Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Manaslu Circuit Via Larkya La Pass Trek Brief Itinerary

Day-1 : Arrival to Kathmandu (1,350 M)

Welcome to Nepal! Upon your arrival at Tribhuvan International Airport (KTM), our representative and trekking guide will meet you outside the terminal and arrange your private transfer to your hotel.

After checking in, you will have a few hours to relax, refresh, and recover from your journey. Later in the day, your guide will conduct a comprehensive pre-trip briefing in the hotel to go over your daily itinerary, review required equipment, and ensure your trekking gear is complete before starting the adventure along the Annapurna Circuit.

Day-2 : Drive from Kathmandu to MachhaKhola (890 m) (157 KM))

An early morning start at around 6:30 AM sets us on our scenic journey from Kathmandu to Machha Khola via Dhading, Gorkha, and Arughat Bazaar. This 7 to 8-hour drive offers picturesque views of central Nepal's lush terraced hills, rushing mountain rivers, and traditional rural settlements.

As the road windingly follows the banks of the rushing Budhi Gandaki River, you will pass charming local villages like Lapbesi, famous for its dramatic terraced fields clinging to the hillsides. Continuing further along the river valley road, we arrive at the small settlement of Machha Khola, where we check into a local lodge for a restful overnight stay before beginning our trek.

Day-3 : Trek from Machhakhola to Jagat (1,410 m) – (13.5 km)

Our trekking adventure officially begins as we cross the Machha Khola ("Fish Stream") and follow the trail upstream toward the quiet village of Khola Bensi. Pushing forward, we reach the natural geothermal hot springs at Tatopani, where you can pause briefly to watch the warm water spout from the rocks.

As we advance, the valley walls steepen into dramatic cliffs, forcing the route across to the left bank via a swaying suspension bridge. The trail here becomes slightly exposed and rugged, rewarding your efforts with dramatic gorge views. After a pleasant stretch under a canopy of forest, we reach Doban, a tranquil stopping point along the river.

Above Doban, the Budhi Gandaki River churns through a series of impressive, roaring rapids before widening out across a placid, gravel riverbed. At Lauri, we re-cross the river on another suspension bridge and take a final steady climb along a high cliffside path leading to the paved stone streets and terraced fields of **Jagat**, a stone-flagged village where we check into our lodge for the night.

Day-4 : Trek from Jagat to Dyang (1,800 m) – (20 km)

After enjoying a hot breakfast in Jagat, we set off on a dynamic trail characterized by undulating ups and downs. The path steadily climbs through lush green hillsides, opening up to serene natural settings and sweeping river views.

As we descend toward the riverbank and make a rewarding ascend to **Saguleri**, you will be treated to your first stunning, distant views of **Sringi Himal (7,187m)** looming above the horizon. Continuing along the Budhi Gandaki, we cross the **Gata Khola** via a suspension bridge, where views of the magnificent **Ganesh Himal** range come into focus.

From here, the trail leads up to **Philim**, a large and vibrant Gurung village flanked by terraced fields of corn and millet. After soaking in the local culture, we push onward through dramatic gorge sections and bamboo groves, crossing the river a few more times before ascending a final steep spur to reach the traditional settlement of **Deng** for our overnight lodge stay.

Day-5 : Trek from Dyang to Namrung (2660 m) – (19 km)

Leaving Deng behind, we enter the upper reaches of the Budhi Gandaki Valley, where the landscape begins its dramatic transition into the alpine zone. The trail winds past beautifully carved **mani walls** (sacred Buddhist stone tablets inscribed with prayers), signaling our entry into region's Tibetan-influenced culture.

Along the way, we cross the roaring Budhi Gandaki River on swaying suspension bridges and climb through lush forests of rhododendron, oak, and pine. As we emerge above the tree line, open alpine meadows and sprawling high-altitude pastures come into view, framed by towering Himalayan peaks.

After a final, steady ascent past the picturesque village of Prok—with its sweeping views of **Sringi Himal** and traditional stone houses—we reach **Namrung**. Famous for its stone gate (Kani) and magnificent views of **Ganesh Himal**, **Giri Himal**, and **Mt. Manaslu**, Namrung is a welcoming mountain village where we check into our teahouse for the night.

