DESTINATION: MANASLU CIRCUIT TREK

Manaslu Circuit Trek from Kathmandu

13 Days

12 days Duration	**Kathmandu** Starts at	**Kathmandu** Ends at	
September to November and March to May Best season	**5,306 m at Larkya La** Max altitude	**Strenuous** Difficulty	
1 to 15 people Group size			

OVERVIEW

The trip

The Manaslu Circuit trek loops right around the 8,163 metre Manaslu massif, the eighth-highest mountain on earth, on a twelve-day teahouse route from Kathmandu that many walkers rate above the busier Annapurna and Everest trails. You drive to Machha Khola in the Budhi Gandaki gorge, then climb steadily through Gurung and Tibetan-influenced villages such as Jagat, Deng, Namrung and Samagaon, watching the valley change from subtropical forest to high alpine pasture. After an acclimatisation hike towards Manaslu Base Camp you cross the Larkya La at 5,106 metres, the trip's high point, and descend to Bimthang before the road out through Dharapani and Besisahar. It is a strenuous, remote walk graded harder than the classic circuits, and because this is a government-restricted area it runs on a special permit issued through a registered agency, with a licensed guide. Solo trekkers are welcome: since March 2026 the permit can be issued to one trekker.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 5,106 m at Larkya La
- Difficulty: Strenuous
- Best season: September to November and March to May
- Walking: about 6 to 8 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive from Kathmandu to Machha Khola

- Long drive north-west from Kathmandu to Machha Khola at around 900 m
- Follow the Budhi Gandaki river deep into the gorge, part on rough road
- Overnight in a riverside village at the trailhead

2 Trek Machha Khola to Jagat

- Walk upstream on the Budhi Gandaki past hot springs at Tatopani
- Cross suspension bridges and carved cliff paths
- Reach the stone-paved village of Jagat at around 1,340 m, the restricted-area checkpoint

3 Trek Jagat to Deng

- Steady climb through terraced fields and forest above the river
- Pass through Philim and the narrowing upper gorge
- Overnight at Deng at around 1,860 m

4 Trek Deng to Namrung

- Enter the more Tibetan-influenced upper valley with mani walls and gompas
- Climb through pine and fir forest with the first glimpses of high peaks
- Reach Namrung at around 2,630 m

5 Trek Namrung to Shyala

- Walk through Lho at around 3,180 m with its hillside monastery
- First full views of Manaslu opening up the valley
- Overnight at Shyala at around 3,500 m, ringed by peaks

6 Trek Shyala via Pungyen Gompa to Samagaon

- Detour towards the remote Pungyen Gompa for close views of the Manaslu glaciers
- Rejoin the trail and drop to the large village of Samagaon at around 3,530 m
- Explore the old gompa and Tibetan-style stone houses

7 Acclimatisation Hike to Manaslu Base Camp

- Day hike up towards Manaslu Base Camp at around 4,800 m and back
- Glacier and icefall views beneath the summit pyramid
- Return to sleep low at Samagaon to aid acclimatisation

8 Trek Samagaon to Samdo

- Gentle climb along the upper Budhi Gandaki towards the Tibetan border
- Open, treeless country with grazing yaks
- Overnight at Samdo at around 3,875 m, the last permanent village

9 Trek Samdo to Dharmasala

- Short but high walk to Dharmasala, also called Larkya Phedi, at around 4,460 m
- Basic stone-and-tin shelters at the foot of the pass
- Rest and prepare for the early-pass crossing

10 Cross Larkya La and Descend to Bimthang

- Pre-dawn start for the long climb to Larkya La at 5,106 m, the trek's high point
- Panorama of Himlung, Cheo, Kang Guru and Annapurna II from the pass
- Long descent to Bimthang at around 3,720 m; roughly 8 to 10 hours on the move

11 Trek Bimthang to Dharapani

- Descend through rhododendron and pine forest into the Marsyangdi valley
- Pass through Tilje and Dho villages
- Reach Dharapani at around 1,960 m, joining the Annapurna Circuit road

12 Drive Dharapani to Besisahar and on to Kathmandu

- Jeep down the rough valley road from Dharapani to Besisahar
- Continue by road back to Kathmandu along the Prithvi Highway
- The trek concludes on arrival in the capital

INCLUSIONS

What's included

Included

- Private jeep to and from the trail
- Licensed guide
- Lodge nights with meals on the trek
- Manaslu restricted area and conservation permits

Not included

- Lunch on day 12, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	**$1,592** / person
2 people	**$1,170** / person
3 people	**$1,029** / person
4 people	**$959** / person
5 people	**$917** / person
6 people	**$983** / person
7 people	**$968** / person
8 people	**$940** / person
9 people	**$919** / person
10 people	**$902** / person
11 people	**$939** / person
12 people	**$923** / person
13 people	**$920** / person
14 people	**$907** / person
15 people	**$897** / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	**FULL REFUND**
15–29 days	**25% FEE**
8–14 days	**50% FEE**
7 days or less	**NO REFUND**

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain-sector sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-shows & early departures

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.