

Manaslu Circuit Trek

URL: <https://himalayan360.com/trip/manaslu-circuit-trek/>

Destination

Nepal Treks & Tours

Activity

Adventure Treks In Nepal

Start / End Point

Kathmandu/Kathmandu

Trip Type

Lodge-to-Lodge Trek, 3-star Hotel

Duration

14

Destination

Nepal, Manaslu Region

Per Person From

USD 920

Region

Makalu Region Trek

Max. Altitude

5,106M/16,752FT

Group Size

2 - 30

Best Season

Mar, Apr, May, Sep, Oct, Nov

Trek Distance

Machhakhola to Dharapani (143.7KM/89Miles)

Transportation

Bus | Car | Jeep

Accommodation

Tea house

Meals

Breakfast, Lunch, Dinner

Difficulty

Strenuous

Major highlights of Manaslu Circuit Trek

- Stunning views of the mountains like **Mount Manaslu, Annapurna, Dhaulagiri, Hiunchuli, and Nilgiri.**
- The trek starts with a **drive from Kathmandu to Machha Khola.**
- Cross the highest point of the trek, **Larkya La Pass (5,106M/16,752FT).**
- Pass through **forest areas, terraced fields, and high alpine landscapes** and witness diverse flora and fauna.
- Explore Tibetan-influenced villages like **Samagaun and Samdo** and experience **rich local culture and traditions.**
- Enjoy the **peace and remoteness of the trail**, away from crowded trekking routes.

- Observe the **daily life of local people, including Hindu and Buddhist communities**, in traditional villages.

14 Days Manaslu Circuit Trek Day by Day Itinerary

Day 01: Arrival At Tribhuvan International Airport In Kathmandu And Transfer To Hotel

- **Places:** Thamel

The Manaslu Circuit Trek begins with your arrival at Tribhuvan International Airport. Our personnel will take you to your hotel at Thamel and help you check in. After settling in, you can stroll around Kathmandu and meet with your guide and trekking crew. They will brief you on the itinerary of the Manaslu trek and let you know how to obtain a Manaslu Circuit trek permit.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

N/A

Accommodations:

3 Star Hotel

Day 02: Trek Briefing And Preparation Of Manaslu Restricted Area Permit

- **Places:** Thamel

You'll have a comprehensive trek briefing with your experienced guide the following day. In this meeting, they will greet you and make you comfortable. They will also have a translator available for you and answer all your necessary queries. You'll also finalize the required permits, including the Restricted Area Permit for the Manaslu Circuit. After all the preparations, you will stay at the 3-star Hotel in Kathmandu.

Highest Altitude:

1,400M/4,593FT

Meals:

Breakfast

Accommodations:

3 Star Hotel

Day 03: Drive From Kathmandu To Machha Khola

- **Place:** Machha Khola

You will officially start your journey to Manaslu Circuit on day 3. On this day, you will drive to Machha Khola, the starting point of the Manaslu Circuit Trekking. After breakfast, your guide will pick you up from your hotel and drive you to **Gongabu Bus Park**. From there, you will take a local bus to reach **Machha Khola**.

The drive takes about **9 hours** along the Prithvi Highway and passes through **Thankot, Malekhu, Dhading Besi, Tari Besi, Arughat, and Soti Khola**. At first, the road follows the **Trishuli River**, then continues along the **Budhi Gandaki River** after Dhading Besi and Arughat. The **In the evening, you will reach Machha Khola** along the way. The road starts smooth along the black topped road, but becomes bumpy past Arughat. You'll enjoy views of remote villages, forests, and rivers during the journey. **In the evening, you will reach Machha Khola** and spend the night at a lodge, resting for the trek ahead.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Day 04: Trek From Machha Khola To Jagat

- **Places:** Jagat

After breakfast in Machha Khola, your trek begins as you cross the Machha Khola River and climb steadily to the small village of **Khorla Besi** (970M). From there, you will continue to **Tatopani** (990M) and then walk through a forested area to reach **Dovan** (1,050M). The Manaslu Circuit trail is challenging in parts, with a short section through the forest before reaching the guest house in **Dovan**. At Doan, you can stop for lunch and enjoy views of the Budhi Gandaki River.

The trail then takes you past, two not so well known [fact about Manaslu Circuit Trek](#): **a cantilever bridge, and the Punngpu Waterfall**, offering beautiful views of the river, **a cantilever bridge, and the Punngpu Waterfall**. After crossing the suspension bridge over Yaru Khola, you will begin a steep climb to **Tharo Bharyang** before reaching **Jagat** (1,410M). Along the way, you will walk beside the Budhi Gandaki River and through lush forests. At Jagat, you'll show your **Annapurna Conservation Area Project (ACAP) permit** at the checkpoint and spend the night at a local guesthouse.

Distance:

8Hours

Ascent:

540M/1,772FT

Descend:

60M/197FT

Highest Altitude:

1,410M/4,626FT | Jagat

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

22KM/13.6Miles

Day 05: Trek From Jagat To Deng

- **Places:** Deng

On day 4, after breakfast, you will leave Jagat and pass the checkpoint. The Manaslu Circuit trek path first climbs to **Salleri** and then descends to **Sirdibas**, where you'll see Buddhist prayer flags and small gompas. From here, you will cross the Budhi Gandaki River and follow the trail to **Philim**, where your permits get checked before you head deeper into the valley. The path gives you amazing views of **waterfalls, forests, and Shringi Himal (7,187M)**.

