

Itinerary for Manaslu Circuit Trek 17 Days Package

Day 1: Arrival in Kathmandu (1,400 meters)

- Arrive in Kathmandu and transfer to your hotel.
- Rest and prepare for the Manaslu Circuit Trek.
- Overnight in Kathmandu.

Day 3: Drive from Kathmandu to Soti Khola (710 meters)

- Scenic drive through the Nepalese countryside (8-9 hours).
- Pass through terraced fields, rivers, and traditional villages.
- Overnight in Soti Khola.

Day 4: Trek from Soti Khola to Machha Khola (930 meters)

- Trek along the Budhi Gandaki River (5-6 hours).
- Pass through lush forests, waterfalls, and small settlements.
- Overnight in Machha Khola.

Day 5: Trek from Machha Khola to Jagat (1,410 meters)

- Cross suspension bridges and ascend through terraced fields (6-7 hours).
- Enter the Manaslu Conservation Area.
- Overnight in Jagat.

Day 6: Trek from Jagat to Deng (1,860 meters)

- Trek through bamboo forests and traditional villages (6-7 hours).
- Enjoy views of the Budhi Gandaki Valley.
- Overnight in Deng.

Day 7: Trek from Deng to Namrung (2,630 meters)

- Ascend through pine and rhododendron forests (6-7 hours).
- Pass through Tibetan-influenced villages in the Manaslu region.
- Overnight in Namrung.

Day 8: Trek from Namrung to Shyala (3,520 meters)

- Trek with stunning views of Manaslu and other peaks (5-6 hours).
- Pass through the village of Lho and visit **Rachen Gompa**.

- Overnight in Shyala.

Day 9: Trek from Shyala to Samagaon (3,530 meters)

- Short trek to Samagaon (3-4 hours).
- Visit the **Samagaon Monastery** and explore the village.
- Overnight in Samagaon.

Day 10: Acclimatization Day in Samagaon

- Rest and acclimatize to the altitude.
- Optional hike to **Birendra Tal** (glacial lake) or **Manaslu Base Camp** for Manaslu Base Camp trekking.
- Overnight in Samagaon.

Day 11: Trek from Samagaon to Dharamshala (4,460 meters)

- Ascend to Dharamshala (4-5 hours).
- Prepare for the Larkya La Pass crossing.
- Overnight in Dharamshala.

Day 12: Cross Larkya La Pass (5,106 meters) and Trek to Bimthang (3,720 meters)

- Ascend to Dharamshala (4-5 hours).
- Prepare for the Larkya La Pass crossing.
- Overnight in Dharamshala.

Day 13: Trek from Bimthang to Dharapani (1,860 meters)

- Descend through rhododendron forests and terraced fields (6-7 hours).
- Enter the Annapurna Conservation Area.
- Overnight in Dharapani.

Day 14: Trek from Dharapani to Besisahar (760 meters)

- Trek or drive to Besisahar (5-6 hours).
- Celebrate the completion of the Manaslu Circuit Trek.
- Overnight in Besisahar.

Day 15: Drive from Besisahar to Kathmandu

- Scenic drive back to Kathmandu (7-8 hours).
- Relax and enjoy a farewell dinner.
- Overnight in Kathmandu.

Day 16: Spare Day in Kathmandu

- Scenic drive back to Kathmandu (7-8 hours).

- Relax and enjoy a farewell dinner.
- Overnight in Kathmandu.

Day 17: International Departure

- Transfer to the airport for your departure.
- End of the Manaslu Circuit Trek trip.

Package: Manaslu Circuit Trek 17 Days

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