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12 Days Manaslu Circuit Trek

URL: <https://nepalbasecamptreks.com/trip/12-days-manaslu-circuit-trek/>

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

12

Per Person From

USD 750

Accommodation

Tea House

Region

Manaslu Region Treks

Max. Altitude

5,106m

Nature Of Trek

Lodge To Tea House

Best Season

Sept, Nov, April, May

Activity Per Day

6-7 hrs walking

Transportation

Private Jeep ,Bus

Tea House

Breakfast, Lunch , Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights Of 12-days Manaslu Circuit Trek

The 12 days **Manaslu Circuit Trek** offers the most thrilling adventure compared to a 14-day Standard Mansalu Trek. Taking you to the **remote** destination of the Manaslu region, you will start your journey from Soti Khola and finally call it an end in Dharapani. You will pass through picturesque villages, dense forests, and rugged mountain terrain in this adventure.

Throughout the trek, you will witness the breathtaking views of the snow-capped Himalayas. You will see Mount Manaslu, Himalchuli, and Ganesh Himal. Besides its beautiful views, with this trek, you can also witness the rich culture and tradition of the Gurung people. The **Tibetan-inspired culture** followed by local people can be a unique experience.

Also, as the trek passes through the Manaslu Conservation Area, you can also witness the diverse flora and fauna the place offers. Offering a perfect blend of natural beauty and spiritual experiences, you can visit ancient monasteries like Pungyen Gompa and the serene Birendra Lake. The Manaslu Circuit Trek is a peaceful trekking route offering you stunning landscapes, cultural encounters, and the serenity of the Himalayas.

12 Days Manaslu Circuit Trek Nepal

- You will pass through remote destinations, offering you nature's pristine and untouched beauty.
- The stunning views of Mt. Manaslu, the 8th highest peak, and other surrounding Himalayas.
- You can experience the rich Tibetan-influenced culture while stopping in traditional Buddhist monasteries.
- Crossing the challenging highest pass, Larkya La Pass (5,106m)
- It is exciting to see the unique flora and fauna of the Manaslu
- Conservation Area, where you can see rare species like the snow leopard and red panda.
- Trek through diverse landscapes, from subtropical forests to alpine meadows and glacial terrain.
- Enjoy a quieter trekking experience compared to more popular routes like Everest or Annapurna.

Trip Itinerary

Day 1: Drive from Kathmandu to Soti Khola

Highlights: Scenic drive through the countryside, crossing the Trishuli and Budhi Gandaki rivers.

Today marks the beginning of the trek. We will start our journey with a long but scenic drive from Kathmandu to Soti Khola, passing through charming rural landscapes. The drive will last around 7 to 8 hours and will take us through small towns, lush green hills, and terraced farmlands.

As we approach Soti Khola, the road becomes narrower and more adventurous. This village has started to give us the taste of a remote region, which we will explore more in the coming days. Finally, at about 4 to 5 pm, we will call the day and settle down in this small village. The first day of our journey is easy, as it does not involve any hiking.

Trek Distance:

160 km

Trek Duration

7-8 hours (Drive)

Highest Altitude:

700m

Accommodations:

Teahouse

Day 2: Trek from Soti Khola to Machha Khola

Highlights: Walk through lush forests, past waterfalls, and cross suspension bridges.

Our first day of trekking will take us through a beautiful trail as we head from Soti Khola to Machha Khola. We will pass through dense sal forests, cross rivers on suspension bridges, and walk along narrow trails carved into cliffs. The terrain will be relatively moderate, but some steep sections will require careful attention.

As we trek through small villages like Labubesi, we will be surrounded by cascading waterfalls. We will witness stunning views of the Budhi Gandaki River flowing below throughout the journey. By the time we reach Machha Khola, we will feel a sense of accomplishment, having completed a challenging but rewarding day of trekking.

Trek Distance:

22 km

Trek Duration

6-7 hrs

Highest Altitude:

870m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 3: Trek from Machha Khola to Jagat

Highlights: Trek through small villages, terraced fields, and narrow gorges.