After Philim, the trek continues through rhododendron and pine forests. You will cross the **Siyar Khola bridge** and reach a junction where one trail goes to Tsum Valley. Staying on the main trail, you will walk to **Pewa** and then to **Deng** (1,800M). To avoid challenging valley terrains, you'll cross the river three times before reaching the village of Deng. In the evening, you can relax at the teahouse at Deng and enjoy the warm fire with other trekkers and locals.

Distance:

6Hours

Ascent:

940M/2,986FT

Descend:

550M/1,805FT

Highest Altitude:

2,340M/7,677FT | Nyak

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

19.2Km/12Miles

Day 06: Trek From Deng To Namrung

- **Places:** Namrung

The sixth day of the trek begins with crossing the Budhi Gandaki. Day's hike starts from **Bihi**, heading west up the Budhi Gandaki valley. The Manaslu Circuit trekking route then climbs past small farms and **Rana village** (1,910M). Along the way, you walk through forests and pass Mani stones, carved with Buddhist prayers. After about four hours, you will reach **Ghap**, where you stop for lunch. On your way to Ghap, you will walk through the woods and Mani rocks.

From Ghap, the path continues to **Prok village** (2,397M). The trail features beautiful gompas of the Manaslu region and offers great views of **Shringi Himal (7,161M)** and **Ganesh Himal (7,429M)**. Finally, you will climb a steep, challenging hill to reach **Namrung** (2,660M). At Namrung, you will spend

the night at a lodge, enjoying food and rest.

Distance:

7Hours

Ascent:

860M/2,822FT

Descend:

0M/0FT

Highest Altitude:

2,660M/8,727FT | Namrung

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

19KM/11.8Miles

Day 07: Trek From Namrung To Lho

- **Places:** Lhogaon

The day starts with breakfast in Namrung. After breakfast, you will start your trek to the Manaslu Circuit. At first, you will cross the **Namrung checkpoint** and then reach **Bhanjam**, a beautiful village. After a steep one-hour climb of the Manaslu Circuit Trek Route, you'll get to a large **Himalchuli, Ganesh Himal**, from where you will see stunning views of **Shyala, Sho, and Lho Villages**, and other mountain ranges.

The trek passes through **Shyala, Sho, and Lho Villages**. You will see monasteries, yaks, and mani walls throughout the trek, providing stunning views of **Nike Peak and Mount Manaslu**. You'll arrive in **Lho** in the evening and spend the night at a tea house with a view of the true natural wonders of Nepal.

Distance:

6Hours

Ascent:

520M/1,706FT

Descend:

0M/0FT

Highest Altitude:

3,180M/10,433FT | Lho

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

11.2KM/6.9Miles

Day 08: Trek from Lho to Samagaon

- **Places:** Samagaon

You start the day by leaving Lho and walking through **Shyala village** (3,500M). Samagoan village is only a few hours away from Shyala village. The trail offers amazing views of **Mount Manaslu, Naike Peak**, and the surrounding mountains. On the way, you can visit the old **Pungyen Gompa**. The gompa, which is about 400 years old, lies beneath Mount Manaslu. This place holds deep cultural and spiritual value for the Nubri people, who believe Lord Pungyen, a local protector deity, watches over the region. From the monastery, you also see stunning views of **Manaslu, Himalchuli, and Ngadi Chuli**.

After spending some time at the monastery, you will continue your trek for 2-3Hours on an easier trail that passes through pine and rhododendron forests, streams, and open meadows. By the afternoon, you will reach **Samagaon** (3,530M). *Samagoan is the biggest village of the Nubri people. It has a large gompa, Ribung stupa, shops, a health post, and even a heliport.* You will stay overnight at a tea house here, surrounded by the view of Manaslu.

Distance:

4Hours

Ascent:

350M/1,148FT

Descend:

0M/0FT

Highest Altitude:

3,530M/11,581FT | Samagaon

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

7KM/4.3Miles

Day 09: Rest Day In Samagaon: Hike To Birendra Lake Or Manaslu Base Camp

- **Places:** Samagaon

By the time you reach Samagaon, you will have gained much elevation. That is why on the ninth day, you will spend an acclimatization day (rest day) at Samagoan. Samagoan serves as a rest stop for almost every trek in the Manaslu region, be it the Manaslu Base Camp trek, the Manaslu Circuit trek, or the Manaslu Tsum Valley Trek. To make the most of the day, you can explore the village, meet locals, enjoy the views of Mount Manaslu and surrounding peaks, and do side hikes.

During this day, you can choose from two optional hikes. The easier option is a short 1-2Hours walk to **Birendra Lake** (3,691M). It is a beautiful alpine lake near **Punhyen Glacier**. The clear waters reflect the snow-covered mountains. It is a beautiful place to relax. On the way, you may also spot Milarepa's Cave, where the Buddhist saint is believed to have meditated. The harder option is a full-day hike to **Manaslu Base Camp (4,800M)**, which takes 6-7 hours. This steep trail rewards you with incredible views of **Mt. Manaslu, Himalchuli, Ganesh Himal, Shringi Himal, and the glacier**. Although challenging, it is one of the most rewarding side trips from Samagaon and helps with acclimatization for the trek ahead. At the end of the day, you will return to Samagaon and stay overnight at a tea house.

Distance:

3Hours

Ascent:

250M/820FT

Descend:

250M/820FT

Highest Altitude:

4,800M/15,748FT | Manaslu Base Camp

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

3KM/1.8Miles (Birendra Tal), 6KM/3.7Miles
(Manaslu Base Camp)

Day 10: Trek From Samagaon To Samdo

- **Places:** Samdo

After breakfast, you will start your short trek to the new destination, Samdo. You will trek along the Budhigandaki River for about two hours until you reach **Kyonggmo Kharka**. "*Kharka*" is a Nepali word that means grazing pasture or highland meadow in the Himalayas. After crossing a wooden bridge, the trail climbs steeply to **Samdo Village**. Samdo village is the highest settlement in the Gorkha District.

