Manaslu Trek Itinerary

Day 1: Arrival in Kathmandu

The first day of the Manaslu Trek itinerary starts with your arrival in Kathmandu, the capital city of Nepal. Upon arrival, you will be greeted by a representative of the Adventure Club Company, who will be your guide for the rest of the trip. The guide will then escort you to your hotel, where you can relax and freshen up after your flight. This is a great opportunity for you to discuss any questions or concerns you may have about the trek with your guide. The guide will also give you a brief overview of the itinerary and what to expect over the next few days. This is also a good time to exchange contact information with the guide so that you can stay in touch during the trek.

Day 2: Sightseeing in Kathmandu Valley

The second day of the itinerary is dedicated to exploring the cultural and historical heritage of the Kathmandu Valley. The "World Heritage Site" likely refers to the many UNESCO World Heritage sites located in the valley, which are considered some of the most important and iconic cultural and historical landmarks in Nepal. Some popular sites include the Pashupatinath Temple, Swayambhunath Stupa (also known as the Monkey Temple), and Boudhanath Stupa. Visitors can expect to spend the day exploring the rich history and unique architecture of these important sites and learning about the cultural and religious significance they hold for the people of Nepal.

Day 3: Drive to Machha Khola from Kathmandu – Overnight Stay in Tea House

On day three, you will be embarking on a road trip from Kathmandu to Machha Khola. The drive will take you through picturesque landscapes, rural villages, and farming communities that offer an insight into the traditional way of life in Nepal. The trip is expected to take around 5 to 7 hours, depending on the road conditions and traffic. Upon arrival at Machha Khola, you will be staying overnight at a local guesthouse or lodge. This is a great opportunity to acclimatize to the new surroundings and get a good night's rest before beginning the trek the next day.

Day 4: Macchakhola to Jagat (1340m) – 5/6 hours

On Day 4, you will start your trek from Machha Khola and head towards Jagat. The first hour of the trek will be a gradual ascent until you reach Khorla Beshi where you will take a tea break. From Khorla Beshi, you will continue your journey with a gradual ascent to Tatoo Pani. From Tatoo Pani, you will make your way to Dovan, which will serve as your lunch spot. The route to Dovan will involve a half-hour walk through a landslide. After lunch, you will continue your trek with a gradual ascent and landslide trail to your final destination. On the way, you will come across three suspension bridges.

Day 5: Jagat to Deng (1865m) – 5/6 hours

On Day 5 of your itinerary, you will be walking from Jagat to Deng, which will take around 5 to 6 hours. The first part of the journey, lasting about an hour and a half, will take you through a pine tree forest and will have a gradual ascent. The rest of the journey will continue to have a gradual ascent and some mountain slopes. For lunch, you will either stop at Philim or Chisapani. After lunch, you will cross 3 suspension bridges. This day of the trek is expected to be challenging, so be prepared for a long and strenuous day of walking.

Day 6: Deng to Ghap (2165m) -6/7 hours

On day 6 of the Manaslu trek, you will be trekking from Deng to Ghap. The trek begins with a path that has gradual ups and downs. This means that you will encounter some steep inclines and declines along the way. The journey should take around 6 to 7 hours. At some point during the trek, you will have lunch at Ghee Phedi. After lunch, the path becomes more gradual and slightly downhill. This is a good time to take a break and enjoy the scenery. The trek through this region is known for its stunning views of the surrounding mountains and forests. So, make sure to take your time and take in the beauty around you.

Day 7: Ghap to Lho (3180m) – 4/5 hours

On day 7, the trek from Ghap to Lho is expected to take 4 to 5 hours. The first half hour is a flat path that welcomes you into the Lho Village. After that, the trail gradually goes uphill until you reach Namrung, where you will have lunch, either at Namrung or in Lhi. After lunch, the trail is expected to be flat and gradual, almost like a forest path surrounded by pine trees.

