural charm.

As the drive continues toward the Budhi Gandaki Valley, the landscape becomes increasingly dramatic with winding mountain roads, cascading waterfalls, and lush forested hills. Small settlements along the way offer glimpses of traditional Nepali life where agriculture and river-based livelihoods dominate.

Machha Khola, a small riverside village, marks the official gateway to the Manaslu region. Surrounded by forested cliffs and the rushing Budhi Gandaki River, it offers a peaceful introduction to the trekking adventure ahead.

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

Distance: Approximately 22 km

Duration: 6-7 hours trek

Accommodation: Best available teahouse in Jagat

The trek begins along the Budhi Gandaki River, where narrow trails cut through steep gorges, natural hot springs, and dense subtropical forests. Suspension bridges sway above roaring waters as you pass small settlements like Khorlabesi and Tatopani.

The sound of waterfalls and the sight of terraced cliffs create a dramatic Himalayan atmosphere. Villages along the route are inhabited by Gurung and Magar communities whose traditional lifestyles remain deeply connected to the land.

Jagat, a beautifully stone-paved village, serves as the official entry checkpoint into the restricted Manaslu Conservation Area. Its traditional architecture and mountain backdrop make it a culturally rich and scenic resting point.

Trek from Jagat to Deng (1,860m)

Distance: Approximately 19 km

Duration: 6–7 hours trek

Accommodation: Best available teahouse in Deng

Today's trail transitions from subtropical valleys into more rugged Himalayan terrain. The route climbs steadily through forests, river crossings, and quiet mountain villages surrounded by terraced hillsides.

As you gain altitude, the scenery begins to shift dramatically. The air becomes cooler, and the landscape opens to reveal distant snow-capped peaks. Villages like Philim and Ekle Bhatti showcase traditional stone houses and Buddhist influences becoming more prominent.

Deng is a peaceful settlement surrounded by forests and hills, offering a true sense of entering the upper Himalayan region where Tibetan culture begins to dominate.

Trek from Deng to Namrung (2,630m)

Distance: Approximately 19–20 km

Duration: 6–7 hours trek

Accommodation: Best available teahouse in Namrung

The trail today enters deeper into the Manaslu region, following forested ridges, bamboo groves, and alpine valleys. Suspension bridges connect remote settlements while waterfalls cascade down steep cliffs.

You will begin to witness strong Tibetan cultural influence through mani walls, prayer flags, and chortens along the route. Snow peaks such as Himalchuli and Ganesh Himal appear more frequently on the horizon.

Namrung is a culturally rich village with traditional architecture and stunning mountain views, especially at sunset when the peaks glow in golden light.

Trek from Namrung to Lho (3,180m)

Distance: Approximately 10–12 km

Duration: 4–5 hours trek

Accommodation: Best available teahouse in Lho

Today's journey offers one of the most visually rewarding sections of the entire trek. The trail passes through forests and stone villages before opening into wide mountain valleys dominated by towering Himalayan peaks.

Lho village is home to a magnificent monastery and offers one of the finest views of Mount Manaslu (8,163m). The first close encounter with the mountain creates a powerful emotional experience for trekkers.

Surrounded by prayer flags, chortens, and yak pastures, Lho reflects the deep spiritual connection between Himalayan culture and nature.

Trek from Lho to Samagaun (3,530m)

Distance: Approximately 18 km

Duration: 5-6 hours trek

Accommodation: Best available teahouse in Samagaun

This is one of the most scenic days of the trek. The route passes through Shyala village, where panoramic views of Manaslu, Himalchuli, Ngadi Chuli, and other peaks dominate the skyline.

Yak herds graze in open alpine fields while glaciers and icefalls become visible in the distance. The landscape becomes increasingly dramatic as you approach Samagaun, the cultural heart of the Manaslu region.

Samagaun is a large traditional village surrounded by mountains, monasteries, and ancient Buddhist culture, offering an ideal base for exploration and acclimatization.

Acclimatization Hike - Birendra Lake & Pungyen Gompa (3,530m)

Duration: 4-6 hours hike

Accommodation: Best available teahouse in Samagaun

Today is dedicated to acclimatization and exploration. The hike to Birendra Lake offers a breathtaking view of a turquoise glacial lake formed from Manaslu's melting ice. The surrounding glaciers and moraine landscapes create a surreal Himalayan environment.

The optional hike to Pungyen Gompa leads to a sacred monastery set against dramatic mountain backdrops. This area offers some of the closest and most powerful views of Mount Manaslu's south face.

The day combines natural beauty, spiritual significance, and essential altitude adaptation.

Hike to Manaslu Base Camp (4,800m) and return to Samagaun

Distance: Approximately 10–12 km round trip

Duration: 6–8 hours hike

Accommodation: Best available teahouse in Samagaun

A challenging yet rewarding ascent leads to Manaslu Base Camp, one of the most iconic viewpoints of the entire region. The trail climbs through rugged glaciers, rocky moraines, and alpine wilderness.

From base camp, panoramic views of Mount Manaslu and surrounding peaks unfold in a spectacular 360-degree display of Himalayan grandeur. The sense of isolation and raw natural power makes this one of the most memorable experiences of the trek.

After spending time at the base camp, descend carefully back to Samagaun for rest and recovery.

Trek from Samagaun to Samdo (3,875m)

Distance: Approximately 8 km

Duration: 3–4 hours trek

Accommodation: Best available teahouse in Samdo

The trail follows a wide valley surrounded by barren cliffs and alpine landscapes. Yak caravans and Tibetan-influenced settlements highlight the cultural richness of the region.

Samdo lies close to the Tibetan border and is known for its strong cultural identity and remote mountain lifestyle. The village offers stunning views of surrounding peaks and a peaceful high-altitude environment.

Acclimatization Day in Samdo - Tibet Border Viewpoint

Duration: 3–5 hours optional hike

Accommodation: Best available teahouse in Samdo

Today is reserved for acclimatization with an optional hike toward the Tibetan border viewpoint. The trail offers sweeping views of the Himalayan plateau and distant Tibetan landscapes.

This region is deeply influenced by Tibetan culture, visible in local architecture, prayer flags, and traditional lifestyles. The silence and vastness of the landscape create a powerful sense of isolation and serenity.

Trek from Samdo to Dharamsala (4,460m)

Distance: Approximately 10–11 km

Duration: 4–5 hours trek

Accommodation: Best available teahouse in Dharamsala

The trail ascends through barren alpine terrain, glacial streams, and rocky landscapes leading toward Larkya La Pass. Vegetation becomes scarce, replaced by dramatic high-altitude wilderness.

Dharamsala, also known as Larkya Phedi, serves as the final stop before crossing the pass. Surrounded by towering peaks and glaciers, it offers a raw Himalayan experience.

Cross Larkya La Pass (5,106m) → Bimthang (3,590m)

Distance: Approximately 24 km

Duration: 8–10 hours trek

Accommodation: Best available teahouse in Bimthang

This is the most challenging and rewarding day of the trek. The early morning ascent to Larkya La Pass offers breathtaking views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II.

Standing at the pass is an unforgettable achievement, surrounded by endless Himalayan peaks and glaciers. The descent into Bimthang reveals lush valleys, forests, and alpine meadows, creating a dramatic shift in landscape.

Trek from Bimthang to Tilije (2,300m)

Distance: Approximately 19–20 km

Duration: 6–7 hours trek

Accommodation: Best available teahouse in Tilije

The trail descends through rhododendron forests, riverside paths, and traditional villages. Wildlife, waterfalls, and green valleys replace the harsh high-altitude environment.

Tilije is a culturally rich village blending Tibetan and Gurung traditions, offering a peaceful resting atmosphere.

Trek from Tilije to Dharapani (1,860m)

Distance: Approximately 10–12 km

Duration: 3–4 hours trek

Accommodation: Best available teahouse in Dharapani

A short and scenic descent leads through forested paths and river valleys. Dharapani marks the connection to the Annapurna Circuit trail and signals the end of the trekking wilderness section.

Drive from Dharapani to Besisahar → Kathmandu or Pokhara

Distance: Approximately 190–220 km

Duration: 8–10 hours drive

A scenic drive through river valleys, terraced farms, and mountain roads brings the journey to an end. From Besisahar, continue toward Kathmandu or Pokhara depending on your travel plan.

Included Services

- Airport pick-up and drop-off in Kathmandu by private vehicle
- 2 nights hotel accommodation in Kathmandu (arrival and departure) on twin-sharing basis
- Kathmandu to Machha Khola transportation (shared/private jeep or local vehicle as per itinerary)
- Dharapani to Besisahar and onward drive back to Kathmandu or Pokhara
- All required trekking permits: Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), and Local municipality and conservation fees
- Experienced, licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers, carrying 20–25 kg shared load)
- Best available teahouse accommodation during the entire trekking route
- Three meals per day during trekking (breakfast, lunch, and dinner)
- Tea house accommodation (best available in the region)
- Guide and porter (1 Porter for 2 person)
- First aid medical kit carried by guide
- Trek completion certificate
- Government taxes and service charges
- Assistance in emergency coordination and evacuation arrangements

Excluded Services

- International airfare to and from Nepal
- Nepal entry visa fees
- Travel insurance (mandatory, must cover high-altitude trekking up to 6,000m and helicopter evacuation)
- Meals in Kathmandu (lunch and dinner not included)
- Personal expenses
- Tips for guide and porter
- Anything not specifically mentioned in the “Included” section

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the Manaslu Circuit Trek with Manaslu Base Camp?

