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Manaslu Circuit Trek

URL: <https://nepalbasecampTREKS.com/trip/manaslu-circuit-trek/>

Trip Code

NBT 039

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

12

Per Person From

USD 740

Accommodation

Tea Houses & Hotels

Region

Manaslu Region Treks

Max. Altitude

5180m

Nature Of Trek

Lodge to Lodge Trekking

Best Season

Sept, Nov, April, May

Activity Per Day

6-8hrs

Transportation

Private Jeep or Bus

Tea Houses & Hotels

Breakfast, Lunch, Dinner with Strenuous Tea/Coffee

Our "Strenuous" 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.

Trip Highlights

Discover the extraordinary beauty of the Himalayas through the Manaslu Circuit Trek, one of Nepal's most rewarding high-altitude adventures. Combining remote mountain trails, authentic cultural encounters, dramatic alpine scenery, and the unforgettable crossing of Larkya La Pass, Manaslu Trekking offers an immersive journey far from the crowds of Nepal's more frequented trekking routes.

Manaslu Circuit Trek Overview

Are you looking for a trek in Nepal that offers raw natural beauty, authentic cultural encounters and adrenaline-pumping experiences?

The Manaslu Circuit trek offers all this and much more.

Manaslu Trekking provides you with adventure on one of Nepal's best off-the-beaten-path trails, circling around Mount Manaslu (8,156 m), the 8th highest mountain in the world.

You will trek through lush valleys, ancient Tibetan-influenced villages and culminate with the exhilarating crossing of Larkya La Pass (5160 m).

Nepal Base Camp Treks offers a 12-day guided trek in the Manaslu region, which is rated strenuous, but offers a lodge-to-lodge trek and incredible natural beauty you rarely see.

For only \$740, this **Manaslu Circuit trek cost** is an "all-inclusive package" of permits, meals, transport, plus seasoned assistance while trekking on the Manaslu trail.

This trek is made for you if you are searching for something remote, authentic, physically demanding and rewarding!

Manaslu region trekking encapsulates everything you want out of a Himalayan adventure.

What Makes Manaslu Circuit Trek Special?

In addition to the Manaslu treks, there are many other famous trekking destinations to experience.

So, why choose Manaslu?

Let's identify a few attributes that make Manaslu treks an excellent opportunity for adventurers.

Reason 1: Fewer People, Greater Tranquility

The Annapurna and Everest treks can have a lot of people, but the Manaslu Circuit trek Nepal is less traveled and in some ways, more wild.

Because this is restricted access for travelers, there is less traffic on the actual trails, allowing for the landscape to feel untouched, and you will feel much more connected to nature.

You will cross suspension bridges over white water rivers, and climb passes where you will be in much greater silence.

Reason 2: Tibetan-Influenced Hidden Villages

You will hike through ancient villages, such as Jagat, Lho, Samagaun and Samdo as part of the Manaslu Circuit trek.

The architecture, yak pastures and sounds of prayer wheels turning are still Tibetan-inspired in these villages.

The culture is not yet exploited or commercialized.

The Manaslu Conservation Area is preserving nature, in addition to the Himalayan spiritual essence that is still connected deeply through its people.

Reason 3: Unlock the Achievement of Crossing Larkya La Pass

The highlight of the trek is Larkya La Pass (5,160m), which is one of the highest and most beautiful passes within the Himalayas

From the pass, you can witness panoramas of Mount Manaslu (8,163m), Cheo Himal, Himlung, Kang Guru and even glimpses of Annapurna II.

If you want a view where you think, “I earned this view,” this is your summit.

Before we get into the **Manaslu Circuit trek itinerary**, here’s a high-level overview of your adventures (trekking in Manaslu), a remote loop around the 8th highest peak in the world, Mount Manaslu (8,163m).

Total Distance: ~180 km (110 miles)

Trek Duration: 12 Days

Trek Difficulty: Difficult

Group Size: 2 to 20 pax

Trek Region: Gorkha District, Manaslu Conservation Area

Trek High Point: Larkya La Pass, 5,160m

Best Trip Seasons: Spring (March-May) and Autumn (September-November)

Route Map and Key Stops

Your hiking journey begins from Machha Khola and ascends slowly through Jagat, Namrung and Lho before bringing you to Samagaun and Samdo.

Following that, you will cross Larkya La, then descend to Bhimtang and exit through Dharapani.

Major Stops Include:

Soti Khola → Machha Khola → Jagat → Deng → Namrung → Lho → Samagaun → Samdo → Larkya La Pass → Bhimtang → Dharapani

This route combines ancient trade routes, cultural centers and the wild beauty of the Himalayas into one memorable trek!

Duration and Daily Distances

Throughout your trek in Manaslu, you will walk around 6 to 8 hours a day.

This means, on average, you will trek 10 to 20 kilometers per day, as the **Manaslu Circuit trek distance** varies based on elevation and terrain.

Although our itinerary has scheduled rest and acclimatization days, we will start including them,

especially when we're at higher elevations like Samagaun/Samdo.

