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Express Manaslu Circuit Trek-10 Days

Organized By: **Manaslu Guides Nepal**

www.manasluguides.com

Short Overview

10 Days the **Express Manaslu Circuit** Trek is a fast-paced adventure designed for trekkers with limited time who wants to explore one of Nepal's most spectacular and less-crowded regions. This condensed itinerary follows the classic route around Mount Manaslu (8,163m), the world's eighth-highest peak, combining dramatic Himalayan scenery with rich Tibetan-influenced culture. Starting from the Budhi Gandaki Valley, the trail passes traditional villages like Namrung Lho and Samagaun before crossing the breathtaking Larke La Pass (5,106m). Perfect for experienced trekkers, this express journey delivers high-altitude adventure, stunning mountain views, and authentic Himalayan experiences in just ten days.

Cities: *Kathmandu, Jagat, Deng, Namrung, Samagaun, Samdo, Bhimthang, Dharapani, Besisahar, Pokhara/Kathmandu*

10 Days Manaslu Circuit Trek Outline Itinerary

Day 01: Drive From Kathmandu to Jagat 9-10 hrs. Drive by a Bus and Jeep. (1,340m/ 7,676ft)

DAY-01: TRIP FACT	
Driving Distance	179 KM.
Duration	9-10 Hours' Drive
Elevation Change	+12m/40ft
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After Breakfast at your hotel your adventure begins with a scenic drive from Kathmandu to Jagat via Arughat and Soti Khola, following the Budhi Gandaki River. The journey combines paved highways and newly opened mountain roads. Due to ongoing road construction and rough sections, vehicle changes may be required along the way, switching between bus and local 4WD jeep depending on road conditions. Although the drive can be bumpy in some stretches, it offers beautiful countryside views, terraced hills, rivers, and glimpses of rural Nepal. Jagat is official entry point of the Manaslu region. You will enjoy dinner and overnight at jagat.

Day 02: Jagat trek to Deng 6-7 hours walking (1,860m/6,102 ft)

DAY-02: TRIP FACT	
Trek Distance	22 KM.
Duration	7-8 Hours Trek
Elevation Change	+520 m/1,705ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The trek from Jagat to Deng is a relatively long day. The trail starts out by heading gently uphill, followed by a flat plateau. You will then reach a river crossing, where you will cross the suspension bridge over the Bhudi Gandaki River and enter Philim village. From Philim, the trail continues uphill until you reach Ekle Bhatti. This is a small village that is located at the top of a ridge. From Ekle Bhatti, you will cross another suspension bridge and descend into Deng. you will have Lunch on the way Deng is a small village that is located in the middle of a valley. There are several teahouses and lodges in Deng, where you can stay for the night. In the evening, you can enjoy dinner and then relax at your lodge.

Day 03: Trek from Deng trek to Namrung (2,630m/8,628ft)

DAY-03: TRIP FACT	
Trek Distance	19 KM.
Duration	6-7 Hours Trek
Elevation Change	+770 m/2,525ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast, depart and head down to the riverside. Cross the bridge and climb upwards to Ranagoan. Trek further to Bihi Phedi. The trail splits into two ways, take the right-hand trail to Ghap we may have Lunch there in Ghap. After passing through Ghap village, climb up to Namrung. Have dinner and stay overnight at Namrung village. **Traveler's note:** Today, we're going to get clear views of the Ganesh, Shingri and Kutang Himal.

Day 04: Trek from Namrung to Samagaun (3,530m/11,568ft) 7-8 Hours

DAY-04: TRIP FACT	
Trek Distance	18 KM.
Duration	4-5 Hours Trek
Elevation Change	+900 m/+2,952ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A culturally enriching day. Walk through Lho village with stunning views of Mt. Manaslu (8,163m). Lho village has a strong Tibetan Buddhist feel and offers the first clear views of Mt. Manaslu After Lunch in Lho, Continue to Samagaun, Trek through forested trails and alpine meadows. Sama Gaun is the largest village in the Manaslu region, with traditional houses, a monastery (Kargyu Chholing Gompa), and Yak pastures.

Optional Route Variation:

Instead of continuing directly to Samagaun, trekkers may choose to overnight in Shyala, a beautiful village surrounded by panoramic mountain views. The following morning, you can visit Pungyen Gompa before trekking to Samagaun for lunch. In the afternoon, there is the option to hike to Birendra Lake or toward Manaslu Base Camp before staying overnight in Samagaun. This variation follows the same 10-day schedule (no extra day required) and provides excellent gradual acclimatization before continuing to Samdo the next day.

Day 05: Acclimatization day in Sama Gaun – visit Pung Gyen Gompa/Birendra Lake or Manaslu Base camp

DAY-05: TRIP FACT	
Trek Distance	13/14 KM
Duration	6/7 hours
Elevation Change	None
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A rest and exploration day. Hike to Pung Gyen Gompa or manaslu Basecamp with panoramic views of Mt. Manaslu and explore yak herder settlements.