After having morning breakfast, we will set out from Machha Khola in the morning. We make our way through lush green forests and cross several rivers along the way. The trail today takes us to Tatopani. Upon reaching here, you will spot a famous natural hot spring, where you can dive in and take a short relaxing break.

After that, we will continue forward toward the more steeper and rugged terrain. Other popular spots we will reach are Doban and Yaru Phat. The final stretch to Jagat will involve climbing stone steps. By the end of the day, we will reach Jagat. It is a traditional village that marks the entry point to the **Manaslu Conservation Area**.

Trek Distance:

19.9 Km

Trek Duration

6-7 hrs

Highest Altitude:

1,340m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 4: Trek from Jagat to Deng

Highlights: Enter the Manaslu Conservation Area, enjoy views of Sringi Himal, and cross the Budhi Gandaki River.

On this day, we will trek from Jagat to Deng. Today's journey will take us deeper into the Manaslu Conservation Area. The trail starts to get more challenging with several steep ascents and descents. Passing through villages like Philim and Ekle Bhatti, you will ascend, enjoying lush valleys and towering cliffs.

Along the way, we will cross the Budhi Gandaki River several times via suspension bridges, which offer dramatic views of the river below. The Tibetan influence will become more apparent as we move toward Deng. You will pass through prayer flags fluttering in the wind and mani walls lining the path. After a long day of trekking, we will rest in Deng.

Trek Distance:

19.5 km

Trek Duration

6-7 hrs

Highest Altitude:

1,860m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 5: Trek from Deng to Namrung

Highlights: Experience the Tibetan influence as you pass mani walls, chortens, and small gompas (monasteries)

As we head from Deng to Namrung, the landscape will begin to change, and we will notice more signs of Tibetan culture. The trail will gradually ascend, and we will pass through lush forests of pine and rhododendrons. We will trek through charming villages like Bihi Phedi and Ghap.

Here, ancient chortens and mani stones are carved with Buddhist prayers. The trail will be moderately difficult, with a mix of steep and flat sections. However, the views of Sringi Himal and other snow-capped peaks will motivate us to keep going. Crossing through challenges, we will finally end today's journey upon reaching Namrung.

Trek Distance:

10 km

Trek Duration

6-7 hrs

Highest Altitude:

2,630m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 6: Trek from Namrung to Samagaun

Highlights: Spectacular views of Manaslu, Ganesh Himal, and other peaks; pass through picturesque villages.

We will leave Namrung and trek through picturesque villages like Lho and Shyala, offering breathtaking views of Manaslu and Himal Chuli. The trail will be moderate, with a gradual ascent as we pass by stunning landscapes of terraced fields, ancient monasteries, and small Tibetan settlements.

Upon reaching Sama Guan, the valley will open up, revealing majestic snow-capped peaks and a sense of peaceful isolation. The cultural richness of the region will be evident in the architecture and customs of the local people. We will end the day in Samagaun, a large village at the base of Mount Manaslu.

Trek Distance:

17 km

Trek Duration

6-7 hrs

Highest Altitude:

3,530m

Flight Hours:

6-7 hrs

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 7: Acclimatization Day in Samagaun (Optional hike to Manaslu Base Camp or Pungyen Gompa)

Highlights: Explore the village, visit local monasteries, or hike to Manaslu Base Camp for incredible mountain views.

On the 7th day, we will spend the day in Samagaun acclimatizing to the high altitude. For those looking for a challenge, an optional hike to Manaslu Base Camp (4,800m/15,748ft) will offer a close-up view of the majestic peak and surrounding glaciers.

Alternatively, we can take a shorter hike to Pungyen Gompa (4,010m/13,156ft), a secluded monastery with stunning mountain vistas. Both hikes will give us a deeper connection to the natural beauty and spiritual significance of the region. In the afternoon, we will return to Samagaun to rest and explore the village.