Day-6 : Trek from Namrung village to Samagaun via Pungyen Monastery (3585 m)

Departing Namrung, the trail ascends steadily into the upper Nubri Valley, passing through the authentic Tibetan-influenced stone villages of **Lihi** and **Lho**. Along the route, you will observe locals engaging in traditional mountain life against a backdrop of ancient chortens, prayer flags, and dense pine forests.

As we emerge into the open clearing of **Shyala (3,500m)**, you are rewarded with unhindered, panoramic views of **Mt. Manaslu (8,163m)**, **Himalchuli (7,893m)**, and **Peak 29**. From Shyala, we take a memorable side detour up toward the secluded **Pungyen Monastery**, nestled in a quiet glacial amphitheater right beneath the colossal eastern face of Manaslu. Resting near the ancient monastery offers a profound sense of spiritual serenity alongside dramatic views of surrounding glaciers and occasional sightings of Himalayan wildlife, such as blue sheep (Bharal).

After taking in the spiritual energy of Pungyen, we rejoin the main path across alpine pastures and yak grazing grounds to reach **Samagaun (3,530m)**—the cultural heart of the Manaslu region—where we settle into our lodge for an overnight stay.

Day-7 : Acclimatization Day Hike to Manaslu Base Camp (4800 m) - (13.5 km)

Today is a dedicated rest and acclimatization day, designed to help your body adapt smoothly to the higher elevations before we prepare for the crossing of Larkya La Pass.

To active-acclimatize, we set out on an rewarding day hike to **Manaslu Base Camp (4,800m)**. Located directly at the foot of the world's eighth-highest mountain, the trail leads up dramatic glacial moraines and rocky ridges, providing intimate, front-row views of Mt. Manaslu's immense icefalls and surrounding peaks. Pushing higher during the day and returning to lower elevations to sleep follows the proven "climb high, sleep low" principle, ensuring you feel strong and confident for the journey ahead.

For those preferring a gentler outing, a shorter walk leads to the stunning turquoise waters of **Birendra**

Lake (3,450m), a glacial lake sitting right beneath the Manaslu glacier. In the afternoon, explore the rich cultural heritage of Samagaun by visiting ancient local monasteries, prayer walls, and traditional stone homes. We return to our lodge in **Samagaun** for a second night's rest.

Day-08 : Trek from Samagaun to Samdo (3,860 m) – (5km)

Today's trek is intentionally shorter, allowing your body to acclimatize to increasing elevations as we approach the 4,000-meter mark. Leaving Samagaun, we follow the gentle currents of the Budhi Gandaki River through a wide, dramatic valley. As we gain altitude, lush greenery gives way to a rugged, dry landscape lined with birch and juniper bushes.

Along the trail, we pass high alpine yak pastures and temporary summer huts used by local mountain herders. Magnificent panoramas of **Mt. Manaslu**, **Samdo Peak (6,335m)**, and **Simnang Himal** accompany us throughout the walk. After crossing a wooden bridge over the river and making a steady final ascent, we arrive at **Samdo**.

Nestled near the border of Tibet (China), Samdo is a authentic, high-altitude Tibetan refugee village. The settlement offers a rare window into age-old Tibetan Buddhist traditions, stone architecture, and the resilient lifestyle of trans-Himalayan communities. Upon arrival, we check into our lodge and spend the afternoon resting or taking a short walk to a nearby viewpoint for further acclimatization.

Day-09 : Trek to Dharmasala / Larkya La Phedi to Bhimtang (4,460 m) – (6 km)

Today brings the most challenging and triumphant highlight of the entire trek. Setting out pre-dawn around 3:30 to 4:00 AM, we head up the moraine of the Larkya Glacier into the crisp, cold night air. The climb up to **Larkya La Pass (5,106m)** is gradual but physically demanding due to the high elevation, freezing wind, and rocky mountain terrain.

Reaching the summit flag-draped pass yields an unforgettable reward: a vast, 360-degree high-altitude panorama showing **Himlung Himal (7,126m)**, **Cheo Himal (6,820m)**, **Kang Guru (6,981m)**, **Gyaji Kang**, and the massive wall of **Annapurna II (7,937m)**.