In the afternoon, you can hike up to the **Samdo viewpoint** for acclimatization or explore nearby villages. From Samdo, you also get to see the trail leading to Tibet and the path toward **Larkya La Pass**. You will spend the night in a tea house at Samdo.

Distance:

4Hours

Ascent:

230M/755FT

Descend:

70M/230FT

Highest Altitude:

3,690M/12,106FT | Samdo

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

8.5KM/5.2Miles

Day 11: Trek From Samdo To Larkya Phedi

- **Places:** Larkya Phedi

The eleventh day of the trip to Manaslu begins with breakfast in Samdo as we progress. We will finally arrive at Larke La Phedi, surrounded by the majestic Himalayas. Tomorrow is important because we will

cross Larke La Pass at 5,106 meters. Dharmasala is a small place with few teahouses. Get ready for a great day ahead. We will spend the night at a local teahouse.

Distance:

4Hours

Ascent:

870M/2,854FT

Descend:

90M/295FT

Highest Altitude:

4,470M/14,665FT | Larkya Phedi

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

6KM/3.7Miles

Day 12: Trek From Larkya Phedi To Bimthang Via Larkya La Pass

- **Places:** Bimthang

Today is one of the most important and challenging days of the Manaslu Circuit Trek. You will start early in the morning, around 5:00 AM, to cross the highest point of the trek, Larkya La Pass (5,106M). The **climb is long, cold, and windy**. You will walk steadily to reach the top. On the way up, you will pass rocky terrain, frozen lakes, and snowy trails before reaching the pass. From the top, you will get mesmerizing views of **Himlung Himal (7,126M), Cheo Himal (6,820M), Gyaji Kung (7,030M), Kang Guru (6,981M), and Annapurna II (7,937M)**. Standing here feels like a reward for all your hard work on the trail.

After enjoying the mountain views and taking photos, you will begin the descent to Bimthang. The trail can be steep and tricky at first, but it soon gets easier as the valley opens up. You will walk for about three hours through stunning landscapes of glaciers, icefalls, and snowy peaks. The village of Bimthang, once an old trading post on the Tibetan salt route, welcomes you with teahouses and warm food. Some trekkers also take a short side trip to the crystal-clear Pungkar Tal (4,100M), a glacial lake near Bimthang. Tonight, you rest here after completing the most difficult yet rewarding day of the trek.

Distance:

9Hours

Ascent:

636M/2,087FT

Descend:

1,386M/4,547FT

Highest Altitude:

5,106M/16,752FT | Larkya La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House / Lodge

Trek Distance:

24.8KM/15.4Miles

Day 13: Trek From Bimthang To Dharapani

We will continue descending and retracing our steps in this beautiful Himalayan region of Nepal. The thirteenth day of the trek is also our second last day. You will stop in the beautiful Tilije village and continue moving towards Dharapani. The trek goes towards the river's east bank and gradually descends into the Marsyangdi Valley. You will walk through the scrub forest and reach Thonje (1,965m/6,447ft). The trek continues along the main Annapurna Circuit route to Dharapani. You will enjoy a nice lunch in Dharapani.

Distance:

9Hours

Ascent:

0M/0FT

Descend:

1,900M/6,234FT

Highest Altitude:

3,720M/12,205FT | Bimthang

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

21KM/13Mile

Day 14: From Dharapani, Drive To Besisahar, Then Back To Kathmandu/Pokhara

- **Places:** Thamel/Lakeside

You will hop on the jeep from Dharapani towards Besisahar. After reaching Besisahar, you will drive back to either Kathmandu or Pokhara. You can book a ticket for a Microbus from Besisahar to Kathmandu until 2:00 PM. Alternatively, you can take a bus ride after having breakfast at 7:00 AM. The journey from Besisahar to Kathmandu takes about 5-6 hours. When you arrive at Balaju Bus Park, you will be driven back to your hotel in Kathmandu.

Highest Altitude:

1,820M/5,971FT | Dharapani

Meals:

Breakfast,Lunch

Accommodations:

N/A

Flight Hours:

9 Hours Drive

Manaslu Circuit Trek Includes/Excludes

Includes

- Airport transfer
- Kathmandu to Machha Khola local transport
- Dharapani to Kathmandu local transport
- 2 Night Kathmandu in a 3-star hotel (sharing basis)
- 11 nights in the mountain tea house (on a shared basis)
- **Food:** 13 Breakfast, 12 Lunch, 11 Dinner
- Government-licensed English-speaking local trek leader
- Manaslu conservation area permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- Manaslu restricted area permit (Manaslu RAP)
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excludes

- International flight
- Private transfer during the trek
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,430
2 - 3	USD 1,080
4 - 6	USD 980
7 - 12	USD 975
13 - 20	USD 935
21 - 30	USD 920

Frequently Asked Question for Manaslu Circuit Trek

How long does it take to do the Manaslu Circuit?

The average duration of the Manaslu Circuit Trek is about 13 to 14 days. However, the trek itinerary can be curated to as few as 8 days and extended to 18 or more. Hence, the duration of the trek is affected by the itinerary package, the toughness of the trek, and the best time to trek.

How challenging is the Manaslu Circuit trek?

Manaslu Circuit Trek is among the most challenging and arduous treks, as most of it passes through off-the-beaten-track terrain. The trek takes you closer to Mount Manaslu, which is why it is nicknamed “The Killer Mountains.”