Trek Duration

4-6 hours (hiking time if doing the side trip)

Highest Altitude:

4,800m/4,010m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 8: Trek from Samagaun to Samdo

Highlights: Gradual ascent through the valley with views of the surrounding peaks and glaciers.

After proper resting days, we will leave Samagaun and head towards Samdo the next day. It is a small village near the Tibetan border. The trek will be relatively easy, with a gradual ascent along the Budhi Gandaki River. Today, we will walk through alpine meadows, yak pastures, and barley fields, witnessing amazing views of Mount Manaslu and other towering peaks.

We will get a more peaceful atmosphere as we walk through one of the most remote sections of the trek. By the end of the day, we will arrive in Samdo. It is a Tibetan-influenced village where we can observe local customs and enjoy stunning mountain views.

Trek Distance:

16 km

Trek Duration

4-5 hrs

Highest Altitude:

3,875m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 9: Trek from Samdo to Dharamsala/Larkya Phedi

Highlights: Short but steep trek; prepare for the Larkya La Pass crossing.

We will continue our journey from Samdo to Dharamsala (also known as Larkya Phedi), the base camp for crossing the Larkya La Pass. The trek will involve a gradual ascent, passing through rugged landscapes and high-altitude terrain.

We will enjoy sweeping views of snow-covered mountains and glaciers along the way. Although the trek will not be long, the altitude will make it challenging. We will arrive at Dharamsala. The village is a small settlement with basic facilities, where we will prepare for the difficult climb over the Larkya La Pass the next day.

Trek Distance:

12 km

Trek Duration

4-5 hrs

Highest Altitude:

4,460m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 10: Trek from Dharamsala to Bimthang via Larkya La Pass

Highlights: The highest point of the trek; breathtaking views of Himlung Himal, Cheo Himal, and Kang Guru from the pass; long descent to Bimthang.

Today, day 10, will be one of the most challenging and rewarding days of the trek as we cross the Larkya La Pass, the highest point of the journey. We will begin early, tackling the steep ascent towards the pass. The climb will be tough, but the panoramic views from the top will be breathtaking.

We will witness Himlung Himal, Cheo Himal, and Kang Guru standing tall around us. After enjoying the incredible scenery, we will descend through snow and rocky trails to reach Bimthang, a beautiful valley surrounded by mountains. The sense of achievement after crossing the pass will be immense.

Trek Distance:

25 km

Trek Duration

8-9 hrs

Highest Altitude:

5,106m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 11: Trek from Bimthang to Tilije

Highlights: Descend through rhododendron forests and cross high pastures, passing by villages.

As our descending journey continues, we will get down from Bimthang, passing through lush rhododendron forests and high alpine meadows. The trail will be much easier than previous days, and we will enjoy the refreshing scenery of greenery and streams.

Trekking through villages like Gho, we will gradually return to lower altitudes. The views of Manaslu will still accompany us as we make our way to Tilije, a charming village with a mix of Tibetan and Nepali culture. The day will be relaxing and filled with natural beauty.

Trek Distance:

26 km

Trek Duration

5-6 hrs

Highest Altitude:

2,300m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse

Day 12: Trek from Tilije to Dharapani drive to Besisahar, and onward to Kathmandu

Highlights: Complete the circuit, get final views of the mountains, and drive back to Kathmandu.

Our final day of trekking will take us from Tilije to Dharapani. It is a short and easy walk through peaceful forests and small settlements. After reaching Dharapani, we will catch a jeep or bus for the drive to Besisahar and then continue our journey back to Kathmandu. Today, we will finally end our journey. Upon reaching Kathmandu, we will part ways along with the beautiful memories we have created together. Have a safe travel back. Namaste.

Trek Distance:

30 km

Trek Duration

3-4 hrs

Highest Altitude:

1,860m

Accommodations:

Teahouse

Cost Included For 12 Day Manaslu Circuit Trek

- All permits and paperwork.
- Transportation to and from the trek.
- Guide and porter services.
- Accommodation and meals during the trek.
- Necessary equipment (sleeping bag, down jacket, etc., often provided).
- Emergency evacuation arrangements (in case of an emergency).

