

TREKKING

MANASLU CIRCUIT TREK

Circular itinerary trekking of Manaslu.



B4Experience

NEPAL



A trek to escape the crowds, circumnavigate Manaslu (8,163 m), the eighth highest mountain in the world, and cross the Larke Pass (5,100 m). Escape the crowds on the Everest (Kumbu) and Annapurna treks.

[View Web Program](#)

<https://b4experience.com/manaslu-circuit-trek>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,
DECEMBER



PRICE

From 1.720€ /person

Group discounts

Trekking

info@b4experience.com / +34 613 03 77 00





Highlights

- PRESTIGIOUS AND UNCROWDED TREKKING
- 5.100M HIGH PASSES
- TREKKING OR TRAIL RUNNING
- SMALL PRIVATE GROUPS

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
5	Standard	01 Sep 2025 - 08 Dec 2025	17	1.660€
2	Standard	01 Sep 2025 - 08 Dec 2025	17	1.860€
5	Standard	01 Mar 2026 - 31 May 2026	17	1.720€
2	Standard	01 Mar 2026 - 31 May 2026	17	1.950€
5	Standard	01 Sep 2026 - 08 Dec 2026	17	1.720€
2	Standard	01 Sep 2026 - 08 Dec 2026	17	1.950€

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

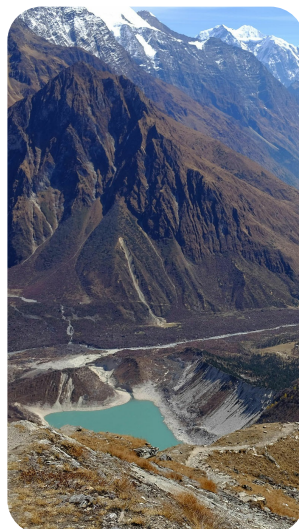
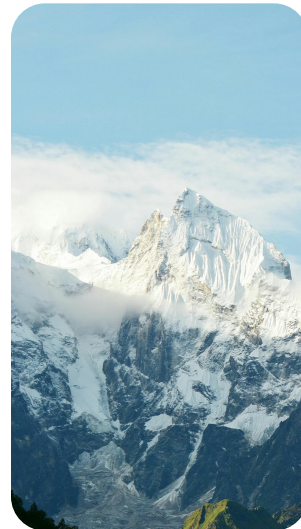


Included

- Private transfer to and from the airport
- Hotel in Kathmandu (tourist class) with breakfast included (shared room)
- Public bus to the start of the trekking and return to Kathmandu
- Accommodation in available lodges during the trek (tea house based) (shared room)
- 3 fixed meals (breakfast, lunch and dinner) suggested by the guide during the trek
- National park fees and TIMS fees
- An English-speaking trekking guide (Sirdar)
- Porter (one for every 2 people). Carry a maximum total weight of 20 kg, though it is suggested to carry a maximum of 8-10 kg per person
- Daily wages of Nepalese staff, food and accommodation
- Insurance for guides and porters
- Technical advice and equipment

Not Included

- Flights and visas to Nepal (we can arrange them)
- Drinks during the route
- Lunch and dinner in Kathmandu
- Medical and rescue insurance
- Costs due to roadblocks/landslides/natural disasters/strikes
- Anything not included in the "INCLUDED" section



Itinerary

DAY 1 : Arrival in Kathmandu

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: we can visit the Swayambhu stupa (monkey temple), lose ourselves in the streets of Thamel or have our first Dal bhat (the most traditional dish in Nepalese cuisine) for dinner.

Accommodation: 3-star hotel

DAY 2 : Free day in Kathmandu.

Free day in Kathmandu. To process permits and make final purchases for the trekking.