What is the highest point of the Manaslu Circuit trek?

The trek’s highest point is Larkya La Pass, which is at an elevation of 5,106 meters. Due to the high altitude, trekkers can suffer from high altitude or acute mountain sickness, so they must be prepared for it.

Do you need oxygen to climb Manaslu?

About half of the climbers who reached the top of Manaslu used supplemental oxygen. The usual method is to climb slowly, moving up 1,000 feet a day. Climbers spend their days at higher altitudes carrying supplementary oxygen cylinders.

What is Manaslu circuit trekking?

Manaslu Circuit Trekking is a hike that forms a loop or circular path, returning to the starting point without retracing steps. Circuit trekking is more challenging than regular trekking as it usually takes supplementary oxygen cylinders.

Who can issue a restricted area permit?

In Nepal, the Department of Immigration in Kathmandu issues restricted area permits to regulate entry into certain parts of the country. Trekkers wanting to explore these restricted areas must have a permit, but they can’t simply issue it individually. The trekking company with an authorized guide must request permission to issue the license.

Where is the starting point of the Manaslu trek?

The starting point of the Manaslu Circuit Trek is Soti Khola. The Manaslu Circuit trek is a beautiful 13-day journey (18 days, including travel and time in Kathmandu). It goes around the eighth-highest mountain in the world. The trek starts in the busy market town of Soti Khola and takes a different path to return, ending in Syange.

Is there any technical climbing involved in the Manaslu Circuit Trek?

No, the Manaslu Circuit Trek does not involve any technical climbing. It is a challenging trek due to the high altitude and rugged terrain, but it requires no specialized climbing skills or equipment. The highest point on the trek is the Larkya La pass at 5,160 meters, which is reached by following a well-established trail with the aid of fixed ropes in some sections.

Is the Manaslu Circuit trek safe?

The Manaslu Circuit Trek is safe for experienced trekkers; however, they are equally risky. Some trekkers believe the Manaslu Circuit Trek is no more safe as the other trekking spots in Nepal.

Do you need a guide for the Manaslu Circuit trek?

The Manaslu Circuit Trek is among the most challenging and confusing treks. Navigating the trek is very hard, and trekkers often get lost, especially during the winter and rainy seasons.

Which trek is challenging between Manaslu Circuit and Annapurna Circuit?

The Manaslu Circuit Trek is more challenging than the Annapurna Circuit due to rougher terrains, higher altitudes, more isolated regions, and more dynamic weather than the Annapurna Circuit Trek.

What is the difference between the Manaslu Circuit Trek and the Manaslu Base Camp Trek?

Manaslu Circuit Trek is a bit tougher than the Manaslu Base Camp Trek. The Circuit trek takes you through the off-beaten and rugged terrains, whereas the base camp trek takes you closer to the foot of the dangerous Mount Manaslu.

Is there a medical facility available on the Manaslu Circuit Trek?

The Manaslu Circuit Trek is remote and challenging, with limited medical facilities. While some teahouses along the trail may have basic first-aid kits, it's crucial to be well-prepared with a comprehensive first-aid kit and necessary medications. However, sometimes an emergency arises, so a helicopter evacuation to Kathmandu might be the best remote option.

What kind of backpack should I bring for the Manaslu Circuit Trek?

The Manaslu Circuit Trek is challenging, so you may need to pack extra clothing, gear, and equipment. For the long-duration trek of about 14 to 15 days, the 50-70 liter backpack. This backpack is enough to carry everything for the trek.

What are the common health risks of the Manaslu Circuit Trek?

The standard health risks of Mount Manaslu are altitude sickness, hypothermia, and dehydration. The trek to Manaslu Circuit is tough and takes in the higher altitude where oxygen level is lower, increasing the possibilities of such health risks.

Typical Trek Day in 14 days Manaslu Circuit Trek

The typical trek to Manaslu Circuit is almost identical daily—starting in the early morning and reaching the teahouse at another destination. So, let's get into the typical day on the Manaslu Circuit Trek. Here is the day-to-day most common activity in the Manaslu Circuit Trek itinerary.

6 AM to 7 AM: The day of the trek begins early in the morning when trekkers wake up at around 6 AM. They bathe and prepare for the trek by packing all their luggage. At around 6:30 AM, the trekkers will have breakfast and start moving forward.

7 AM to 12 PM: The trek begins around 7 AM. Due to night-long rest and a healthy breakfast, the trekkers can cover longer distances quickly. The early stretch of the trek ranges from 7 AM to 12 PM, after which your guide will take you to a suitable restaurant for lunch.

12 PM to 1 PM: After the first portion of the trek, it's time to stop for lunch. You will have up to one hour to have lunch and take a bit of a rest.

1 PM to 6 PM: The second stretch along the Manaslu Circuit Trek begins after the end of the lunch. During this portion, the distance you cover will be less. After midday, the sun started to set slowly, so now it's time to trek towards the new destination. You will reach your new destination in the evening.

6 PM to 8 PM: You will stroll in the new village or teahouse in the evening. After reaching the new teahouse, you will meet new people, visit locals, or drink in a bar. At around 7 PM, the trekkers will have their lunch. After lunch, they will sit around a fire or in the tea room to discuss the day.

8 PM to 9 PM: The end of the typical trekking day begins after having lunch. From 8 to 9 PM, the trekkers wake up and call it a day. It is essential to get enough REM sleep so that they are rejuvenated for the next day.

Why Choose 14 days Manaslu Circuit Trek?