Cost Excluded For 12 Days Manaslu Circuit Trek

- Meals on trek and Accommodation in Kathmandu, Deserts(cakes, bakes, and pies), Additional size of Pots Hot Drinks.
- Bottled drinks, Boiled water, Electronic device recharge, Hot shower, the trekking Wi-Fi.
- Personal expenses of any type, Travel insurance and evacuation insurance, Tipping for Guide, and Porter

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 799
3 - 5	USD 760
5 - 7	USD 750
8 - 10	USD 740
10 - 20	USD 699

Trip Information

Major Attractions of 12 Days Manaslu Trekking

Larkya La Pass

Considered the **highest pass** of the entire [Manaslu Circuit Trek](#), the Larkhya La Pass is located at an elevation of 5,106 meters (16,752 ft). This is the most challenging section of the journey, which offers you panoramic views of the surrounding Himalayas. Standing on the top, you will see beautiful Manaslu, Himlung Himal, Cheo Himal, and Kang Guru. Although this is the most challenging section, it is also the trek's most rewarding and adventurous part.

Mt. Manaslu

This is considered to be the major highlight of the journey. Mount Manaslu, also known as the "killer mountain of nepal." Because of its challenging ascent and high fatality rate . It is the **8th highest** mountain in the world, standing at 8,163 meters (26,781 ft). Throughout the circuit journey, you will witness the beautiful Manaslu peak. Standing at some of the viewpoints, you can witness the panoramic views of this snow-covered mountain. The summit point looks attractive against the blue sky, making it a beautiful and rewarding experience in the foothills.

Natural Wonders

The Manaslu Circuit trek is filled with natural wonders, taking you through lush forests and terraced fields to deep gorges and glacier rivers. Located within the **Manaslu and Annapurna Conservation Area**, you will also have a chance to witness the diverse flora and fauna. You can see wildlife like *snow leopards and red pandas* if lucky enough. Also, with these trails, you can witness waterfalls and alpine meadows. Each day of your trek brings a new surprise regarding natural beauty.

Suspension Bridges

The trek is famous for its numerous suspension bridges. Crossing the **Budhi Gandaki River** and its tributaries on the journey would be best. Thus, many suspension bridges are made there to connect the trails. These bridges sit high above deep gorges. Crossing them adds adventure to your journey and the spectacular views of the rivers below.

Cultural & Historical Experiences

Passing through several **Tibetan-influenced** villages, the trek offers rich cultural and historical experiences with many ancient monasteries, which you can take a short trip to. Also, the people here are so welcoming that it makes you feel at home. Similarly, the trail is covered with **chortens and mani walls**, so passing them can be a unique cultural experience.

12-Day Manaslu Circuit Distance And Trek Route

The distance of the Manaslu Circuit Trek is approximately **180 kilometers (110 miles)**. It takes you through diverse landscapes, remote villages, and stunning Himalayan views. *The journey starts with a drive from Kathmandu to Soti Khola*, where the trek officially begins. As you ascend through the trail, you will pass through Machha Khola.

You will navigate through dense forests, cross suspension bridges, and walk along the Budhi Gandaki River. As the trek progresses, the route becomes more challenging. Some popular villages you will pass include Jagat, Deng, and Namrung. After reaching Samagaun, you will take a rest day to acclimatize, with options for side hikes to Manaslu Base Camp or **Pungyen Gompa**.

The ascent towards Samdo and Dharamsala is moderately difficult, but the most challenging part of the trek is crossing the Larkya La Pass (**5,106m/16,752ft**). This high-altitude pass offers spectacular views. After the pass, the trail gradually descends through Bimthang and Tilije. *Finally, we will end your journey with a drive towards Kathmandu Valley.*

A Typical Day At Manaslu Circuit Trek in Nepal

As the days involved during the trek are shorter than the standard days, it is generally recommended to start early. You will get up at 5 am and have morning tea. Then, you will start your journey. *The first section of the trek is relatively easy, involving about 3 to 4 hours of hike.* Then, you will stop at a teahouse for lunch. After having lunch, you will take a break for half an hour.

