

Manaslu Circuit Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Manaslu Circuit Trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

Day 1: Drive from Kathmandu to Soti Khola (700m/2,297ft).

Day 2: Trek from Soti Khola to Machha Khola (869m/2,851ft).

Day 3: Trek from Machha Khola to Jagat (1,340m/4,396ft).

Day 4: Trek from Jagat to Deng (1,860m/6,102ft).

Day 5: Trek from Deng to Namrung (2,630m/8,629ft).

Day 6: Trek from Namrung to Samagaon (3,530m/11,581ft).

Day 7: Acclimatization day in Samagaon. Optional hike to Pung Gyen Gompa or surrounding hills.

Day 8: Trek from Samagaon to Samdo (3,880m/12,730ft).

Day 9: Trek from Samdo to Larkya Phedi (4,460m/14,633ft).

Day 10: Cross Larkya La Pass (5,160m/16,929ft) and trek to Bimtang (3,720m/12,205ft).

Day 11: Trek from Bimtang to Dharapani (1,860m/6,102ft).

Day 12: Drive from Dharapani to Besishahar (760m/2,493ft).

Day 13: Drive from Besishahar to Kathmandu (1,400m/4,593ft).

Day 14: Contingency Day / Sightseeing in Kathmandu.

Highlights

- Remote and less-crowded trekking route with authentic Tibetan-influenced culture.
- Stunning views of Manaslu (8,163m), Himalchuli, and Ganesh Himal.
- Traditional Gurung and Tibetan villages such as Samagaon and Samdo.
- Larkya La Pass, one of the highest trekking passes in Nepal at 5,160m.

- Sacred monasteries including Pung Gyen Gompa.
- Diverse landscapes: subtropical forests, alpine meadows, high mountain deserts, and glacial moraine.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

The trek passes through high-altitude areas where oxygen levels decrease, making proper acclimatization essential to avoid altitude-related illnesses.

Key Altitudes:

- Soti Khola: 700m/2,297ft
- Machha Khola: 869m/2,851ft
- Jagat: 1,340m/4,396ft
- Deng: 1,860m/6,102ft
- Namrung: 2,630m/8,629ft
- Samagaon: 3,530m/11,581ft
- Samdo: 3,880m/12,730ft
- Larkya Phedi: 4,460m/14,633ft
- Larkya La Pass: 5,160m/16,929ft
- Bimtang: 3,720m/12,205ft
- Dharapani: 1,860m/6,102ft

Acclimatization Tips:

- Ascend gradually and avoid rapid increases in elevation.
- Drink plenty of water to stay hydrated.
- Avoid alcohol and smoking, which can exacerbate altitude sickness.

- Eat a high-calorie diet to maintain energy.
- Listen to your body—rest if you feel symptoms like headache, nausea, or dizziness.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet provides essential details for your Manaslu Circuit Trek, including a day-by-day itinerary, highlights, packing list, altitude information, and safety tips. By following these guidelines, you can ensure a safe and unforgettable adventure in the Himalayas.