Overall, the trek is designed for both endurance and acclimatization, which is great for adventurers with good physical fitness, looking for a true Himalayan experience.

"Welcome to the hidden jewel of the Himalayas — the [Manaslu Circuit Trek Video](#).

A journey around the world's eighth-highest peak, where snowcapped giants tower over remote villages and ancient monasteries.

Why Choose the Manaslu Circuit Trek?

The Manaslu Circuit Trek is ideal for travellers seeking a genuine Himalayan experience that combines adventure, culture, and natural beauty. Unlike some of Nepal's more frequented trekking destinations, Manaslu Trekking offers quieter trails, remote mountain villages, and deeper cultural connections with local communities influenced by Tibetan traditions.

From lush river valleys and ancient monasteries to spectacular mountain viewpoints and high-altitude passes, every day on the Manaslu Circuit Trek presents a new and rewarding experience. The route's diverse scenery and rich heritage make it one of Nepal's most captivating trekking adventures.

Highlights of Manaslu Circuit Trek

- You will trek around Mount Manaslu, a sacred and massive Himalayan mountain.
- You will encounter stunning wilderness without large crowds, unlike the iconic and busy Everest or Annapurna treks.
- Walk through the Manaslu Conservation Area, a protected area that includes snow leopards, blue sheep and Himalayan vultures.
- Trek across the iconic Larkya La Pass (5,160m).
- Explore hidden valleys and Tibetan borderlines that aren't commercial trekking routes.
- You will experience breathtaking views of Mount Manaslu, Cheo Himal, Himlung and Ganesh Himal by getting so close.
- You will have the opportunity to visit Birendra Lake and the ancient Buddhist monastery of Pungyen Gompa.

Itinerary Of 12 days Manaslu Circuit Trek

Day 1: Drive From Kathmandu to Machha Khola

Your trek to Manaslu Circuit begins with a beautiful drive from Kathmandu into the Himalayan foothills.

As Kathmandu fades behind you, you will enjoy terraced farms, waterfalls and winding rivers along the Budhi Gandaki River.

The road does get bumpy at times, but you are able to enjoy varied landscapes and views of rural life.

Eventually, you will reach Machha Khola in the evening, which is a small riverside village, where you will spend your first night.

Trek Distance:

Drive 160 kilometers (99 miles)

Trek Duration

8-10 hours

Highest Altitude:

900 m (2,953 ft)

Meals:

Breakfast, Lunch and Dinner with Tea/Coffee

Accommodations:

Tsum Valley Guest House in Machha Khola

Day 2: Trek from Machha Khola to Jagat

Day 2 is the first day of your actual trekking experience in Manaslu.

The first section of the trail follows the Budhi Gandaki River, over narrow ridges, through a large bamboo forest, along with the villages of Khorlabesi and Tatopani.

The trekking is enjoyable with swaying suspension bridges and gaining some altitude.

By the time you reach Jagat, the official entry to the Manaslu Conservation Area, you won't doubt that you are enjoying a trekking adventure!

Trek Distance:

22 km (13.7 miles)

Trek Duration

6-7 hours

Highest Altitude:

1,340m (4,396ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Himalayan Tourist Guest House in Jagat

Day 3: Trek from Jagat to Deng

Today's trek includes a great mix of nature and culture.

You will pass waterfalls, cross narrow gorges and pass villages such as Philim and Ekle Bhatti.

This part of the Manaslu Circuit trek opens up to cascading waterfalls and deep canyoned rivers.

The landscape becomes more 'mountainous' with a Tibetan influence seen in homes, stone walls and prayer flags.

By the time you arrive in Deng, it will feel peaceful and far away from civilization.

Trek Distance:

20 km (12.4 miles)

Trek Duration

6-7 hours

Highest Altitude:

1,860m (6,102ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Sangrila Cottage in Deng

Day 4: Trek from Deng to Namrung

Today, we trek deeper into the Manaslu region through dense pine forest, walking past stone chortens.

The trail rises gently and you will see deep valleys and steep rocky cliffs.

As you arrive in Namrung, you will be greeted with crisp mountain air and your first sight of a snow-capped peak.

Trek Distance:

15 km (9.3 miles)

Trek Duration

6-7 hours

Highest Altitude:

2,900 m (9,514 ft)

Meals:

Breakfast, Lunch and Dinner w/Tea or Coffee

Accommodations:

Namrung Guest House in Namrung

Day 5: Trek from Namrung to Lho

Today's short trek is mainly uphill, which gives you a fantastic chance to appreciate some of the best mountain scenery in the early stages of your adventure!

On your way, you will pass through the village of Sho with its prayer wheels and stone houses along the path.

Once you arrive, Lho is simply magical. The Gumpa stands proud, set against the spectacular Mount Manaslu.

Trek Distance:

7 km (4.3 miles)

Trek Duration

4-5 hours

Highest Altitude:

3,180 m (10,433 ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Majesty Hotel in Lho Gaun

Day 6: Trek from Lho to Samagaun

The trek to Shyala provides spectacular views as mountain ridges surround you.