The Manaslu Circuit Trek is one of the underrated treks in Nepal, but it is also gorgeous. It is one of the off-the-beaten treks, which means that trekkers will enjoy the raw and natural wilderness of Nepal. The trek takes you through different landscapes, subroads wide fields, lush forests, high-altitude passes, glacial moraines, and snowy mountains, leading right to the majestic Manaslu Base Camp Trek and the chance to see the stunning Manaslu peak.

Vantage Point for Mt. Manaslu, Himalchuli and other Majestic Peaks

The adventurous trek in the Manaslu region lets the trekkers see stunning mountain views. As the trekkers pass through different trails, they will be awe-struck by the panoramic views of the mountains like Mount Manaslu, Himalchuli, Shringi Himal, Ngadi Chuli, and others. To see the breathtaking views of the mountains, you can also reach the peak of Larkya La Pass, the best vantage point of the trek.

Remote Villages & Off -the-Beaten Trail

The Manaslu Circuit Trek is among the best off-the-beaten trails in Nepal. During this trek, the trekkers will pass from remote settlements and explore through the off-beaten trail to reach another village that lacks infrastructure. In the comparison of [Manaslu circuit trek vs EBC](#), this trek differs from the Everest Base Camp Trek, making it less crowded, peaceful, and attractive to confident trekkers.

Tsum Valley Trek

Another primary reason to choose the Manaslu Circuit Trek is the chance to mix another amazing trek in Tsum Valley. It is near the Tibetan border and is among the unexplored and off-the-beaten trek. The Tsum Valley is rich in art, culture, religion, and the chance to see and meet new people.

Crossing the Iconic Larkya La Pass

Larkya La Pass is a stunning mountain pass located in the Manaslu region. It is a must-see place for trekkers who love adventure in the mountains. Trekkers from the Larkya La Pass can see the whole Manaslu region and have panoramic views of the beautiful mountains. However, trekkers must be prepared for high altitude weather, freezing temperatures, and the relentless blowing of cold winds, so they must be prepared for it by packing adequate woolen clothes.

Birendra Lake

Birendra Lake is another stunning attraction that provides picturesque and breathtaking views. The lake is pristine and beautiful, surrounded by panoramic mountains, lush green forests, and remote settlements. This place is the perfect place to stop for some relaxation for lunch. After a while, you can continue your trek or go back to staying in the teahouse you are staying.

Village Life on the Manaslu Circuit Trek

Life in the villages of the Manaslu Circuit Trek is fully remote. Most families depend on subsistence farming, growing hardy crops like barley, buckwheat, and potatoes on terraced fields built from stone. These crops are chosen because they can survive cold temperatures and thin soil at high altitudes above 2,500 m. Alongside farming, animal husbandry plays a central role. Yaks and their hybrid relatives, known as chauris, are essential for daily life. They provide milk, which is turned into butter and cheese, as well as wool for clothing and blankets.

They are also used to carry goods on the mountain paths where vehicles cannot reach. In many homes, dried yak dung is collected and used as the main source of fuel for cooking and heating during long winters when firewood is scarce. Women contribute greatly to the household economy by spinning yak wool and weaving it into rugs, blankets, and traditional striped aprons called pangdens.

Culture and Religion in the Nubri and Tsum Valleys

The lower section of the Manaslu region, from Jagat to Deng, is mainly home to Gurung and Magar communities. Their daily life is closely tied to farming. Houses are built from stone with slate roofs, and villages are connected by footpaths rather than roads. As the trail rises into the Nubri Valley and Tsum Valley, the culture shifts clearly. The people here, known as Nubri and Tsumba, follow Tibetan culture. They wear thick woolen robes called chubas to protect against the cold, and they speak their own language, which is Nubri-ke and Tsum-ke.

Religion highly affects their lifestyle in both valleys, where Tibetan Buddhism is practiced. Almost every village has a monastery that acts as a center for prayer, teaching, and gatherings. The Tsum Valley is especially known for its unique customs. Some families still follow polyandry, where one woman marries multiple brothers, a system that prevents farmland from being divided into smaller, less useful plots. The

region also follows a strict rule of non-violence, meaning animals are not killed within the valley.

Reasons to Choose Himalaya 360 for 14 days Manaslu Circuit Trek?

Himalaya360 is one of the reputed trekking agencies in Nepal. They are partnered with the Adventure Travel Trade Association (ATTA) from the USA, TAAN, NMA, the Nepal Government, and NTB. Himalayan360 was established by two trekkers who became expert guides to provide the best service at a reasonable price. They also offer a wide array of trekking and touring itinerary packages and well-maintained facilities. The staff of Himalayan360 serves the guests securely and safely. They will also guide the trekkers through the challenging Manaslu Circuit Trek. Here are some of the reasons you should choose Manaslu Circuit Trek.

Expert Guides

Himalaya360 is an exceptional choice for trekkers planning to explore the Manaslu region. One significant advantage of choosing the company is the opportunity to trek with expert guides. These guides are experts in navigating challenging areas and have extensive experience providing safety and security to the general public.

Customizable Itineraries

Another reason to choose Himalaya360 is the opportunity to select the customizable itinerary. The itineraries are flexible and can be customized to the wishes of the trekkers. This allows trekkers to choose the trek based on their fitness, time, duration, and ability. Creating a personal itinerary enables you to select from calm and comforting treks to more challenging ones, like the Manaslu expedition. This customizable itinerary ensures a majestic and unforgettable experience during your Manaslu Circuit Trek.

Camping vs Teahouse: Which is better for Manaslu?

For the Manaslu Circuit, teahouse trekking is now the standard and preferred option for most trekkers. While camping was the only option a decade ago, the trail has now improved with many lodges. Let’s have a look at a simple comparison between them.