Day 06: Trek from Sama Gaun to Samdo (3,860m / 12,660ft)

DAY-06: TRIP FACT	
Trek Distance	8 KM.
Duration	3-4 Hours Trek
Elevation Change	+330 m/+1,082ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A gradual walk above the tree line to the village of Samdo, Short but important acclimatization walk toward the Tibetan border. Enjoy wide alpine landscapes and dramatic mountain scenery. Rich in culture and mountain charm.

Day 07: Trek from Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-07: TRIP FACT	
Trek Distance	7 KM.
Duration	4-5 Hours Trek
Elevation Change	+600 m/+1,968ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast, you will depart for the foot of the Larya La, Dharamsala. You will pass a seasonal Tibetan market called Larke Bazaar beside to the Budi Gandaki River. The trail will lead you slowly upwards until you reach your overnight stop. In the evening, you will enjoy dinner and an overnight stay in Dharamsala. Next day you will pass Larkya La at 5,160 meters, better take a good night rest and prepare your camera batteries. Dharamsala is also known as Larkya Phedi, you'll see some traditional monasteries. While walking towards Dharamsala. This day is a shorter hike; more rest for acclimatization and preparing for next day adventure.

Day 08: Cross Larkya La (5,106m / 16,752ft) and trek to Bhimthang (3,720m/ 12,204ft)

DAY-08: TRIP FACT	
Trek Distance	23 KM.
Duration	8-9 Hours Trek
Elevation Change	-740 m/-2427ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The most challenging and rewarding day! Cross the snow-covered Larkya La Pass with Jaw-dropping views of Himlung, Cheo Himal, and Annapurna II. Descend to the beautiful valley of Bhimthang.

Day 09: Trek from Bhimthang to Tilje (2,300m/7,546ft)

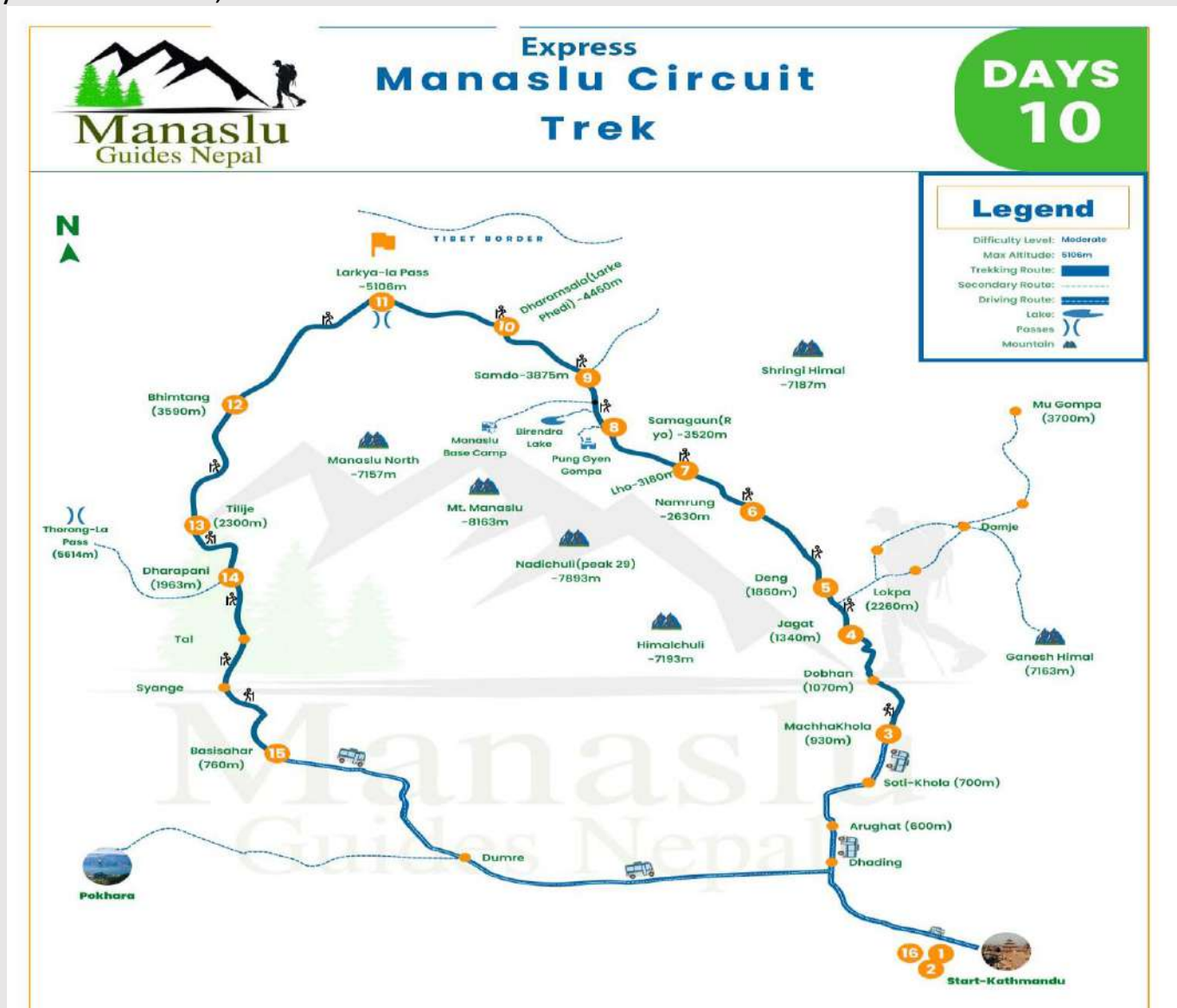
DAY-09: TRIP FACT	
Trek Distance	20 KM.
Duration	6-7 Hours Trek
Elevation Change	-1,420 m/-4,657ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Trek through lush forests and rhododendron groves. Goa is a peaceful village where you can stop for fresh and delicious Lunch, then descend through alpine meadows to a beautiful village **Tilje** which is perfect for resting after the long pass.