You will see flocks of sheep grazing, glacial streams, and special panoramas of Himchuli, Ngadi Chuli and Mount Manaslu.

Samagaun is a lovely, windswept village that will be your acclimatization base and place to explore the many spiritual sites.

Trek Distance:

9 km (5.6 miles)

Trek Duration

4-5 hours

Highest Altitude:

3,530m (11,581ft)

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Mount Manaslu Guest House in Samagaun

Day 7: Acclimatization Day in Samagaun/Hike MBC/Pungen Monastery Viewpoint

You deserve a rest day to help acclimate to the altitude.

You can either stay low in the village or you can hike to Manaslu Base Camp, Birendra Lake or Pungyen Monastery, which has developed a spiritual status throughout the Manaslu region.

The side trips provide some of the most dramatic views you will see on the Manaslu Circuit trek.

Trek Distance:

7 to 8 kilometers (4.3 to 5 miles) one way

Trek Duration

6-7Hours

Highest Altitude:

MBC(4,480 m / 14,698 ft)

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Mount Manaslu Guest House in Samagaun

Day 8: Trek from Samagaun to Samdo

The day's walk is relaxing, mostly flat and open.

You'll walk by some chortens and mani stones before entering Samdo, which is one of the few villages before the Tibetan border.

The air starts to thin out a bit, but what will stay with you is the silence and scale of the mountains.

Trek Distance:

8 km (5 miles)

Trek Duration

4-5 hours

Highest Altitude:

3,860 m (12,664 ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Yak Hotel in Samdo

Day 9: Trek from Samdo to Dharamsala (Larkya Phedi)

You'll slowly continue up rocky slopes and eventually catch a glimpse of Larkya Glacier.

Dharamsala is the base camp, before the pass, so you'll be happy to see it.

It's basic, a wind-battered, tented camp, but it sets the stage for the major highlight tomorrow.

Trek Distance:

7 km (4.3 miles)

Trek Duration

4-5 hours

Highest Altitude:

4,460m (14,632ft)

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Larke Guest Ghouse in Phedi/Dharamsala

Day 10: Cross Larkya La Pass and Trek to Bimthang

Today is the hardest day, but the most rewarding!

You'll walk steadily to Larkya La Pass (the highest point on the Manaslu Circuit Trek).

From the pass, you will see breathtaking views of Annapurna II to the right and Himlung Himal on the left, with the potential for unprecedented views in every direction.

The end of the day is a long descent to the grassy meadow of Bhimtang.

Trek Distance:

13 km (8.1 miles)

Trek Duration

8-9 Hours

Highest Altitude:

5,160 m (16,929 ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Himalayan Guest House in Bhimtang

Day 11: Trek from Bhimtang to Dharapani

As you descend back to the greenery, you will walk through rhododendron forests and along riverside paths.

You will walk through the picturesque village of Tilije before reaching Dharapani, where the Manaslu trekking route ends, and the Annapurna Circuit route begins.

Trek Distance:

16km/10miles

Trek Duration

7-8 hours

Highest Altitude:

2,300 m (7,546 ft)

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Gorkha Inn Guest House in Dharapani

Day 12: Drive to Kathmandu via Besisahar

Finally, on the 12 day, our journey concludes. After breakfast in the morning, we will drive back to Kathmandu from Besisahar via Dharapani. The drive will take around 8 to 9 hours, offering one last opportunity to enjoy the scenic beauty of the countryside. Once we reach Kathmandu, we will finally wrap our journey and say a final goodbye to each other. We hope to see you on your next trip to Nepal. Namaste.

Trek Distance:

200 kilometers (124 miles)

Trek Duration

Drive 8-10 hours

Highest Altitude:

1300m/4265ft

Meals:

Breakfast, Lunch, Dinner w/Tea or Coffee

Accommodations:

Selected Hotel or International Guest House in Kathmandu

What Is Includes In The Tourist Standard Package:

- All Airport pick up and Drop Off by Private Transportations in Kathmandu
- Choice of Menu Meals (Breakfast,Lunch and Dinner) w/ 3 Cup of Tea/Coffee
- Trek Permit and Paper work As Special for Restricted Area and normal
- Sharing Transportation to Machhakhola and Kathmandu from Dharapani
- All Confortable Tea-house Accommodations During the Trek in Mountains
- An experienced, helpful, friendly English Speaking Guide from Kathmandu
- Helicopter Service Which Will Be Paid By Your Travel insurance Company
- All Medical Supplies For Trekking Staff or Groups (first aid kit will be available)
- All Payeable Taxes and Service Charges of Nepal Government & Operators
- **IMPORTANT TO NOTE:** Porter On Request **U\$D 20 Per Day** Addional

Cost Not Includes Folowing Services in Package Trip

- Nepal Visa fee, Personal Travel Insurance,
- Extra Meals and Hotels in Kathmandu City
- All Personal expenses Like :wifi, hot water
- Bottles of Mineral Water/Purify Water
- Hot Shower Heated by Solars/Electricity
- Personal Or Sahring Porters not Included
- Tipping for Tour Guide & Porters

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 790
5 - 7	USD 750
8 - 10	USD 740
11 - 15	USD 710
16 - 20	USD 680

Trip Information

Manaslu Circuit Trek Cost & Inclusions

If you are thinking about how much trekking the Manaslu Circuit costs in 2025, you are not alone.

