

Manaslu Circuit Trek

16 days · Challenging · Request a quote

Follow the Budhi Gandaki valley to the mountain villages of Sama and Samdo, then cross Larkya La into the Bimthang valley on a carefully staged Nepal itinerary.

Overview

The Manaslu Circuit follows the Budhi Gandaki from lower river settlements into a high mountain valley, then crosses Larkya La to Bimthang and the Annapurna side of the route. The attraction is the journey between landscapes as much as the pass: forest, cultivated slopes, monasteries, stone-built villages and the mountain setting around Sama and Samdo.

This 16-day outline includes Kathmandu preparation, the road approach to Machha Khola and a staged walking route through Jagat, Deng, Namrung and Lho. There are second nights at Sama and Samdo before the higher overnight at Dharamsala, approximately 4,460 m. Optional acclimatization walks stay within Nepal and are chosen for conditions and wellbeing; a border excursion or a high base-camp hike is not assumed.

Larkya La, approximately 5,106 m, is the highest point. The crossing to Bimthang is a long and demanding day with an early start, possible snow or ice and a sustained descent. The final ascent from Samdo to Dharamsala also makes a substantial sleeping-height gain. Acclimatization days help create time, but the schedule may still need extra nights or a turnaround.

The trip finishes with a walk to Tilije and Dharapani, a road transfer to Besisahar and the return to Kathmandu. Keeping the final road journey over two days avoids combining the entire mountain exit and Kathmandu drive into one very long stage.

Manaslu is a restricted-area route. Permit eligibility, agency and guide arrangements, exact entry dates and the applicable conservation permits must be checked for your circumstances. Read the [Manaslu route and permit guide](#), then [request a personal proposal](#) with your dates, group size and experience. The quotation defines every included service and any contingency arrangements.

Day-by-day itinerary

Day 1: Arrive in Kathmandu

Settle into Kathmandu and review your arrival arrangements. Leave time to recover from travel and begin checking equipment for the mountain stages. The detailed route, included services and practical arrangements should match the written quotation you accepted.

Kathmandu → Kathmandu · No scheduled trekking · Highest visited: 1400 m · Overnight: 1400 m · Hotel · As agreed in your quotation

Day 2: Prepare equipment and complete arrangements

Use the day for the agreed permit process, equipment checks and route briefing. Processing requirements and document submission must be confirmed in advance; a preparation day is not a promise of automatic same-day issuance. Discuss acclimatization, pass conditions, insurance and how a changed itinerary would be managed.

Kathmandu → Kathmandu · No scheduled trekking · Highest visited: 1400 m · Overnight: 1400 m · Hotel · As agreed in your quotation

Day 3: Travel toward Machha Khola

Travel to the Budhi Gandaki approach and Machha Khola by the agreed vehicle arrangement. The later sections can be rough and slow. Allow a full travel day, with the exact roadhead dependent on road conditions and access at the time.

Kathmandu → Machha Khola · No scheduled trekking; road travel about 8–10 hours · Overnight: 900 m · Teahouse · As agreed in your quotation

Day 4: Follow the river valley to Jagat

Begin walking along the Budhi Gandaki valley, passing settlements and crossing changing sections of riverbank trail. This is a long lower-valley day with repeated rises and descents. Permit checks and local conditions can affect the pace, so an early, unhurried start is useful.

Machha Khola → Jagat · About 7–8 hours · Highest visited: 1340 m · Overnight: 1340 m · Teahouse · As agreed in your quotation

Day 5: Continue through the valley to Deng

Continue past villages and fields toward Deng, with bridges, forest and narrow valley sections along the way. Do not judge the effort only by the net sleeping-height gain: the trail undulates repeatedly. Keep time for normal breaks and for local advice around any damaged or exposed sections.

Jagat → Deng · About 7–9 hours · Highest visited: 1860 m · Overnight: 1860 m · Teahouse · As agreed in your quotation

Day 6: Walk from Deng to Namrung

Follow the upper valley through wooded slopes and settlements toward Namrung. The landscape and architecture gradually change as the route gains height. This remains a substantial walking day, and the afternoon is best used for rest rather than adding an ambitious excursion.

Deng → Namrung · About 6–7 hours · Highest visited: 2630 m · Overnight: 2630 m · Teahouse · As agreed in your quotation

Day 7: Climb toward Lho

Continue through the upper villages toward Lho, with time for the mountain setting when clouds allow. The sleeping altitude now rises above 3,000 m. Walk at a measured pace, respect monastery access and local photography preferences, and review how you are feeling on arrival.

Namrung → Lho · About 4–5 hours · Highest visited: 3180 m · Overnight: 3180 m · Teahouse · As agreed in your quotation

Day 8: Walk through Shyala to Sama

Follow the route through Shyala, around 3,500 m, and continue to Sama. The more open valley gives a different sense of the surrounding peaks, but clear views remain weather dependent. Keep this a moderate day rather than attaching a demanding high side trip to the arrival.