Resuming your journey, you will now start your adventure again. The remaining section can be quite **challenging** than the morning. Making your way through uphill and downhill on steep trails, you will finally reach your destination at about 5 pm. You will then check in to the hotel and mentally prepare there. You will finally call it a day and get to bed around 8 pm.

What Sort of Lodging Options Do You Get In Manaslu Trek?

During the **on-season**, lodging options on the Manaslu Circuit Trek are primarily basic teahouses. They offer standard facilities like beds with blankets, running water, and simple dining areas. While luxury accommodations are limited in this remote region, some teahouses may provide rooms with attached bathrooms or hot showers. However, these are rare and come at an additional cost.

Electricity for charging devices is available in most lodges, although it may be **unreliable or limited** to specific hours. In high-demand periods, especially during peak trekking season (March-May and September-November), teahouses can get crowded. Thus, booking in advance or arriving early in the day is recommended.

In the **off-season**, such as the *monsoon or winter*, teahouses may be fewer in number, as some close due

to **harsh weather** or *lack of trekkers*. Facilities may be more basic, with limited access to hot water and heating and fewer food options. However, you may find a quieter, more peaceful experience. The season offers fewer amenities, but the lower crowd levels can make the trek more intimate and personal.

The Availability of Food And Water Along The Trek

Food options on the Manaslu Circuit Trek are primarily simple and locally prepared meals. The typical menu includes dal bhat (lentil soup with rice), noodles, soups, and sometimes momos (dumplings). In the on-season, most teahouses offer a variety of hot meals.

However, as you ascend, the choices become more limited due to the remoteness and difficulty of supply. Imported foods and beverages may also be available but are often expensive. Vegetarians will have plenty of options, but those with more restrictive diets should bring additional snacks.

Water is readily available along the trek from natural sources like rivers or teahouses. But, it is essential to purify it before drinking. *Water purification tablets, filters, or **UV sterilizers** are recommended to avoid health issues.*

Solo vs Group Treks: Which Is Better?

Trekking Manaslu Circuit Trek solo is **not allowed**. To complete this trek, you should be in two or even in a group. Also, a guide is mandatory for you. The region's remoteness and government regulation are essential for enhancing your safety concern. Trekking with a group ensures you will have more support with you.

Additionally, trekking with a guide means you will have a local person to navigate you in difficult terrain. They are also good at handling emergencies. Group trekking can foster camaraderie. It allows you to share the experience with others. Furthermore, trekking in groups reduces costs like guide fees and permits.

It offers added benefits, such as support in challenging moments, shared memories, and a sense of security, especially in high-altitude areas. While some may prefer the idea of solo adventures for greater independence, the regulations in the Manaslu Circuit prioritize safety and responsibility.

When To Take The Manaslu Circuit Trek? Best Time

The **best time** to trek to Manaslu Circuit Trek is from March to May (Spring) and September to November (Autumn). During these two seasons, you will get the best weather with stable temperatures.

Spring

The peak season for the Manaslu Circuit Trek is spring. During this trek, you will witness the breathtaking views of surrounding landscapes and mountains. Besides, this season brings blooming rhododendrons and other wildflowers. The vibrant color of landscapes, along with clear skies, mild temperature, and stable weather, cannot just offer you beautiful views but also enhance safety in your journey.

Temperature: 5°C to 20°C

Autumn

Autumn is an ideal season for you to trek. Like spring, this season also offers you clear skies, beautiful views, and stable weather. This season can be the best option for you if you want to experience the unique culture of Nepal. The two major festivals of Nepal, Dashain and Tihar, fall during this season, not only offering you beautiful views but also a chance to immerse yourself in the deep culture and tradition of Nepal.