After celebrating at the top and snapping photos, we begin a long, careful descent across snowfields and loose glacial moraine trails down the western slopes. As we descend over 1,300 meters, the harsh, frozen landscape softens into alpine meadows and rhododendron groves, leading us into the serene, picture-perfect valley of **Bimthang (3,720m)** for a well-earned rest at our lodge.

Day-10 : Trek from Bhimthang to Tilje village (2300 m) – 4 hrs - 13km) then drive to Besisahar

Following the grueling effort of Larkya La Pass, today's journey feels delightfully relaxed as we drop into warmer elevations and lush greenery. Leaving Bimthang, the trail descends smoothly into dense, primeval forests of rhododendron, pine, and oak, tracing the white-water currents of the rushing Dudh Khola River.

Looking back over your shoulder offers breathtaking, alternative vantage points of **Mt. Manaslu**, **Phungi Himal**, and the towering circus of peaks behind you. Along the trail, we pass secluded alpine pastures, seasonal herder settlements, and the small village of **Gho (2,560m)**, where mountain life takes on a tranquil pace.

Continuing further down through terraced fields and bamboo thickets, we cross the river over a wooden suspension bridge to reach **Tilije (2,300m)**. Home to a vibrant mix of Gurung and Tibetan communities, this peaceful village features traditional stone houses, narrow alleyways, and cozy teahouses where we spend the night enjoying the gentle climate

Day-11 : Drive back From Tilje village to Beshishar 7-8 Hrs

On our final day on foot, we take a short, peaceful morning walk descending through lush terraced farmlands and forested hillsides. Leaving Tilije, we cross the roaring Marsyangdi River via a sturdy suspension bridge to enter **Dharapani (1,860m)**, a bustling village where the Manaslu Circuit officially intersects with the classic Annapurna Circuit route.

Here, we finalize our trekking permits at the local ACAP check-point, bid farewell to our local porter team, and board a private 4WD jeep for the scenic drive along the dramatic Marsyangdi River valley.

The road winds down through deep gorges, rushing waterfalls, and terraced mountain settlements like Tal and Syange. As we leave the high hills behind, the climate warms and the landscape opens into vibrant rural valleys before arriving at **Besisahar (760m)**, the administrative hub of the Lamjung District, where we check into our hotel for a comfortable overnight stay and celebratory dinner.

Day-12 : Drive Back to Kathmandu 7-8 Hrs

After breakfast at your hotel in Besisahar, we board our vehicle for the final overland journey back to Kathmandu. The scenic drive follows the winding Prithvi Highway, tracing the banks of the roaring **Marsyangdi** and **Trishuli Rivers**.

This return drive offers a final, breathtaking look at Nepal's diverse rural landscapes—from emerald hills, dramatic river gorges, and terraced farmlands to bustling roadside towns like Dumre and Mugling. As we ascend the rim of the Kathmandu Valley, the quiet serenity of the mountains gives way to the lively energy of the capital city.

Upon arriving in Kathmandu, you will be transferred to your hotel. The remainder of the day is yours to unwind, indulge in a hot shower, pamper yourself with a relaxing massage, or pick up souvenir handicrafts in Thamel. In the evening, **Global Treks Nepal** hosts a farewell dinner to celebrate your successful completion of the magnificent **Manaslu Circuit Trek**!