Accommodation: 3-star hotel

Meals: breakfast

DAY 3 : Private transfer to Soti Khola

We will drive from Kathmandu to Soti Khola, located at an altitude of 710 m. The trip will take about 6 to 8 hours in total. It will be a long jeep ride, but scenic and rewarding; half the way is on dirt roads.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 4 : Trek to Maccha Khola

Today we will start the hike crossing a beautiful river and ascending through dense forests. We will climb an exciting ridge above the Budhi Gandaki River. Once we reach Khursane, the route becomes rocky and steeper. We can see two beautiful waterfalls along the way. After walking through terraced farmland, we will arrive at the Gurung village of Labu Besi. It is a beautiful Gurung settlement. After walking on the rocky path, climbing a ridge, walking along the riverbank, and crossing a high suspension bridge, we finally reach the small settlement of Machha Khola (900m). We will spend the night in a local house. 5-6 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 5 : Machha Khola-Jagat

We will walk along a narrow trail, sometimes uphill and sometimes downhill, to reach Tharo Khola. After crossing it, we will arrive at Khorla Besi. After walking a bit more, we will reach Tato Pani, a natural hot spring where we can bathe. After climbing a ridge and crossing the beautiful Budhi Gandaki River on a suspension bridge, we will ascend a stone staircase and a ridge to reach the village of Dobhan. Once again, we will cross another suspension bridge over the Yaru Khola River and then climb a stone staircase called Tharo Bharyang, which means steep stairs. After crossing to the west bank of the Budhi Gandaki, we will climb a ridge, walk along the banks, and reach the village of Jagat (1,410m), where we will spend the night. 6-7 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 6 : Jagat-Philim a Deng

Today's walk is relatively easy and relaxing. We will hike uphill to Philim, a beautiful village inhabited by the Gurung people. We can see many ancient monasteries, Chortens, and prayer flags decorating this small village. We walk along a mostly flat and even trail through pine, rhododendron, and other forests. Along the way, we will cross some bridges and you will see distant villages. Some houses can be seen in Deng (2,095m), where you can enjoy a lovely waterfall. Deng is famous for its potatoes, buckwheat, barley, wheat, cabbage, and spinach, as the people here mainly engage in agriculture. 8 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 7 : Deng to Namrung

Today's trek will start with a relaxing walk on flat terrain for a while, then the route will begin to ascend until reaching Namrung. Today we will cross forests on our way to Namrung (2,900m). Once there, we will enjoy the spectacular view of Manaslu, rocky hills, a green valley, and ridges below us. It is a small Buddhist village where we can later explore the monasteries and Chortens, the hydroelectric power plant, among others. 6-7 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 8 : Namrung to Lhogaon

We will walk uphill through the inner Himalayas. Along the way, we will be constantly rewarded with beautiful views of mountains such as Manaslu, Dwiijen, Gorkha, and Saula Himal. We will also be able to see the Rupi Nala pass. The vegetation now begins to change. We will follow this winding route for a while before reaching Lho Gaon and Lihi Gaon, two small Buddhist villages influenced by Tibetan culture (3,100m). We will be able to visit the local monasteries and schools run by Buddhist monks. 3:30 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 9 : Lhogaon to Samagaon

Now we descend and cross the Damonan Khola bridge, then climb again. Through wet forests or muddy or icy terrain, we finally reach the Shyaula plateau (3,520 m), with a wide view of Himalchuli (7,893 m), Ngadi Chuli (7,879 m), and Manaslu. We cross a ridge through a desolate area, full of blackened tree stumps, and pass through the Thosang Khola canyon. Then we descend to Samagaon (3,390 m), which has a large gumpa. 3 hours of trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 10 : Rest in Samagaon

Today we have reserved a day to acclimatize and explore Sama Gaon. We can hike to the Manaslu base camp, from where we can enjoy an incredible view of Manaslu, Nagdi Chuli, the icefall, and the Manaslu glacier, among others.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 11 : Samagaon to Samdo

Today we will walk slowly to Samdo from Sama Gaon over dry and rocky terrain. The Tibetan border is only 4 km from Samdo. However, crossing the border is restricted. We can visit the Tibetan refugee village here in Samdo (3,690m). 4 hours trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 12 : Samdo to Larkya La Phedi

From Samdo, we descend along a wide and peaceful road, crossing several fields until reaching a large mani wall and a stone arch, where we cross a wooden bridge at 3850 m. An ancient and large mani wall marks the start of the ascent to Larkya La. We ascend leisurely through tundra and junipers, just in front of the gigantic Larkya glacier descending from the north of Manaslu. The path becomes steeper and climbs a ridge up to about 4,000 m, where there is a viewpoint next to a large canyon. We go in and out of the canyon and head to the only lodge on the route before the pass, the Larkya Rest House at Larkya Phedi (4,460 m). 2:30 h trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 13 : Cross Larkya La Pass to Bimthang