Temperature: 0°C to 20°C

Off Season

Besides these two seasons, *we do not recommend you do the Manaslu Circuit Trek during winter (December to February) or summer (June to August)*. Winter brings **heavy snowfall**, making the trail slippery and hard to navigate. Also, the extra cold temperature can also be life teetering. Similarly, summer brings monsoon. Thus, you will have a chance to encounter rainfall again, making the trail slippery and hard to trek. Further, the chances of getting leeches throughout the trek are also high.

Is Permit Necessary For Manaslu Trek

Yes, permits are necessary for Manaslu Circuit Trek. You have to issue **three permits**: Manaslu Restricted Area Permit (RAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP). You can get these permits from the Nepal Tourism Board in Kathmandu or Pokhara. Getting all these permits is essential to trek to the Manaslu Region.

Note: If you have booked the complete package with us, we will get all those permits on your behalf.

Manaslu Restricted Area Permit (RAP)

As the Manaslu Circuit Trek passes through some of the restricted areas of Nepal, issuing this permit is essential for you. Upon reaching Sama Gaun, your permits are checked at different checkpoints. However, you cannot issue this permit. You will only get this permit if you have a guide with you. This is for your safety as the area is slightly dangerous for you to make a climb yourself.

Nationals	Cost per person
SAARC And Other Nationals	From September to November
	• Per week: USD 70
	• Per day: USD 10
	From December to August
	• Per week: USD 50
	• Per day: USD 7

Manaslu Conservation Area Permit (MCAP)

Passing through the Manaslu Conservation Area, this permit is issued to protect the biodiversity of the surrounding area. Although getting this permit requires a guide, it is not essential; you still hire one. Getting MCAP ensures you are a responsible traveler and will make your way through the area safely without affecting the surrounding conservation area.

Nationals	Cost per person
Nepalese	NRS 100
SAARC	NRS 1000
Other Countries	NRS 3000

Annapurna Conservation Area Permit (ACAP)

Similarly, getting the Annapurna Conservation permit is essential. Although the trek lies in the Manaslu region, some part of the trek passes through the Annapurna Conservation, too. Thus, getting this permit is equally important as getting the Manaslu Conservation Area permit. You can issue these permits together, or if you have a local guide with you, he will get you these permits as per the documents you submitted.

Nationals	Cost per person
Nepalese	NRS 100
SAARC	NRS 1000
Other Countries	NRS 3000

Trek Difficulties Around Manaslu Circuit Trek

Considered to be a **challenging adventure**, the Manaslu Circuit Trek is both physically and mentally exhausting. Located in the remote region of Nepal, you will have to take off the beaten paths and use limited facilities. *Getting **proper accommodations and meals** throughout the trek can be quite a hassle.* Also, the region does not offer other amenities such as ATMs, hospitals, Wi-Fi, etc.

Similarly, the **rugged terrain** and long days of hiking can be other reason challenges for you. You have to walk in steep terrain for about 6 to 7 hours daily, which can be tricky. Also, as far as the standard time for you to complete the trek is concerned, it is 14 days. However, taking a [shorter Manaslu trek](#) day immensely increases hiking time with less time for acclimatization and breaks.

Furthermore, the high altitude involved in the trek is another difficulty. As the trek takes you over **5,000 meters**, you will likely get altitude sickness. The thinness of the air at higher altitudes can cause shortness of breath, dizziness, and headache. In some situations, this sickness can also be life-threatening. Overall, rugged terrain, high altitude, and remote location can make the adventure challenging.

How to Prepare For Manaslu Circuit Trek

Physical Preparation

Trekking toward the challenging trek requires a high level of preparedness. Being physically active is necessary as *you have to pass through rough terrain with a continuous day hike of 6 to 7 hours.* For this, you can include **cardiovascular exercise** in your training regime. Exercises like hiking and swimming can also be beneficial for you. Besides, you can also indulge in strength training like squats, deadlifts,

and bench presses. For proper training, it is generally recommended for you to do it 3 to 4 months before your journey.