Lho → Sama · About 4–5 hours · Highest visited: 3530 m · Overnight: 3530 m · Teahouse · As agreed in your quotation

Day 9: Remain in Sama for acclimatization

Spend a second night in Sama. If you feel well, consider a modest local walk toward the Birendra Tal area, returning to the same sleeping altitude. Rest is a valid choice. A high Manaslu Base Camp excursion is not part of this outline and should not be treated as a compulsory acclimatization task.

Sama → Sama · Optional local walking, about 2–4 hours · Highest visited: 3700 m · Overnight: 3530 m · Teahouse · As agreed in your quotation

Day 10: Continue to Samdo

Walk farther up the valley toward Samdo, maintaining a comfortable pace as the air becomes thinner. The day is shorter than the lower-valley stages, leaving time to rest after arrival. Review symptoms and the plan for the second night before considering any further climb.

Sama → Samdo · About 3–4 hours · Highest visited: 3860 m · Overnight: 3860 m · Teahouse · As agreed in your quotation

Day 11: Spend a second night in Samdo

Remain in Samdo with an optional modest walk on a suitable local trail inside Nepal, turning back according to wellbeing and conditions. The indicative high point is about 4,200 m, not a required destination. This is not a border excursion. Use the day to reassess readiness for the higher overnight at Dharamsala.

Samdo → Samdo · Optional local walking, about 2–4 hours · Highest visited: 4200 m · Overnight: 3860 m · Teahouse · As agreed in your quotation

Day 12: Approach Dharamsala

Continue to the basic upper stopping place at Dharamsala. The roughly 600 m increase in sleeping altitude is significant even after the extra night in Samdo. Keep the pace steady and review symptoms carefully. Lodge availability, weather and the condition of the pass determine whether the following day's crossing can proceed.

Samdo → Dharamsala · About 4–5 hours · Highest visited: 4460 m · Overnight: 4460 m · Teahouse · As agreed in your quotation

Day 13: Cross Larkya La and descend to Bimthang

If conditions and individual readiness allow, make an early start for Larkya La at approximately 5,106 m. The high crossing is followed by a long descent to Bimthang. Snow, ice, wind and fatigue can extend the day substantially. The decision to delay or turn around takes priority over keeping the published timetable.

Dharamsala → Bimthang · About 8–11 hours · Highest visited: 5106 m · Overnight: 3590 m · Teahouse · As agreed in your quotation

Day 14: Descend through forest to Tilije

Leave the high basin and descend through forest and lower settlements toward Tilije. After the pass, the changing vegetation and warmer air are noticeable, but tired legs still need a measured pace. Take care on the sustained descent and on wet or uneven sections.

Bimthang → Tilije · About 6–7 hours · Highest visited: 3590 m · Overnight: 2300 m · Teahouse · As agreed in your quotation

Day 15: Walk to Dharapani and travel to Besisahar

Walk to Dharapani and meet the agreed vehicle for the rough road journey to Besisahar. Keeping the overnight here separates the mountain exit from the full drive to Kathmandu. Vehicle access and road conditions may change the balance of walking and travel.

Tilije → Besisahar · About 2–3 hours walking; 4–6 hours road travel · Highest visited: 2300 m · Overnight: 760 m · Hotel or local guesthouse · As agreed in your quotation

Day 16: Return to Kathmandu

Return to Kathmandu by road, allowing time for traffic and works on the main approach. The itinerary ends after this return journey. Keep additional time before international travel and confirm any further accommodation or airport arrangements separately.

Besisahar → Kathmandu · No scheduled trekking; road travel about 6–8 hours · Overnight: 1400 m · Hotel · As agreed in your quotation

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

Permits and eligibility

Manaslu requires a restricted-area permit as well as the relevant conservation-area permissions for the agreed route. The [NTB permit schedule](#) describes seasonal arrangements; the [Department of Immigration](#) is the authority to consult for current issuance requirements. A [March 2026 Radio Nepal report](#) quotes Immigration confirming individual applications through an agency with a trekking guide. Check the current documents and processing arrangements for your dates. No permit fee is presented here as an Everest Encounter package price.

High-altitude stages

The planned overnight sequence reaches Sama at about 3,530 m, Samdo at about 3,860 m and Dharamsala at about 4,460 m. The final increase is substantial despite the acclimatization nights. Extra time or a descent may be needed. Do not ascend with altitude symptoms; seek help and descend if symptoms worsen. Review [NTB mountain-safety guidance](#) and discuss your personal health circumstances with a qualified clinician.

Flexibility and the quotation

Pass conditions, lodge availability, road access and individual health can alter this itinerary. Walking times and elevations are approximate. Ask for the exact services, permit processing plan, transport types, emergency arrangements and possible costs of extra days in your written proposal. Leave additional time before international travel; the 16-day outline is not a guarantee against disruption.