We will start the hike early this morning with a steep uphill climb to reach Larkya La (pass) (5,135 m) walking along the rocky trail. Upon reaching the summit, we will enjoy magnificent views of Larkya Peak, Manaslu, Ratna Chuli, among others. Along the way, we can see many ice lakes. We will rest during the day after arriving at Bimanthang (3,590 m), a wide valley with many deserted houses. 9 h trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 14 : Bimthang to Dharapani

We leave the village through a stone arch, cross the Dudh Khola River, and proceed alongside the river. As the trail progresses, the wall of the Marsyangdi valley becomes more prominent. We cross a wooden bridge back to the north side of the Dudh Khola at 1930 m and ascend to a mani wall and arch in the village of Thonje. Here we turn left and cross a suspension bridge over the Marsyangdi River to arrive at Dharapani (1920 m). 7-7:30 h trekking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 15 : Private transfer to Kathmanu

Today we will take a local jeep to Bei Sahar along a dirt road. Then we will continue to Kathmandu. 9-10 hours of travel.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 16 - 17 : Free day in Kathmandu

Free day in Kathmandu or reserve day in case of any unforeseen event and last day with transfer to the airport.

Accommodation: 3-star hotel

Meals: breakfast

Extra Services :

All our tours to Nepal can be extended and customized. These are the most popular additional services:

Vuelo matutino al Everest: vuelo de aproximadamente 1 hora para ver/tocar el monte Everest (volaremos a solo 8 km de la cumbre). Incluye traslado de ida y vuelta a su hotel. (Saldremos a las 5:15 a. m. y regresaremos a la hora del desayuno)

KTM Cultural Tour 1: Tour de 1 día para visitar 3 sitios declarados Patrimonio de la Humanidad por la UNESCO: Templo Pashupatinath + Estupa Boudhanath + Ciudad de Bhaktapur. (Guía cultural incluido (habla inglés, español...), Noche de hotel adicional y comida no incluida.

KTM Cultural Tour 2: tour de 1 día para visitar 3 sitios declarados Patrimonio de la Humanidad por la UNESCO: Patan City + Plaza Durbar de Katmandú + Stupa Swoyambhu Nath. (Guía cultural incluido (habla inglés, español...), noche de hotel adicional y comida no incluida)

Extra night: An additional night in KTM (includes breakfast in shared or private room)

You can book additional services at the time of booking your trip or later.

Payment and cancellation policy

Initial reservation: To secure your spot, an initial payment of 30% of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional costs such as insurance, flights, or other optional services must be fully paid at the time of booking.

Cancellation insurance: The client may purchase travel cancellation insurance to obtain reimbursement of the full amount paid (subject to the policy conditions).

The end user may cancel the booked trip, with the right to a refund of amounts paid except for the penalties indicated, but must also pay the Agency the amounts specified below once the trip is confirmed. If the trip does not take place due to insufficient minimum participants, the client may keep the credit for future trips or request a full refund of the reservation.

Cancellation Policy 3:**FULL REFUND WITHIN 24 HOURS OF PURCHASE**

- Up to 60 days before the trip, 100% refund of the trip cost.
- Up to 45 days before the trip, 50% refund of the trip cost.
- For periods shorter than those described in the cancellation policy, no refund of the amount paid will be made.

*A handling fee of €250 applies

*Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable expenses already issued, these will also not be refunded and will be deducted from the amount to be paid.

*Cancellation cost of issued flights is 100% of the amount.

Equipment list

FUNCTIONAL CLOTHING

- Softshell jacket (windproof, water-repellent, lightweight) for normal activities or hardshell (waterproof Gore-Tex) only when very bad weather is forecast
- Light waterproof pants
- Warm jacket: down jacket or preferably primaloft (as they can withstand water)
- Light fleece
- Thermal pants and shirt to sleep in the refuge
- Shorts and technical shirts (quick drying)
- Swimsuits
- Underwear (recommended not to be cotton)

HEAD

- Light running cap
- Wool hat
- Neck gaiter
- Sunglasses

HANDS

- Thin fleece gloves
- Trekking poles

FEET

- Socks (recommended not cotton)
- Trail running shoes or trekking boots
- Trekking sandals with heel strap (optional)