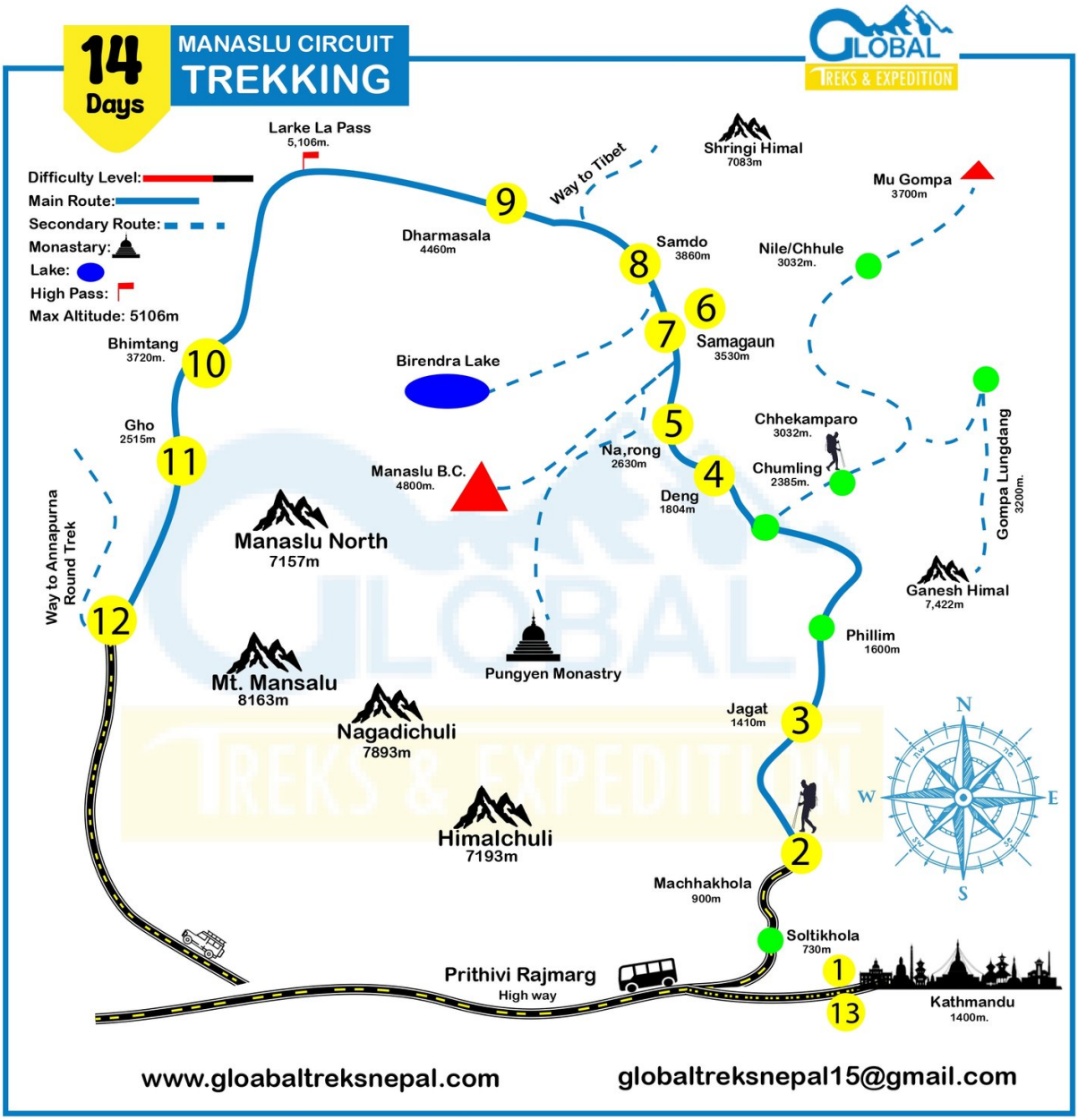
Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing bases with B/B(Bed & Breakfast)
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the 7 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Private transportation entire this trek. (Kathmandu-Aarughat-Kathmandu)
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Trip Map


14 Days
MANASLU CIRCUIT TREKKING
GLOBAL TREKS & EXPEDITION
Difficulty Level:
Main Route:
Secondary Route:
Monastary:
Lake:
High Pass:
Max Altitude: 5106m
Larke La Pass 5,106m.
Shringi Himal 7083m
Way to Tibet
Mu Gompa 3700m
Dharmasala 4460m
Samdo 3860m
Nile/Chhule 3032m.
Bhimtang 3720m.
Samagaun 3530m
Birendra Lake
Chhekamparo 3032m.
Gho 2515m
Na,rong 2630m
Chumling 2385m.
Gompa Lungdang 3200m.
Manaslu B.C. 4800m.
Deng 1804m
Manaslu North 7157m
Way to Annapurna Round Trek
Ganesh Himal 7,422m
Phillim 1600m
Pungyen Monastry
Mt. Mansalu 8163m
Nagadichuli 7893m
Jagat 1410m
N
W
E
S
Himalchuli 7193m
Machhakhola 900m
Soltikhola 730m
Prithivi Rajmarg
High way
Kathmandu 1400m.
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