Day 12: Trek from Tilje to Dharapani (1,963m / 6,440ft), Then drive to Kathmandu

DAY-10: TRIP FACT	
Distance	5 KM walk, 231 KM. Drive
Duration	8-9 Hours
Elevation Change	-900 m/-2,952ft.
Meals	Breakfast/Lunch
Accommodation	Hotel

This is your last day of the massive Manaslu circuit trek. After breakfast in Tilje, we will trek down to Dharapani for about 1.5 hours. The trail becomes more populated as we descend into the lower Annapurna region. Dharapani is a junction point of the Annapurna Circuit. From where Sharing jeep are available, in Dharapani, Guide will arrange a jeep to take you to Besisahar, a Scenic off-road drive through beautiful villages, farmlands, and waterfalls along the Marsyangdi River. The road leads through pine forests and several small villages. The drive takes approximately 2-3 hours. Arrive in Besisahar, have your lunch, After Lunch you will be driven to your destination, Kathmandu or Pokhara.



10 Days Express Manaslu Circuit Trek Cost	
2 Trekker	USD 999
3-5 Trekkers	USD 950
6-9 Trekkers	USD 880
10-14 Trekkers	USD 840
15-20 Trekkers	USD 800

Cost Included

✓ **Ground Transportations:**

- Airport pickup/drop-off by Van (Complementary)
- Transport from Kathmandu to Machhakhola by Bus.
- Machhakhola to Jagat by Jeep.
- Dharapani to Besisahar (trekking ending point to town) by shared off-road Jeep.
- From Besisahar to Pokhara (the road is nice) by Bus.

✓ **Necessary Permits:**

- Manaslu conservation area permit (MCAP)
 - Annapurna conservation Area Permit (ACAP)
 - Manaslu Restricted Area Permit (MRAP)
 - Manaslu Local Government Fee
- ✓ Three Meals a day (Breakfast, Lunch, and Dinner) during the trek as indicated by the itinerary.
 - ✓ All Accommodation during the trek in local lodges/guesthouses.
 - ✓ A Professional Government license, trekking guide.
 - ✓ Strong Porters during the trek (one porter for two trekkers)
 - ✓ A comprehensive medical kit.
 - ✓ All government and local taxes for Trekking
 - ✓ Insurance of trekking staff (guide and porters) their salary, food, and accommodation.
 - ✓ Welcome or farewell Dinner in Kathmandu, before or after the trek

Cost Exclude:

- ✗ Foods and Accommodations in Kathmandu.
- ✗ Insurance which covers medical, emergency evacuation, lost, theft expenses.
- ✗ Drinks: both alcoholic and bottled, other than normal drinking water in mountain.
- ✗ Personal gear and expenses, laundry fees, wife, battery charging etc.
- ✗ Tips and gratuities for the trekking Guide and porter.
- ✗ Extra expenses due to flight delays, strikes, weather conditions, or any event out of our control

Note: if you want to spend additional days in the mountain, we will provide the service. You can pay extra days cost once you are back from mountain.

In case of single trekker, Porter is not included that cost additional 200 USD.

Suggested Equipment list for this trip

- Duffel/Rucksack bag/Suitcase (if needed, we provide one complimentary duffel bag that is to be returned after the trip)
- Day pack
- Trekking shoes
- Sports shoes or sandals
- Sun Hat/cap
- Warm woolen cap
- Warm fleece jacket or puffy jacket
- Waterproof Gore-Tex layer
- Pullover or warm sweater
- Raincoat
- Travel insurance: Carry a copy of your passport, emergency contacts, and insurance with you. Also, ensure you have provided the insurance company and policy number. Your insurance should cover an altitude of above 5,000 m and must include emergency evacuation.
- Electrical socket: In Nepal, the power sockets are of type C (Euro), D, and M.
- Mobile Network: The network will be poor throughout the trek. Paid Wi-Fi can be availed from tea lodges at 4-5 USD. Video calling may not be feasible; however, messages can be sent every day.
- 4-5 pairs of good-quality socks
- Hand gloves
- 2-3 pairs of trekking trousers
- Crampons
- 3-4 pairs of trekking shirts
- 3-4 pairs of underwear (non-cotton preferred)
- Sunglasses
- Water bottle
- 4-season sleeping bag
- Flash or Torch light
- Camera and batteries



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