Day 8: Lao to Sama Gaun (3525) -5/6 hours

On Day 8, you will be trekking from Lao to Sama Gaun, which is expected to take 5 to 6 hours. The first half hour of the trek will be a slow descent and then you will start to trek uphill. You will have a tea break at Syalaa. Your lunch break will be in either Syala or Sama Gaun, and you will be able to choose your preferred lunch spot. The path will be mostly a jungle way until Syalaa and then gradually uphill for another half hour. After crossing a bridge, the way will become flat.

Day 9: Acclimatization Day (Hike upto Manaslu Base camp or Phungin Ghumpa – Optional)

On day 9, you will spend the day acclimatizing to the high altitude, which is an important step in preventing altitude sickness. You have the option of hiking to either Manaslu Base Camp or Phungin Ghumpa, which will be a challenging but rewarding experience. During the hike, you will be surrounded by stunning mountain views and breathtaking scenery, making it a day to remember. Whether you choose to hike or simply rest and take it easy, this acclimatization day will help you prepare for the next phase of your journey.

Day 10: Sama Gau to Samdo(3850m) – 4/5 hours

On Day 10, you will be walking from Sama Gaun to Samdo, which is a 4/5 hour journey. The path is a mix of gradual ups and flat terrain, resembling a walk in a park. It's a beautiful and scenic walk, with breathtaking views of the surrounding mountains. The lunch place will be Samdo, and it is recommended to carry snacks or energy bars to avoid hunger. It's an important day for acclimatization and preparation for the upcoming days of the trek. Make sure to stay hydrated and take it slow to enjoy the journey.

Day 11: Samdo to Dharmasala (4460m) -4/5 hours

Dharmasala is a stopping place for trekkers on their journey toward the base of Mount Manaslu. The journey from Samdo to Dharmasala takes approximately 4 to 5 hours and involves walking on a trail that has a mix of gradual ups and flat areas, making it relatively easier compared to the previous days. On this day, you can enjoy your lunch at Dharmasala, and make sure to carry snacks or energy bars to avoid hunger during the journey.

Day 12: Dharmasala to Bhimtang (3590m) via Larke-la Pass (5135) -7/8 hours

The day will be challenging day as it involves crossing the Larke-la Pass, which is one of the highest points in the trek. The trail will start with a gradual ascent, followed by a steep ascent to reach the top of the pass. From the top, you will be rewarded with stunning views of the surrounding mountains and glaciers. After crossing the pass, you will have a gradual descent to reach Bhimtang, where you will spend the night. It is important to be prepared for the physical and mental challenges that come with crossing a high-altitude pass, so make sure you are well-rested and well-fed before embarking on this portion of the trek.

Day 13: Bhimtang to Tiliche (Dharapani Optional) (4460m)-6/7 hours

The trek on day 13 takes you from Bhimtang to Tiliche, with an optional stop at Dharapani. The trek starts with a downward path and continues through a jungle way. The tea break is at Surki Khola, and lunch is also taken at the same place. The trek is estimated to take 6 to 7 hours.

Day 14: Drive to Besishahar switch to Bus to Kathmandu

On Day 14, you will be making a drive from Tiliche to Besishahar and then switching to a bus to Kathmandu. The drive from Tiliche to Besishahar might take around 4 to 5 hours, and the bus journey from Besishahar to Kathmandu will take around 6 to 7 hours, depending on the road and traffic conditions. This will be a long but scenic journey through the hills and valleys of Nepal. You'll get to enjoy views of the countryside and the chance to relax after a long trek. Upon arrival in Kathmandu, you will be taken to your hotel for a well-deserved rest.

Day 15: Your departure

On Day 15, you will be departing from Kathmandu, marking the end of your Manaslu Circuit Trek. It's likely that you'll be departing from the hotel you stayed at and heading to the airport for your flight back home. Before leaving, you may want to spend some time exploring the city and picking up any last-minute souvenirs. If you have some extra time, you can also visit some of the World Heritage sites that you may have missed earlier. Remember to pack everything you need and make any necessary arrangements for your journey. Before you know it, you'll be back home with memories that will last a lifetime.

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