It is one of the most frequently asked questions for anyone planning on this off-the-beaten-path experience.

Here at Nepal Base Camp Treks, we operate with full cost transparency, no hidden fees, no ambiguity and real value for every dollar you spend.

So let's break them down.

Manaslu Circuit Trek Package Price (2025)

At Nepal Base Camp Treks, our 12-day Manaslu Circuit trek starts at \$740 per person (for groups of 8 – 10 people).

Price will vary slightly based on group size and customizations.

What's Included in this Manaslu Trek Package?

You aren't just paying for a walk in the mountains but for peace of mind, safety, comfort and a hassle-free adventure.

Here is what is included in your Manaslu Circuit trek price:

All required permits

We include the Manaslu Restricted Area Permit, Manaslu Conservation Area Permit MCAP and Annapurna Conservation Area Permit ACAP, no paperwork worries for you.

Daily meals with tea/coffee

You get breakfast, lunch and dinner, as well as 3 cups of hot drinks daily and hearty meals for breakfast, lunch and dinner, as we hike along at cozy mountain tea houses.

Local expert guide

You will be accompanied by an English-speaking, first-aid trained and certified **Manaslu Circuit trek guide** who will lead your adventure.

Accommodations during the trek

Enjoy comfortable stays in family-run tea houses with clean and simple rooms available (options to have single rooms).

Private/shared transportation

Private jeep or tourist bus transportation from Kathmandu to Machha Khola and back from Dharapani to Kathmandu.

First-Aid & Emergency Support

Equipped guide, basic medical first-aid kit and coordination with helicopter rescue services as needed (covered under your travel insurance).

Government taxes & service charges

As specified. All official machinations are included. No surprise VATs or service charges after the trek.

Important: Porter services will be offered for an additional fee at the rate of \$20 USD/per day and are not included in your trek package (they are optional and only if requested).

What is not included?

Aside from the essentials of food, accommodation and transportation, consider the following items as you budget for your trek:

On arrival, a Nepal visa (USD 30-50, depending on duration).

Meals and a hotel in Kathmandu before and after your trek.

Personal expenses (Wi-Fi, hot showers, snacks, bottles of water).

Travel insurance with high altitude coverage (this is a must).

Tips for your guide and porter

Extra porter if needed.

Budget vs Luxury: What are your Options?

Looking for a more luxurious option or a budget option?

We have both!

Standard Package (\$740-\$790/person)

The perfect balance of price and quality.

This package is great for first-time trekkers or people on a budget.

Private Trek or Custom Group

Do you want the luxury option, more meals or a helicopter to the mountain from the airport?

Simply tell us what you want and we will customize it to make a perfect adventure.

Can You Trek Manaslu Without a Guide in 2025?

Nope, not anymore!

With the new trekking regulations in Nepal, you can't trek solo (unless it's a non-restricted area).

Manaslu is considered a restricted area, which means you currently need to get your **Manaslu Circuit trek permits** and use a licensed guide.

In addition:

You must book with a licensed trekking agency.

You must be in a group of at least two trekkers for the RAP permit.

But, you have some good news!

Nepal Base Camp Treks offers small group departures that you can join solo and at a good value!

Hidden Costs to Consider

The total cost of the Manaslu Circuit Trek could increase quite a bit if you are not prepared.

Here are the costs that catch trekkers out:

Bottled water at altitude - up to \$3 per liter.

Charging devices at tea houses - \$2 - \$5/hour.

Hot showers - Solar/electric - \$2 - \$4/use.

Wi-fi or mobile data - Limited and expensive, so be ready to go offline!

Extra snacks or gear rental on the trail.

Tip: Budget an extra \$10-15/day for these add-ons.

Permits Required for the Manaslu Circuit Trek

Hiking the Manaslu Circuit in Nepal is entering a restricted area, which is beautiful, remote and protected.

But to access this Himalayan treasure legally and safely, you will need to obtain a few permits.

Here is a full overview of all the Manaslu trekking permits, their costs, where to get them and why they are important in 2025.

What Permits Will You Need?

For the Manaslu Circuit Trek, there are three permits you will need:

1. Manaslu Restricted Area Permit (RAP)

The important section for a permit is between Jagat and Dharapani, as this area is controlled for trekking.

During September to November, you will pay a fee of \$100 for the first 7 days with an additional \$15/day after.

In other months, you will pay a fee of \$75 for the first 7 days with an additional \$10/day after

A permit is only issued through registered trekking agencies and there is a requirement for a minimum of 2 trekkers.

2. Manaslu Conservation Area Permit (MCAP)

The MCAP permit covers the Manaslu Conservation Area (i.e., Samagaun, Samdo)

Fee for Foreign Nationals: NPR 3,000 (~ \$25)

Fee for SAARC Countries: NPR 1,000

3. Annapurna Conservation Area Permit (ACAP)

The ACAP permit is required from Dharapani onwards as the trek exits the Manaslu into the Annapurna region.

Fee for Foreign Nationals: NPR 3,000 (~\$25)

Fee for SAARC Countries: NPR 1,000

Where and how to obtain the permits?

Don't worry about the paperwork, we will take care of everything for you!!

At Nepal Base Camp Treks, we:

- 1) Collect your passport & photos
- 2) We take care of all MCAP, ACAP and RAP applications.
- 3) Coordinate with the Nepal Tourism Board.
- 4) Ensure that your permits are valid, approved & ready prior to trekking.

Documents needed for permits:

- A valid passport (photocopy)
- 2-4 passport-sized photographs
- Travel Insurance policy
- Valid Nepal visa

Tip: Permit costs can change at any time. You should book your trek ahead of time and we'll handle the changes. We have been helping trekkers for over 20 years, and we can help with your permit process.

Trek Difficulty, Fitness & Altitude Sickness on the Manaslu Circuit

Before you put your trekking boots on, there's one question you're probably asking: **How difficult is the Manaslu Circuit Trek?**

The short and easy answer?

It's a challenge that can be achieved, but it is not for the weak-hearted.

In this section, we will discuss the Manaslu trekking difficulty, how altitude will impact your body and what fitness level you'll need to make it over Larkya La Pass safely.

How Difficult is Manaslu Trek?

The Manaslu Circuit Trek Nepal is officially rated as strenuous.

Throughout Manaslu trekking, you will walk 6-8 hours a day, slowly gaining altitude and going over one

of Nepal's highest trekking passes, Larkya La Pass (5,160m).

Here is why it is difficult but achievable:

Trek Distance: ~180 km over 12 days

Remote Trails: Compared to Annapurna or Everest, there are fewer tea houses.

Terrain: Rocky, forested, snow, rugged-every day could be a combination of terrains.

Altitude: The thin air starts to kick in after 3,000m

If you've previously trekked at high altitudes or are in great shape, the trek to Manaslu will probably be an exhilarating challenge rather than an impossible task.

And if you are a beginner, with proper pacing and the right amount of rest days, you can complete this trek.

Altitude Profile & Prevention Tips

Altitude sickness is a real possibility on the Manaslu Circuit trek, particularly after passing 3,000 meters.

However, most trekkers handle it without incident with good pacing and acclimatization.

What to expect from the [Altitude profile of Manaslu Circuit Trek](#):

Risk areas: Samagaun (3,530m), Samdo (3,860m), Larkya Phedi (4,460m)

Acclimatization: One full rest day in Samagaun

Highest point: Larkya La Pass (5,160m)

Altitude sickness takes over you with mild symptoms such as headaches, dizziness or nausea, but can become much worse if ignored.

The good news is that the itinerary offered by Nepal Base Camp Treks offers a full rest day in Samagaun, giving your body time to adapt naturally.

Most trekkers also have the option to hike to Manaslu Base Camp or Pungyen Gompa on that day to adjust their bodies' time for maximum oxygen adaptation.

How to minimize your risk of altitude sickness:

Ascend slowly and take your rest days seriously.

Stay hydrated (minimum 3+ liters per day).

Avoid alcohol & cigarettes and sleep at lower elevations when possible.

Consider altitude medications (discuss with your doctor).

With Nepal Base Camp Treks, our experienced guides will monitor your health and will have basic medical kits.

Emergency helicopter evacuation (covered by your travel insurance) will be available if needed.

Who should (and shouldn't) do this trek?

The Manaslu trekking is ideal for:

Trekkers with past high-altitude or long-distance trekking experience.

People are physically fit and can walk around 6-8 hrs per day.

People with a sense of adventure who want something quieter than Everest or Annapurna.

It might **not be suitable for:**

People trekking for the first time who have no hiking experience.

An individual with serious heart, lung or joint issues.

People who want to trek in luxury or on easy trekking routes.

Nevertheless, if trekkers train, prepare emotionally and follow the trail and general advice, any beginning trekker with a good fitness level can do this trek.

Best Time for Manaslu Circuit Trek

Are you ready to plan your trek in Manaslu?

Then, knowing the Manaslu Circuit trek best time will be crucial to your experience.

All these factors, including weather, visibility, trail conditions and cultural immersion, will depend on when you go.

This guide will help you make the most well-informed decision for trekking in Manaslu, based on your own personal wishes and priorities.

Spring (March to May) - Blooming Trails & Clear Views

If you want the best of everything in terms of weather, scenery, and adventure, then spring could well be the best time of year to do the Manaslu Circuit Trek.

The skies will typically be clear and the rhododendrons will be in full bloom.

You'll have stunning views of Mount Manaslu and the other mountains along the Tibetan border.

Daytime temperatures are warm, and the cooler evenings are still comfortable.

Best for:

Trekking Manaslu with picturesque, colorful scenery

Enjoying the best mountain views

Visit villages like Samagaun during harvesting times

Autumn (September to November) - Peak Season for Trekking

This is the safest and most popular time of the Manaslu Circuit Trek.

Once the monsoon rains are over, the weather remains stable, with clean air and unmarred clear skies.

You will get to see golden forest scenery, village festivals and Himalayan Views of Himalchuli, Cheo Himal and Ganesh Himal.

Suitable for:

Dry terrain and consistent visibility for trekkers

For cultural exchange in the event of festivities like Dashain and Tihar

Crossing the Larkya La Pass with ease.

Rainy Season (June to August) - Wet but Dangerous

During the rainy season, you will encounter heavy rain, slippery paths, leeches and bad visibility.

There are landslides on the lower half.

The landscape is lush and green, with sensational views, but this season is not for people who aren't experienced monsoon trekkers.

Not recommended except if you are undertaking research, photography, trekking or off-season budget trekking.

Winter (December to February) - Cold but Peaceful

If you desire peace and are adequately prepared for winter, then this is the darkest expedition that you can go for.

But the weather will be sub-zero.

Most of the tea houses will be closed and the Larkya La Pass can be entirely buried in snow.

Travel only with an experienced guide who is highly skilled and well-versed in winter survival for trekking in Manaslu.

What to Pack for the Manaslu Circuit Trek

Packing well can definitely make or break your Manaslu trekking experience in Nepal.

Manaslu weather can change quickly, the terrain is remote, and the passes are high enough; in such a situation, anything can happen.

That's why you should have the right **Manaslu Circuit trek packing list** to have a safe and comfortable journey.

When trekking in the spring or autumn (the best times for the Manaslu trek), it's better to layer and pack light, but still take all the requirements.

What Gear Do You Need to Trek in the Himalayas at High Altitude?

The Manaslu Circuit trek takes you to an altitude of 5,160m at Larkya La Pass, so it's safe to say you want to layer.

The days are warmer at lower altitudes, but the mornings and nights (especially above Samagaun and Dharamsala) can get very cold.

The following core items should be packed:

Wicking base layers

Insulated mid-layers (Fleece or Down)

Waterproof/windproof outer jacket

Lightweight trekking pants and thermals

Warm gloves, beanie and sun hat

Also pack UV glasses, sunscreen and lip balm, the Himalayan sun can be very fierce at altitude.

Sleeping bag, Footwear & Trekking Accessories

Tea houses in the Manaslu area do provide basic beds and blankets, but you should expect it to be below freezing.

Temperatures drop under freezing in Lho, Samagaun and Bimthang.

So, you will need a sleeping bag that is rated -10°C to -20°C.

Footwear & accessories:

Well-broken in hiking boots with ankle support

Camp sandals for the evenings

Trekking poles (helpful on descents and icy passes)

A headlamp with extra batteries

Water bottles or hydration bladder (total 2-3L)

Dry bags to organize your gear and protect electronics, etc

Snack or trail mix for long days trekking

Small first-aid kit including altitude sickness medication

Lip balm and sunscreen (IMPORTANT at higher elevations)

Tip: Carry water purification tablets or a filter. Bottled water is expensive, plus it's not great for the environment (especially at altitude).

Clothing Layers for Varying Weather

The Manaslu region changes from subtropical valleys to alpine tundra.

Your clothing will need to transition as well.

Be sure to have:

3-4 pairs of wool or synthetic hiking socks

1-2 quick-dry t-shirts

A warm fleece or hoodie for evenings.

A sunhat for lower altitudes and a beanie for higher altitudes.

Lightweight rain jacket or poncho (especially when traveling during the monsoon months).

The best time to trek Manaslu is in spring and autumn, but expect snow and wind even then at the high passes.

Final Packing Reminders for Manaslu Trekkers:

Above all, do not overpack; you will be walking 6-8 hours each day and every kilo will count.

Pack your essentials into a daypack and let your porter (if you have hired one) carry all your gear in your larger duffel or similar.

Make sure to even travel with spare passport photos, your permits and some Nepali cash in case you are trekking in remote villages that do not accept cards.

Accommodation & Meals on the Trek

When it comes to accommodation and food during the trek on the Manaslu Circuit, what should you expect?

Simple, warm and satisfying, that is quite surprisingly good for its warmth, especially when you are miles away from the hustle and bustle of the city.

This is not a luxury trek.

Tat House Experience: What to expect?

On the Manaslu Circuit trek, you'll be sleeping in some of the cozy teahouses, small locally owned lodges along the trek.

The teahouses provide basic but clean accommodation and food, and a warm environment to relax after a day in the distant Himalayas.

Lower altitude teahouses like Machha Khola or Jagat offer comfort, as most of them have private twin rooms and thicker walls.

The further you go into the trek, the more rural teahouse character you find, of course, at higher villages

like Samagaun, Samdo and Dharamsala.

Toilets are usually shared and there is less insulation, so a warm sleeping bag is necessary.

Electricity is by solar power and it will cost \$2 – \$5 per hour to charge your devices.

What's there to eat?

Food is made fresh and is aimed at giving trekkers energy.

The dal bhat is the most popular meal, a hearty serving of rice, lentils and vegetables in curry.

It's tasty, filling and includes free refills.

Other meals that are available are:

Breakfast: Porridge, eggs, chapati, Tibetan bread or pancakes

Lunch & Dinner: Noodles, fried rice, soup, pasta, momos

Beverages: You'll get 3 cups of tea or coffee per day (package inclusion)

There is an arrangement to purchase extra beverages, such as ginger and lemon hot tea.

Food choices get restricted and costlier at higher altitudes.

It's advisable to bring energy bars, dry fruits or some light snacks, particularly before the Larkya La Pass (5,160m) crossing.

You feel the real sense of local hospitality, as most of the lodge owners themselves cook using seasonally available food and firewood or gas stoves.

Having meals together in a lodge dining room, generally heated with a centralized stove, is great fun.

Do You Need a Guide and Porter?

As you prepare for the Manaslu Circuit trek, there is one key consideration: you must hire a guide.

The government of Nepal has decreed that solo trekking is no longer allowed in restricted areas like Manaslu.

Thus, even if you consider yourself an experienced hiker, this is one trek you will not be able to do alone.

Guide Requirements in Restricted Areas

The Manaslu Region is one of the government-managed areas that also requires a Restricted Area Permit (RAP).

RAPs can only be obtained through a registered trekking agency with a minimum of two trekkers and a licensed guide.

Here at Nepal Base Camp Treks, we provide licensed, English-speaking guides who have walked the Manaslu Region dozens of times.

Your guide will do more than lead the way; they are also paying attention to any potential altitude symptoms, sharing information about the previous night's culture, keeping you safe and looking out for you.

Porter or not? Weight Restriction and Cost

While hiring a porter is optional, we highly recommend this option, especially with the tough altitude and long hours of walking.

A porter can carry between 20 to 25 kg and help keep your pack light by carrying your sleeping bag and clothes specifically.

A light day pack makes all the difference in saving energy when crossing Larkya La Pass, experiencing high winds and trekking for 6-8 hours per day.

Safety Tips & Travel Insurance

Walking the Manaslu Circuit is a once-in-a-lifetime experience, but it is also remote and high-altitude.

With the right planning, it can be non-technical and safe.

Without the right preparation, things can turn hazardous really quickly.

So here's how to be sure you're protected against risks such as altitude sickness, injury and unexpected natural disasters on the Manaslu trekking route.

Risk Factors in Remote Areas

The Manaslu area is beautiful but wild.

You'll be hiking far from hospitals, with bad telephone reception and very basic tea house amenities.

There are a few dangers here, including:

Altitude sickness (especially when you reach Larkya La Pass at 5160m)

Unpredictable rockfalls or landslides, mostly in the wet season

Earthquakes (Nepal is very seismically active)

Bad weather or extreme temperature fluctuations

Injury on steep rocky trails

Even if you're highly fit and experienced, it's advisable to exercise caution.

All you have to do is walk slowly, drink water regularly and obey your guide.

Why you need Travel Insurance

You have to purchase travel insurance that includes high-altitude trekking (not an optional one).

Most Insurance companies offer trekking packages for the trekkers trekking in Nepal.

Be sure to check for insurance that includes:

Emergency helicopter evacuation

Altitude sickness/injury-related treatment

Cancellation/Trip interruptions

Lost or stolen gear

You must remember: Helicopter evacuation will cost over \$5,000.00, which is why you buy travel medical insurance because it is an add-on plan.

You pay out of pocket if you don't have it.

Nepal Base Camp Treks can call your carrier if necessary, but you must bring a copy of your insurance certificate with you.

Emergency Evacuation & Rescue

Our team is well-qualified to do a swift response when there is an emergency situation.

If you have a high level of AMS (Acute Mountain Sickness), we will start our descent immediately or organize a helicopter from the rescue party.

All rescues are handled through your travel insurance company, so if you decide to purchase it, your insurance needs to be valid.

We will provide a communal first-aid kit and set of pulse oximeters and we offer 24/7 support to clients at altitude by satellite phone, should you need anything in a hurry.

Why Book the Manaslu Circuit Trek with Nepal Base Camp Treks?

When you take on the Manaslu Circuit, experience and trust matter.

Here's why you should choose Nepal Base Camp Treks:

Local Knowledge That You Can Trust

With over 20 years of walking experience, our team of local guides knows the Manaslu trail inside out (from Soti Khola to Larkya La Pass).

We are a local business and treat every trekker like family.

We Handle Everything for You

From permits to meals, we have you covered.

Our all-inclusive Manaslu Circuit packages come with:

Licensed guides

Permits (RAP, MCAP & ACAP)

Daily meals and tea

Comfortable tea house accommodation

Ground Transportation

Emergency support

Whether you want to join a group or organize a private custom trek, your journey is your way.

Trekkers Love Our Service

We are one of Nepal's most recommended trekking agencies and have numerous 5-star reviews on TripAdvisor.

Memorable Treks with Nepal Base Camp Treks

I have trekked Everest base camp and Annapurna base camp in 2004 and Manaslu Circuit Trek in 2014 with our college friends organized by Sappa Lama our best mountain guide in Nepal Himalaya. All three treks in Nepal with Sappa and his supporter during the trip made unforgettable memories during our adventure holidays.

I don't have enough words to say thank you to Sappa and his team for their knowledge, culture, trouble-free holidays and definitely come back for the adventure trip sometime in future and highly recommend "Nepal Base Camp Treks"

▪ **Michaela Picmanova**

Do you also want to have a safe, smooth and memorable trekking adventure in the Himalayas?

Contact us and book your journey to circle around Mount Manaslu for a once-in-a-lifetime experience.

Travel Insurance

Getting travel insurance is not mandatory, but it is highly recommended if you are trekking to Manaslu Circuit. *The challenging nature of the trek, with high altitude, remote trails, and unpredictable weather, poses risks that can be mitigated by having proper coverage.* While medical facilities are limited in the area, having travel insurance that includes **medical emergencies** ensures you receive the necessary care without worrying about costs.

Additionally, your *travel insurance should cover* **emergency evacuations**. It includes helicopter rescues in case of severe altitude sickness, injury, or other emergencies. Considering the remoteness of the Manaslu region, quick evacuation may be necessary in life-threatening situations. Having insurance provides peace of mind as you know that you are covered for unexpected incidents. This allows you to focus fully on the trek without concerns about potential risks.

FAQs

How long is the Manaslu Circuit trek?

The Manaslu Circuit trek is roughly 180 km spread out over a 12-day trek.

You will begin your trek at Machha Khola and finish at Dharapani, hiking through pretty valleys, remote villages and crossing the Larkya La Pass (5,160m).

Is Manaslu harder than Annapurna or Everest Base Camp?

Yes, the difficulty of the Manaslu Circuit trek is increased for several reasons, including the remoteness, the longer distances traveled each day and the altitude.

Compared with Everest or Annapurna, there are fewer facilities and the route is a lot harder.

Nevertheless, it's absolutely an adventure for trekkers looking for a more raw and authentic experience.

Can I trek to Manaslu without a group?

No. Due to the changes to Nepal's trekking laws, restricted areas, like Manaslu, prohibit solo trekking.

You are required to trek with a licensed guide through a registered agency, and a minimum of two trekkers are required to process the RAP permit.

What's the best time of year to do the Manaslu Circuit Trek?

The best time to do the Manaslu Circuit Trek is from late March to the end of May and between early September and the end of November, depending on your preferences.

These two seasons offer clear skies and stable weather as well as the best mountain views, so you will have a safer and more enjoyable trek.

How many people trek the Manaslu Circuit Trek?

With a passion for trekking and witnessing this unspoiled natural beauty, over 2000 people complete the Manaslu Circuit Trek every year. With limitless popularity, you will witness fewer crowds than you would during the Everest and Annapurna region trek. Also, the difficulty and high altitude involvement make this trek a little less desirable for first-time travelers.

What is the altitude of the Manaslu Circuit trek?

The altitude of the Manaslu Circuit ranges from 700 meters in Soti Khola to 5,160 meters at Larkya La Pass. The involvement of high altitude can increase the risk of altitude sickness. To protect yourself, your itinerary should include a proper acclimatization plan.

Is Manaslu Circuit for beginners?

The Manaslu Circuit Trek is not recommended for beginners due to its challenging terrain and high

altitude. It is better suited for trekkers with prior experience in multi-day hikes at high altitudes. As a beginner, you may struggle with the physical demands and acclimatization of the trek.

What is the success rate of the Manaslu Circuit trek?

The success rate of the Manaslu Circuit Trek is generally high. Most trekkers have successfully completed the route by following proper acclimatization and physical preparedness. The success depends largely on weather conditions and personal fitness levels.

Is Manaslu Circuit harder than Annapurna Circuit?

Yes, the Manaslu Circuit is harder than the Annapurna Circuit. The Manaslu Circuit trek takes you to higher altitudes, more remote terrain, and fewer amenities. The Larkya La Pass is steeper and more difficult to cross compared to the Thorong La Pass on the Annapurna Circuit.

What is the highest point of the Manaslu Circuit Trek?

The highest point of the Manaslu Circuit Trek is Larkya La Pass, which stands at approximately 5,160 metres (16,929 feet). Crossing this iconic pass is considered one of the most rewarding moments of the trek, offering panoramic views of the surrounding Himalayan peaks.

What cultural experiences can I expect during Manaslu Trekking?

Manaslu Trekking provides opportunities to visit traditional Tibetan-influenced villages, ancient Buddhist monasteries, prayer walls, and sacred sites throughout the region. These cultural encounters offer valuable insight into the customs, beliefs, and daily life of local mountain communities.

Address

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