Factor	Teahouse Trekking	Camping Trekking
Comfort	Real beds, indoor dining, and wood stoves.	Sleeping on mats in tents
Cost	Cheaper overall	More expensive (equipment + staff)
Food	Local menus (Dal Bhat, pasta, pancakes).	Freshly cooked by yourself or a chef.
Experience	Cultural, village-based stay	Remote and adventurous feel
Facilities	Limited Wi-Fi, charging in some villages	No facilities except what you carry
Vibe	Interaction with locals and trekkers	Mostly a private feeling, closer to nature

14 days Manaslu Circuit Trek Permits

Manaslu Circuit is among the restricted areas in Nepal. To explore the Manaslu Circuit freely, the trekkers must possess the trekking permits. There are three permits that the trekkers must have in their hands: the Annapurna Conservation Area Permit (ACAP), the Manaslu Conservation Area Permit (MCAP), and the Restricted Area Permit, which is for every restricted area in Nepal. So, let's get into them.

Restricted Area Permit

Since the Manaslu Trek area is restricted, the trekkers must have a restricted area permit. The trekkers themselves can't issue the restricted area permit, but the local and authorized can issue them on behalf of the trekkers.

The cost of the RAP is: For SAARC and Other Countries

(From September to November)

- per week US\$ 70
- per day US\$ 10

(From December to August)

- per week US\$ 50
- per day US\$ 7

Manaslu Conservation Area Permit

To trek in the Manaslu trekking region, you'll need a permit that you can obtain from Philim, the starting point of the Manaslu Conservation Area (MCAP). The cost of this permit is \$30 per person, and this price remains the same year-round. Additionally, it doesn't matter how long you stay within the conservation area; the permit fee won't change based on the number of days you spend there. You must submit essential documents like a passport and passport-size photos, etc. The cost of the Manaslu Conservation Area Permit is:

Citizens	Cost Per person
Nepalese	Rs. 100
SAARC	Rs. 1000
Other Countries	Rs. 3000 / US\$ 27

Annapurna Conservation Area Permit

Since the Manaslu Circuit Trek passes by the Annapurna Sanctuary, the trekkers must pass through the Annapurna Conservation Area Permit of ACAP. You can issue the ACAP at the Nepal Tourism Board in Kathmandu and the TAAN office in Pokhara. So, ensure you have all three permits next time you think of the Manaslu trek. The cost of the Annapurna Conservation Area Permit is as follows:

Citizens	Cost Per person
Nepalese	Rs. 100
SAARC	Rs. 1000

Other Countries	Rs. 3000 / US\$ 27
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Meals and Accommodation for 14 Days Manaslu Circuit Trek

The 14-day Manaslu Circuit Trek is arduous as trekkers must reach high altitudes and remote locations in Nepal. This is why the meals and accommodation trekkers receive are essential for their health and safety. Staying in a remote settlement for fifteen days is difficult, so trekkers need adequate and suitable accommodation facilities.

Accommodation

Accommodation on the Manaslu Circuit Trek is based on family-run teahouses that provide a bed, meals, and basic services. In lower villages, rooms can be more comfortable with private options, electricity, and even Wi-Fi. As you move higher, facilities become more limited. Here's a simple village-to-village accommodation notes for you.

Village	Room Type	Wi-Fi	Charging	Food Quality
Soti Khola / Machha Khola	Private rooms + twin beds	Available (paid)	Good (hydropower)	Good, different meals option
Jagat	Private rooms	Available	Good	Good local and simple Western food
Deng	Mostly twin rooms	Limited	Solar (paid)	Simple meal
Namrung	Private rooms (some attached bathrooms)	Available (slow)	Solar (paid)	Good variety
Lho	Twin rooms	Limited (paid)	Available (paid)	Good meals, popular stop
Samagaon	Best options (private + attached rooms)	Available (slow)	Available (paid)	Variety of dishes
Samdo	Basic twin rooms	Rare / none	Limited	Simple but satisfying
Dharmasala	Dormitory only (most basic)	No Wi-Fi	No charging	Very limited (dal bhat, noodles)
Bhimthang	Twin + some private rooms	Available (paid)	Available	Good, improved after pass
Tilje / Dharapani	Private rooms	Available	Good	Good variety

Foods

The trekkers in the Manaslu region can taste delicious local and Western cuisines. However, they must be wary about eating food with enough nutrients to give them energy for over two weeks. During the fourteen-day treks of the Manaslu region, the trekkers will have three meals daily, barring the final day of departure. So, let's get into some of the menus you can have during your trek, which are differentiated into breakfast, lunch, and dinner.

Breakfast

Breakfast is the first meal trekkers can enjoy during the Manaslu Circuit Trek. It is the most important meal you cannot afford to skip, as it provides instant energy for the first portion of the trek, essential for covering more distance. The trekkers can enjoy some of the breakfast menus during the Manaslu Trek.

- Local Tsampa porridge
- French toast with Jam, Butter, Cheese, Honey
- Oatmeal
- Pancakes
- Eggs
- Tibetan bread or Chapati
- Muesli Breads
- Cornflakes
- Fruits
- Vegetables
- Hot Drinks

Lunch and Dinner

Lunch and dinner are also foods that trekkers will eat daily during the trek portion. After the first portion of the trek, the guide and porter can take trekkers to a suitable location to have lunch. After lunch, the trekkers will begin their trek to the next destination, where they will stay in the teahouse and enjoy dinner. The menus for Lunch and Dinner are almost identical. Here are some of the options you will find for lunch and dinner during Manaslu Circuit Trek.