Mental Preparation

As important as physical exercise, mental preparation is equally essential. Trekking toward a **remote location** with limited amenities is necessary to be mentally strong. Being calm throughout the journey and continuously overcoming difficulties require some mental stability. To maintain that, it is generally recommended that you include **yoga and meditation** in your training. This training not only helps you remain calm but also helps you keep your balance during the trek.

Gears & Equipments Necessary For Manaslu Circuit Trek

Trekking towards Manaslu Circuit Trek means you will encounter difficulties, and to overcome those, you need to pack the proper gear and equipment. It is highly recommended that you make a plan. Your back should not include more than 9 kg as a porter will carry your bag with fellow trekkers in a duffle bag. But you may wonder what to pack to make your bag not so heavy.

Here is the list of gear and [equipment](#) to consider while making a perfectly fit backpack for your trip towards the Manaslu Circuit Trek.

Clothing

- Base Layers (1-2 pairs)
- Insulating Layer (1-2 pairs)
- Outer Layer: Waterproof and windproof jacket
- Trekking Pants (2 pairs)
- Trekking Shirts (3-4 pairs)
- Trekking Socks (4-5 pairs)
- Gloves
- Sun Hat/Cap
- Warm Hat
- Neck Gaiter or Buff
- Underwear (3-4 pairs)

Gear & Equipments

- Backpack: 45-60L backpack with a rain cover
- Daypack: 20-30L daypack for essentials during the day
- Sleeping Bag: Rated for -10°C to -15°C
- Trekking Poles
- Headlamp
- Water Bottles: 2 reusable water bottles (1L each)
- Water Purification
- Sunglasses
- Trekking Map

Footwear

- Trekking Boots
- Camp Shoes

Personal Items

- Personal Medications
- Sunscreen
- Lip Balm
- Toiletries
- Wet Wipes
- Toilet Paper
- Portable Charger/Power Bank
- Snacks: Energy bars, nuts, and other high-calorie snacks

Miscellaneous

- Trekking Permit Documents
- Camera/Phone
- Notebook and Pen
- Cash: Local currency (Nepali Rupees)
- Earplugs

First-Aid Kit

- Band-aids
- Antiseptic Cream
- Pain Relief Medication
- Altitude Sickness Medicine
- Anti-diarrheal Medicine
- Rehydration Salts

Frequently Asked Questions

How many days for the Manaslu Circuit Trek?

The Manaslu Circuit Trek can be completed within 12 days. However, completion time depends upon the itinerary and acclimatization you opt for. The 12 Days can be a standard time for the Manaslu trek. Most itineraries also consider travel to and from the starting and ending points of the trek.

Is Manaslu Circuit Trek hard?

Yes, the Manaslu Circuit Trek is considered challenging. Its remote location, high altitudes, and rugged terrain increase the difficulty level of the trek. Also, passing over 5,000 meters, the trek has a high risk of

getting altitude sickness. Prior trekking experience and a good level of fitness are recommended.

How much is the Manaslu Circuit Trek package?

The cost of a Manaslu Circuit Trek package ranges from \$1,000 to \$1,500. The price is mainly determined by factors such as group size, accommodations, and included services. This typically covers permits, a guide, transportation, and meals. Prices can vary based on the level of comfort and the trekking agency.

Do you need a guide for Manaslu Circuit Trek?

Yes, a guide is mandatory for the Manaslu Circuit Trek. The route falls within a restricted area of Nepal, and having a guide with you ensures your safety and helps you navigate remote and less-traveled paths. You also need a special permit, which can only be obtained with a licensed guide.

Is Manaslu harder than Everest?

Manaslu is generally considered more challenging than the Everest Base Camp Trek due to its remote nature, rugged trails, and fewer amenities along the way. However, the Everest Summit Expedition is far more difficult than any trek. For trekkers, Manaslu's isolation and higher passes make it a tough but rewarding adventure.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal