

Manaslu Circuit Trek

Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Travel through Arughat (600 m) to Soti River (730 m): 07 hrs

Traveling from Kathmandu to Soti we can see the beautiful landscape Nepal is renowned for. Our drive takes us on mountain roads, through cities and villages, over raging rivers, and into the forest. We can see Mt. Manaslu as well as other prominent mountains along our drive. We stop at Soti River to spend the night.

Day 03: Trek to Fish River (930 m): 06 hrs

We begin our trek today. The trail takes us over the Gandaki River, through farming villages, and past waterfalls. After passing another river we ascend on stone steps laid into the mountain. A few minutes later we reach Fish River where we spend the night.

Day 04: Trek to Jagat (1,410 m): 06 hrs

The trail takes us to the Gandaki River. We follow the river upstream to Khorla Besi. It is a small farming village that leads into Tato Pani (Hot Water). Tato Pani is known for its hot springs and is often celebrated by trekkers returning from the Annapurna Circuit Trek. After passing a few mountain villages we once again meet the Gandaki River. We follow the river to Jagat to spend the night. Jagat has many facilities and caters to trekkers.

Day 05: Trek to Dyang (1,800 m): 06 hrs

We trek from Jagat to Dyang today following the Gandaki River. We pass Sirdibas Village along the way and cross a suspension bridge to reach Nagjet. We then make our ascent past Philim Village to a mountain ridge that leads us through a Bamboo forest to Dyang Village. We spend the night in Dyang.

Day 06: Trek to Ghap (2,160 m): 04 hrs

We continue our ascent to Ghap. On our way we pass Bihi Village and cross into an alpine climate and its crisp refreshing air. From here on, the majorities of the villages that we pass are prominently Tibetan and have a rich Buddhist history. At this point the trail levels out and is delightful to walk on. We spend the night in Ghap.

Day 07: Trek to Lo (3,180 m): 06 hrs

We meet the Gandaki River again as it guides us through the high mountains of Nepal. We pass rural villages that cultivate barley, wheat, and millet during the summer. We pass Namrung, which provides views of the north face of Mt. Manaslu. We then ascend and pass more villages until we reach Lo Bazaar. We spend the night in Lo Bazaar.

Day 08: Trek to Samagaon (3,530 m): 05 hrs

As we climb in altitude we pass the tree line. The landscape on this section of the trail is adorned by beautiful snow capped mountains that seem close enough to summit. The air is mostly crystal clear and we can see for miles. We gradually ascend about 350 m to reach Samagaon. We spend the night in Samagaon.

Day 09: Acclimate in Samagaon

While we acclimate in Samagaon we can explore the village taking in the Tibetan culture and customs. We can also learn about the history of the area and possibly go on a day hike.

Day 10: Trek to Samdo (3,860 m): 05 hrs

The Trail to Samdo takes us along an ancient caravan route. The trail is still used by merchants trading goods with China. A lot of Chinese goods can be found in the shops in Samdo. The path to Samdo is gentle and has amazing views of the surrounding mountains. We spend the night in Samdo Village.

Day 11: Trek to Larkya Phedi (4,460 m): 04 hrs

The path to Larkya Phedi (Base of Larkya La Pass) is relatively short and flat. We do, however, cross a few streams, climb in elevation at sections of the trail. We spend the night in Larkya Phedi.

Day 12: Cross Larkya La Pass (5,214 m) and Trek to Bimthang (3,720 m): 08 hrs

We reach the highest point in our trek today. It is well worth the effort as the views from Larkya La Pass are phenomenal. We can see the valley, hills and what seems like the entire Himalayan Mountain Range. We can see Mt. Manaslu, Larkya Peak, Bouddha Himal, Himal Chuli and many others. The top of the pass is also decorated with prayer flags and gives the surrounding landscape the iconic Himalayan mountain look. From the pass we descend to Bimthang to spend the night.

Day 13: Trek to Gho (2,560 m): 05 hrs

We trek downhill and back below the tree line today. The trail is realitively easy and provides a delightful break from strenuous uphill climbing. We trek through a beautiful pristine forest to reach Gho located at the heart of the forest. We spend the night in Gho.

Day 14: Trek to Dharapani (1,860 m): 06 hrs

We continue our decent to Dharapani today. We pass Marsyangdi River, which is an excellent choice for white water rafting, on the way. We also trek next to Telje Village. From here it is a straight shot to Dharapani Village.

Day 15: Travel through Besisahar to Kathmandu 07 hrs

From Dharapani we board a vehicle and travel to Kathmandu. We pass many villages, and rivers, and have spectacular views of the mountains from which we came. We have the rest of the day in Kathmandu for leisure activities.

Day 16: Reserve day in case of bad weather.

This day is reserved in case we cannot complete the trek in time. If everything went well we have an extra day to hang out in Kathmandu. We can go sightseeing in Bhaktapur, and Patan, or go to one of the many temples in the area.

Day 17: Conclude Trip

If you wish to stay longer we would be happy to make the accommodations and arrangements for you. If you are departing we will provide assistance and transport to your departing location.