- Tenduk Spaghetti Noodles
- Sherpa Stew
- Snacks (Papad, Prawn)
- Pasta
- Macaroni dishes
- Momo (dumplings)
- Desserts
- Pizza (Tomato, Mushroom, Mixed)
- Dhal, Bhat, Tarkari
- Tibetan Bread
- Various Soups
- Sandwiches
- Steaks
- Vegetable curry
- Potatoes
- Vegetables
- Salad
- Thukpa

Drinks

In a high-altitude trek like Manaslu, the trekkers must always be hydrated as it can reduce the chance of altitude sickness. There is simple drinking water that can keep you hydrated, but there are also plenty of

other options.

- Ginger Tea
- Mint Tea
- Black Coffee
- Green Tea
- Lemon Tea
- Milk Coffee
- Black Tea
- Milk Tea

WIFI and Communication Availability during Manaslu Circuit Trek

Internet access and WIFI connection are essential for trekkers to connect with their families or gain information about their surroundings. The teahouses in the region often have internet and WIFI connections, but the trekkers might have to pay a little extra for it. Let's look at how the internet connectivity range changes from lower altitude to higher high altitude.

Low Altitude WIFI

Wi-Fi services are easily found in low-altitude places like Soti Khola and Maccha Khola. Accessing Wi-Fi here usually costs around USD 2-3. The connection quality is fair, but it can become slow during busy times when many people are online. The connection is somewhat decent in the lower altitude, so you won't have any problem running an internet connection and talking with your loved ones.

High Altitude Trek

Contrary to the low-altitude trek, the high-altitude trek has poor connectivity, and internet access in the hotels or teahouses is challenging. Some teahouses, like those in Bimthang, might have Wi-Fi, but it often works poorly because of the high altitude and weather. Internet costs are higher in the mountains, averaging \$15 to \$20 per hour, while in lower areas, it's around \$5 per hour.

Best Seasons for the Manaslu Circuit Trek

Manaslu Circuit Trek is among the most challenging treks in Nepal. There are many challenging factors of the trek that increase the difficulty level. However, if the trekkers choose this trek at the best time, they will somewhat reduce the difficulty level by some distance. In Nepal, there are two ideal trekking seasons: Spring and Autumn. On the other hand, there are two off-seasons for trekking: the Monsoon and Winter Seasons.

On Season

Spring

Spring season begins in March and ends in May. It is among the best times for trekking in any region in Nepal, which includes the Manaslu Circuit Trek. The major advantage of spring trekking is that you can enjoy the beautiful route filled with blooming flowers and colorful jungles. Spring is ideal for seeing blooming rhododendrons and warmer days as the snow melts from the high passes. The [weather](#) and

temperature are also ideal for hiking during the Spring season. However, the trek is more crowded than other seasons, so if you plan to book the trek in Manaslu Circuit, make sure you book extra.

Autumn

Another ideal season for trekking other than spring is autumn. The Autumn season begins in September and ends in November. Like the Spring season, Autumn also provides perfect weather and temperature for trekking. Autumn is the most popular time, offering crisp, clear skies and the best visibility of snow-capped peaks. The season has its unique aspects of beauty. Some major [attractions of trekking the Manaslu Circuit](#) in the autumn are the stunning views of mountains and skies and the chance to see cultivated fields filled with different crops, such as wheat, rice, barley, maize, sugarcane, etc. This season is also the harvesting season when the trekkers will see new crop harvesting methods.

Off Seasons

Monsoon

The monsoon season is the first season that is less suitable for trekking. This season begins in the middle of June and ends in August. Summer season starts in early June, and a few weeks later, the monsoon season begins with heavy to mild rainfall almost daily. Monsoon season brings many difficulties, from wet and slippery trails, insects, leeches, and natural disasters like floods, landslides, and erosions. Even at high altitudes, the constant rainfall brings problems like Avalanches.

Winter

The Winter season is the least ideal time for the Manaslu Circuit Trek in Nepal. During this season, the temperature of the trek decreases to a lower level during the day and way below freezing during the night. Sometimes, it decreases to about -25 degrees. However, there are also some advantages of trekking in winter, such as stunning views of the snowy mountains. The trekking trails are pretty and peaceful, and the region's visibility is excellent.

14 days Manaslu Circuit Trek Difficulty

Manaslu Circuit Trek is one of the most challenging trekking spots in Nepal. It is known to be a killer mountain in Nepal. The Manaslu Circuit Trek is mainly difficult due to the off-the-beaten trekking conditions. Trekking on rough terrain in remote areas can be challenging. Hiking at higher altitudes increases the risk of altitude sickness.

Additionally, the long hours of walking can make you tired. To handle these challenges, you need to take safety measures and even prepare months before the trek. Good physical fitness, stamina, and mental strength are best to complete this trek comfortably. Several factors of difficulty make the Manaslu Trek challenging, so let's get into them.

Altitude Sickness

One of the significant factors of difficulty is the high altitude at which the trekkers are. Sickness, also known as acute mountain sickness (AMS), is common for people who climb high places. This usually becomes a concern when you're above 3,000 meters (about 9,800 feet) above sea level. While trekking the Manaslu circuit, you will be at altitudes above this level, which increases your chances of experiencing mild symptoms of AMS. These symptoms can include:

- Nausea (feeling sick to your stomach)
- Fatigue (extreme tiredness)
- Headache
- Shortness of breath
- Insomnia (trouble sleeping)

As you go higher, the air becomes thinner, meaning less oxygen is available. Your body needs time to adapt to this change. If you climb too quickly without allowing your body to adjust, you may experience altitude sickness. To prevent AMS, it's essential to acclimatize properly. This means gradually getting used to higher altitudes, which helps your body adjust to lower oxygen levels.

Long Duration

Manaslu Circuit Trek is one of the most extended treks in Nepal, taking about 16 to 20 days. Since this trek is quite challenging, trekking for so long is strenuous. Every day, the trekkers hike for about six to seven hours. However, the long duration helps with acclimatization. It is still hard for the trekkers, especially beginners.

Difficult Terrains

The Manaslu Circuit Trek is located in a remote area at the base of the mountains. It features winding paths and stone stairs. The landscape of the Manaslu region is very tough due to loose soil, slippery steps, and snowy ridges, which are challenging to climb or descend. Hence, the trekkers need to build their stamina and be physically strong if they don't want to feel tired all the time.

How can we Prepare for the Manaslu Circuit Trek?

Unsurprisingly, the Manaslu Circuit Trek is complex, and trekkers will face many challenges. Some challenges are natural and can't be avoided; others can be minimized by preparing for the trek beforehand. There are natural ways to prepare for the trek, like trekking in the ideal season. So, let's get into this.

Physical Preparation

Physical preparation is essential for the Manaslu Circuit Trek. Since the trek is challenging and the trekkers must pass through stressful terrains for at least two weeks, they must be physically strong and raise their stamina. Trekkers also need to increase their cardio level and strength if they don't want to feel fatigued continuously.

Mental Preparation

Just like physical preparation, mental preparation is also essential. I know and admit that the trek will be arduous, and some days will be more challenging. If the trekkers prepare for the toughness of the Manaslu Circuit Trek, then they won't be demoralized and will expect the difficulty. It is also essential to learn how to breathe at a high altitude. You can practice breathing in a challenging atmosphere using Yoga and Meditation.

Medical Consideration

Preparation for the trek begins before the trek is booked. During the Manaslu Trek, the trekkers will climb an altitude of over 4000m, which means they are susceptible to altitude sickness. So, trekkers with previous medical conditions must consult their doctor to determine whether they are healthy enough for these long and challenging treks. Also, if they are healthy enough to trek, they must take their medical prescription.

Manaslu Circuit Trek Cost: How Much Does It Really Cost in 2026?

In 2026, a 14-day Manaslu Circuit Trek costs between USD 920 and USD 1,430 per person for a full-service package. It depends on permits, guide services, food, accommodation, transport, and the type of trekking package chosen. The table below shows the simple cost breakdown.

Expense Category	Estimated Cost (USD)	Notes
Permits	180 - 285	Includes RAP, MCAP, ACAP, and Local fees.
Licensed Guide (Mandatory)	25 - 40 per day	Total approx. USD 350 - 560 for 14 days
Porter Service	20 - 30 per day	Total approx. USD 280 - 420; carries up to 20kg
Food & Accommodation	30 - 50 per day	Normal teahouses and prices increase with altitude
Transportation (Round-trip)	30 - 400	Bus (USD 15-30) vs. Private Jeep (USD 180-250 per way).
Personal Extras	150 - 250	For Wi-Fi, hot showers, charging, and snacks
Tipping (Customary)	10% - 15% of total	Approx. USD 100 - 200 for your crew at the trek end

Manaslu vs Annapurna Circuit: Which Is Right for You?

Choose the Manaslu Circuit Trek if you want a more remote, uncrowded, and culturally preserved experience. And choose the [Annapurna Circuit](#) if you prefer better facilities, more comfort, and a greater variety of landscapes and food options. Here is the comparison table between them:

Aspect	Manaslu Circuit	Annapurna Circuit
Duration	14-18 Days	10-18 Days (flexible)
Cost (USD)	USD 920 - 1,430	USD 790 - 3,000
Max Altitude	Larkya La Pass (5,106M)	Thorong La Pass (5,416M)
Trek Distance	~177KM	~208-230KM
Difficulty	Moderate to Challenging	Moderate
Permits Required	Manaslu RAP, MCAP + ACAP	ACAP + TIMS (phasing out)
Mandatory Guide	Yes, solo trekking is not allowed	No, solo trekking permitted
Crowd Level	Very low, off-the-beaten-path	High during peak season

Aspect	Manaslu Circuit	Annapurna Circuit
Accommodation	Basic teahouses, limited facilities	Well-developed lodges and services
Side Trips	Tsum Valley, Ganesh Himal	Tilicho Lake, Poon Hill
Cultural Experience	Tibetan-influenced villages	Hindu and Buddhist traditions
Road Sections	None, fully trail-based	Motorable road sections exist (optional jeep)
Best Season	Mar, Apr, May, Sep, Oct, Nov	Oct, Nov, Mar, Apr

Essential Gears and Packing Tips for Manaslu Circuit Trek

Packing for a trek can make or break your trip. It's best to pack light, but don't forget the essentials. You should take the essential clothing item based on the season and weather you plan to trek. Due to the dynamic weather, you should prepare for warm and cold temperatures. Furthermore, there is a chance of snowfall, mainly in areas above 3000m, so you might need to carry some essential gear like trekking poles, sleeping bags, etc.

- Waterproof Jacket and Trousers
- Sunscreen with high SPF, Lip Balm
- Sunglasses
- Day pack, Duffle bags
- Sleeping Bag for up to -15 Degree Celsius
- Water bottle
- T-shirt and Shirt
- Small Hand Towel
- Torchlight
- Fleece Jacket and Down Jacket
- Additional pairs of socks
- Warm Gloves
- Hat and beanie
- Hiking Boots

Address

Address:

Galkopakha Marg - Kathmandu - Nepal