BACKPACKS

- Trail running vest or light backpack
- Rain cover for backpack
- Duffle bag

REFUGE EQUIPMENT

- Sleeping bag
- Ear plugs

ACCESSORIES

- Sunscreen, lip balm, and after sun
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EAT/DRINK

- Hydration system minimum 1l (Camelbak, water bottle or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, nut mixes, magnesium tablets and recovery supplements

TRAVEL EQUIPMENT

- Casual clothing
- Passport, Visa, cash, insurance documentation, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route tracking
- Powerbank, camera, charging cables, headphones, selfie stick

FAQs

What physical and technical level is required?

A minimum level is required that allows a mountain route with 1300 m of elevation gain in one day. It is a demanding route but interspersed with shorter walks to ensure good acclimatization and recovery during the trekking days. During the route, we can carry a small backpack with the items we will use during the day. Porters will carry our backpacks to the next lodge.

How to organize the bag with the material the porter will carry?

The porter carries the equipment for 2 people (maximum 12kg per person). You should share one bag between every two people and give it to the porter. Ideally, this is a duffel bag of about 80L. The other suitcase will remain at the hotel in Kathmandu.

Backpack during the trek

Carry a small backpack that allows you to bring a jacket, water bottle, and some energy bars or nuts. All other gear that you don't use during the day will be carried by the porters.

Crampons

In the high areas of the trek, there may be snow or ice, although it is not common. Conditions can change quickly, especially on passes over 5,000 meters. Some people carry chain crampons to improve traction on slippery surfaces; point crampons are not necessary for trekking.

Cash money

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops... not common). Beyond that, there will be no ATMs. It's essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

Recommended amount of cash

It is recommended to carry a minimum of €250 in cash for expenses not included, such as drinks or meals in Kathmandu and for tips.

Tips

It is common to give a tip at the end of the trip (not mandatory but highly recommended), in cash (they do not have card readers). Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase to 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you might consider increasing to 5-7 USD.

Hygiene conditions in the lodges

As you gain altitude, accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

Showers and hot water

In the higher areas, hot water showers are very scarce. It is VERY easy to catch a cold, which exacerbates altitude sickness problems. WE RECOMMEND avoiding showers. Wet wipes are a good alternative to maintain hygiene.

Which hotel will we stay at?

The first and last night we will stay at the International Guest House hotel in Kathmandu. The other nights we will sleep in the different lodges found along the way. The program offers accommodation in shared rooms. If you want a single room, please indicate it at the time of booking.

Altitude medication

The routes are progressive to avoid (as much as possible) altitude sickness. The guides carry a complete first aid kit, including an oxygen saturation meter. For medications like Edemox or similar, consult your doctor, although they are not necessary.

Mobile phone and SIM

You can buy a SIM card upon arrival. Each region in Nepal has a different operator. Check with our team which one works in each area. With a recharge of €15-20, you'll have enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Is it necessary to bring any type of supplement or recovery aid?

Supplements can be helpful but are not essential. It is advisable to take iron in the days before starting a high-altitude activity. You can consult your doctor or nutritionist about this.

Water purification tablets

Always buy bottled or boiled water at the lodges.

Mosquito repellent

The repellent can be useful during the first days, but in high altitude areas it is not necessary (optional).

Vaccination card

There are no mandatory vaccines required to travel to Nepal.

Plug adapters

They are the same as those in Europe.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal offers a Visa on Arrival for most countries, but you can speed up the process and avoid queues by applying online through this official link. Upon arrival, go to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) you received after completing the visa application form for Nepal. Pay the corresponding fee in cash and, after payment, proceed to the immigration officer's counter with your original passport to process the visa. Stay updated as immigration policies often change. It is advisable to check the information close to your planned travel date. Currently, as of February 2025, the tourist visa fees for Nepal are: 15 days: USD 30 30 days: USD 50 90 days: USD 125

Can I do this trip solo?

No, for this trip we require a minimum of two people to obtain the special trekking permit. Manaslu is considered a "restricted area," and in regions like these, we require at least two people to organize the trek and obtain the permit.



Contact us!

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[View web Program](#)

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