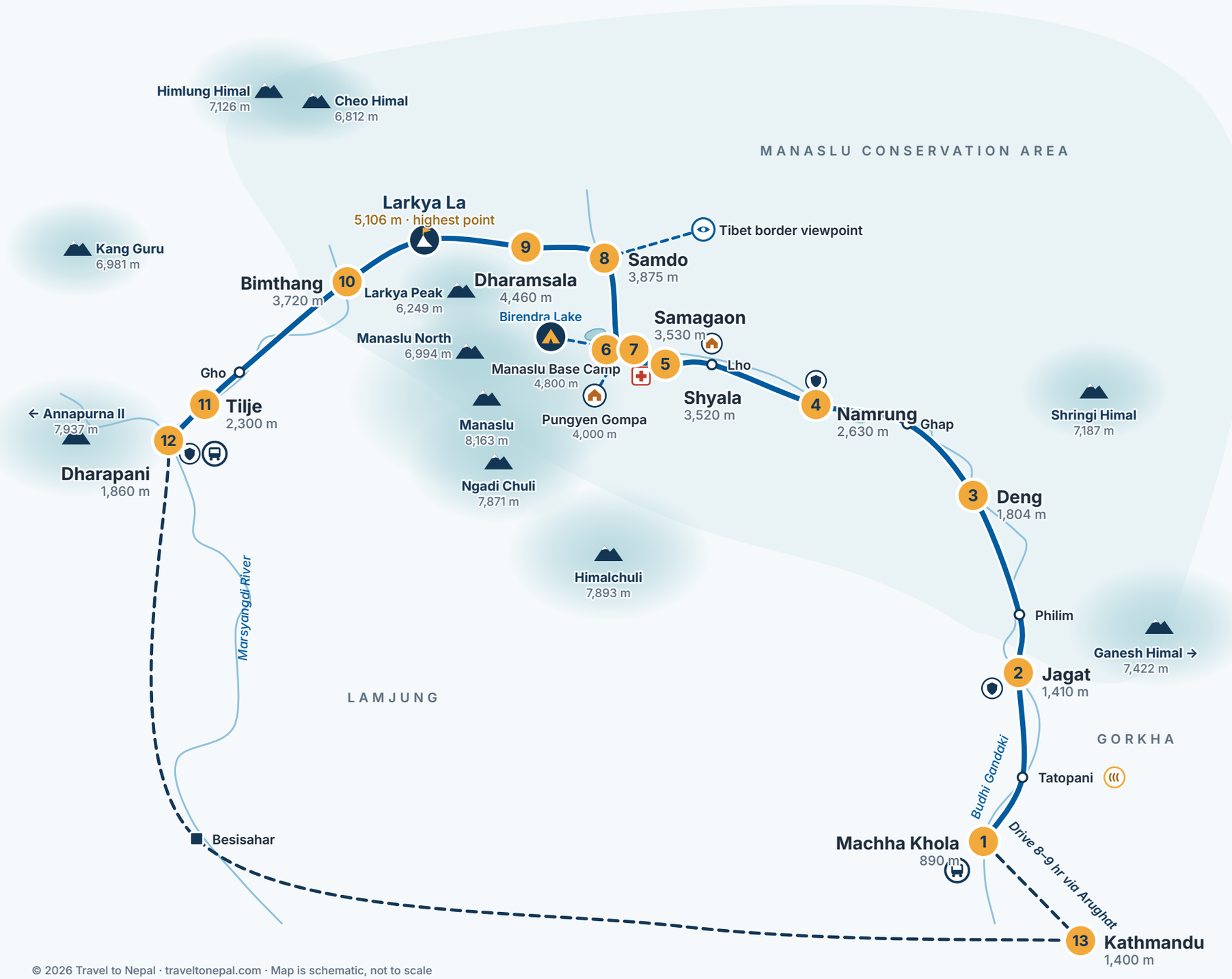
TRAVEL TO nepal

DETAILED TREK ROUTE MAP

Manaslu Circuit Trek

13 days from Kathmandu · Start Machha Khola, exit Dharapani · Highest point Larkya La, 5,106 m



MAP KEY

- Main trek route
- Side hike
- Drive / jeep
- River
- Overnight (day)
- Village
- Town / city
- Mountain peak
- Mountain pass
- Base camp
- Viewpoint
- Monastery
- Hot spring
- Health post
- Permit checkpoint
- Bus / jeep
- Lake

Not to scale. Altitudes in metres. N

13-DAY ITINERARY · OVERNIGHT

1	Machha Khola	Drive	890 m
2	Jagat		1,410 m
3	Deng		1,804 m
4	Namrung		2,630 m
5	Shyala		3,520 m
6	Samagaon		3,530 m
7	Samagaon	Pungyen Gompa	3,530 m
8	Samdo		3,875 m
9	Dharamsala (Larkya Phedi)		4,460 m
10	**Bimthang**	Larkya La	3,720 m
11	Tilje		2,300 m
12	Dharapani		1,860 m
13	Kathmandu	Jeep + drive	1,400 m

TREK FACTS

Duration	13 days
Max altitude	5,106 m
Highest sleep	4,460 m
Start / end	Kathmandu
Trek distance	about 149 km
Difficulty	Hard
Best months	Mar–May, Oct–Nov
Permits	Restricted + MCAP + ACAP

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