The Manaslu Circuit Trek combined with Manaslu Base Camp is a moderate to challenging Himalayan expedition. It involves long walking days, remote terrain, and high-altitude sections above 5,000 meters, including the crossing of Larkya La Pass (5,106m). The trek requires good physical fitness, stamina, and mental preparation. Previous trekking experience is helpful but not mandatory, as proper acclimatization and professional guidance make it achievable for determined beginners.

Q: What is the highest point of this trek?

The highest point is Larkya La Pass at 5,106 meters. Additionally, the hike to Manaslu Base Camp reaches approximately 4,800 meters, offering close-up glacier views and direct perspectives of Mount Manaslu (8,163m), one of the world’s highest peaks.

Q: Do I need a guide for the Manaslu Trek?

Yes. The Manaslu region is a restricted area, and trekking without a licensed guide is not permitted. A registered trekking agency must organize the trek, and a professional guide ensures safety, navigation, permit management, and cultural interpretation throughout the journey.

Q: What permits are required for this trek?

You will need: Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), Local municipality permits (if applicable)

All permits are arranged by your trekking agency before the trek begins.

Q: What kind of accommodation is available during the trek?

Accommodation is provided in the best available teahouses along the route. Rooms are usually twin-sharing with basic facilities. In lower regions like Kathmandu, Besisahar, and Dharapani, you will stay in hotels or comfortable lodges with improved amenities. As altitude increases, accommodation becomes more basic but remains clean and welcoming.

Q: What type of food is available on the trek?

Teahouses serve freshly prepared meals suitable for high-altitude trekking. Common options include Dal Bhat (rice and lentils), noodles, pasta, soups, fried rice, potatoes, eggs, vegetables, pancakes, tea, and coffee. Meals are simple, nutritious, and designed to provide energy for long trekking days.

Q: When is the best time for this trek?

The best seasons are spring (March to May) and autumn (September to November). These months offer stable weather conditions, clear skies, and the best visibility of Mount Manaslu, Himalchuli, Ngadi Chuli, and surrounding peaks.

Q: How many hours do we trek each day?

On average, you will trek 5 to 7 hours per day. Some days, such as the Manaslu Base Camp hike or Larkya La Pass crossing, may extend to 8-10 hours depending on altitude and trail conditions.

Q: Is altitude sickness a risk?

Yes, altitude sickness is a real concern due to elevations above 5,000 meters. Proper acclimatization days in Samagaun and Samdo are included in the itinerary. Slow pacing, hydration, and following guide instructions significantly reduce the risk.

Q: What makes Manaslu Base Camp special?

Manaslu Base Camp (around 4,800m) offers one of the closest accessible viewpoints of Mount Manaslu (8,163m). The trail passes through glaciers, moraines, and high alpine terrain, providing a rare and dramatic Himalayan ice-world experience.

Q: Is Wi-Fi and mobile network available?

Mobile network coverage is limited and unreliable in higher regions. Wi-Fi is available in some lower teahouses at an additional cost, but connectivity becomes very limited or unavailable in high-altitude sections of the trek.

Q: What should I pack for this trek?

Essential items include: Down jacket and warm layered clothing, Waterproof jacket and pants, Trekking boots, Sleeping bag (cold-rated), Gloves, hat, and sunglasses, Trekking poles, Personal medication, Toiletries and quick-dry towel, Proper high-altitude gear is strongly recommended.

Q: Is travel insurance required?

Yes, travel insurance is mandatory. It must cover high-altitude trekking up to at least 6,000 meters and include emergency helicopter evacuation, medical treatment, trip cancellation, and accident coverage.

Q: Can beginners do this trek?

Yes, beginners with strong fitness levels, determination, and proper preparation can complete this trek. However, it is important to train before arrival and follow acclimatization guidelines carefully.

Q: What is the group size?

Group sizes typically vary from 2 to 10 trekkers for comfort and safety. Private departures are also available for those seeking a more personalized experience.

Q: What is the luggage limit for porters?

Each porter typically carries a maximum of 20–25 kg, shared between two trekkers. Your personal daypack should contain essentials such as water, snacks, camera, and extra layers.

Q: How is drinking water managed on the trek?

Safe drinking water is available at teahouses and villages. Trekkers can refill bottles and are encouraged to use purification tablets, filters, or boiled water for safety and sustainability.

Q: Are hot showers and charging facilities available?

Yes, but with limitations. Hot showers and device charging are available in most teahouses at lower elevations for an additional cost. At higher altitudes, availability becomes limited and more expensive.

Q: What happens in case of emergency?

In case of altitude sickness, injury, or severe illness, immediate evacuation by helicopter can be arranged. This is why comprehensive travel insurance is mandatory for all trekkers.

Q: Why choose Bridge Nepal Treks & Travels for this trek?

Bridge Nepal Treks & Travels provides experienced local guides, carefully designed itineraries, strong safety protocols, reliable logistics, and personalized trekking experiences. The focus is on authentic Himalayan adventure combined with professional service, cultural immersion, and maximum safety in the remote Manaslu region.

Trip Information

- About The Trek
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