

Manaslu Circuit Trek



info@himalayaguidenepal.com
[+977 9851193013](tel:+9779851193013)

Manaslu Circuit Trek

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

Destination

Nepal

Activity

Best Price Guaranteed

Start / End Point

Kathmandu/Kathmandu

Duration

14

Region

Manaslu Treks

Max. Altitude

5,106m

Nature Of Trek

Lodge Trekking

Best Season

Sep-Nov/March-May

Activity Per Day

4-7

Transportation

Public Bus and Jeep

Per Person From

USD 778

Group Size

2 - 10

Moderate

Lodge trekking

Breakfast, Lunch, Dinner

Distance

170-180 km

14 Days Manaslu Circuit Trek Brief

The **Manaslu Circuit Trek** is a two-week-long adventure in Nepal's Himalayas that goes around the eighth-highest mountain peak in the world, Mount Manaslu. Opened to trekkers in 1992, the route is less crowded than the other well-known Everest and Annapurna treks. Still, the Manaslu trek is gaining

popularity yearly for its raw beauty, peaceful trails, and personal experience with the Himalayas.

The journey to the Manaslu Circuit is a **moderate-to-strenuous trek** that starts with a drive to Machhakhola and ends in Besisahar, taking in the exciting Larkya La Pass (5,106 m) also called Larke Bhanjyang . Although the trek doesn't involve any technical climbing skills, it does require a good fitness level, and having previous trekking experience is helpful. This is because the trek takes you through **varied terrain, long trekking days, challenging passes, and continuous elevation gain**.

The trek to the Manaslu Circuit is stunning because it takes place within **Manaslu Conservation Area**, a protected mountain region with 11 distinct forest types ranging from lowland sal and pine forests to high alpine meadows and glaciers. Likewise, the protected area is home to 33 species of mammals and shelters over 110 bird species and 2000 species of flowering plants. Besides, it's home to about 9,000 residents, primarily of Gurung, Tamang, Tsumba, and Nubri-Tibetan ethnic groups. Thus, the trek lets you experience Buddhist culture and its traditions throughout the adventure.

One unique aspect of the [Manaslu treks](#) is that it borders Tibet. Therefore, trekking in this region requires a restricted area permit, along with the **MCAP (Manaslu Conservation Area Permit)**, **ACAP (Annapurna Conservation Area Permit)**, and **Chumnuhari Rural Municipality Entry Permit**. Also, trekking in the region requires you to be accompanied by a licensed guide through a registered trekking agency.

The best trekking time for the Manaslu Circuit is **March-May (spring) and September-November (autumn)**, when skies are clear, and **Larkya La is most reliably open and safe to cross**. The major highlights of the trek involve walking along the Budhi Gandaki River gorge while enjoying views of Mount Manaslu, Ganesh Himal, Himlung Himal, and Annapurna II. Manaslu Circuit trek is a 14-day moderate trek starting with a drive to Machha Khola, highlighting Larkya La Pass (5,106 m) at just \$746.

14 Days Manaslu Circuit Trek Full Itinerary

Day 01:: Arrival at Tribhuvan International Airport, Kathmandu

Welcome to Nepal and the mighty Himalayas! Upon arrival at the airport, our team will greet you and assist with your transfer to your hotel. You'll be transferred to your hotel in a private vehicle. Along the drive, you'll witness the chaos of Kathmandu Valley and some notable landmarks, for which our team will provide a brief. As you get to your hotel, you'll check in, relax, and recover from your flight.

In the evening, we will visit you at your hotel and provide a detailed briefing on the 14-day Manaslu Larkya La Pass trek. Afterward, you can visit the nearby areas or even experience the nightlife of Thamel. Your overnight point on the day will be at the hotel in Kathmandu.

Highest Altitude:

1,350 M

Day 02:: Drive from Kathmandu to Machhakhola (869 m) via Sotikhola

Your 14-day manaslu larkya la pass trek begins with a long overland drive from Kathmandu to Machhakhola, the official gateway to the Manaslu region. Early in the morning, you'll be picked up from your hotel and leave Kathmandu Valley. As you leave Kathmandu, you'll drive through Prithvi Highway, following the Trishuli River. The road is smooth and well-paved that makes your drive comfortable and relaxing.

As the road leaves the highway, it heads north towards Dhading Besi. From there, you'll continue to Arughat, a town beside the Budhi Gandaki River. Arughat is the last town where you experience a smooth road. It's also an ideal point to stop for lunch and take a short break before continuing the drive to the rough road. After Arughat, the road is narrow, unpaved, and bumpy, winding along the hills above the river. During and just after the monsoon season, landslides are common in the section. So, travelling during and just after the monsoon is not recommended.

After Arughat, you'll get to Soti Khola, a major point on the route before reaching Machhakhola. The last part of the drive from Soti Khola to Machhakhola follows the same rough dirt road along the river valley. As you get to Machhakhola, check into your hotel and rest. Day's overnight point and dinner are at Machhakhola's tea house.



Drive Distance

140-160 km

Drive Duration

8-10 hours

Highest Altitude:

869 M

Meals:

B+L+D

Accommodation:

Hotel Nirvana /Hotel EVEREST

Day 03:: Trek from Machhakhola (869 m) to Jagat (1,400 m) via Khorla Bensi

Wake up in the fresh morning air of the Himalayas and the sound of birds chirping. Have your breakfast and prepare for the day's walk. Today is your first full day of trekking, so prepare yourself physically and mentally. From Machhakhola, the route starts with a short downhill walk to a small bridge over the Tharo Khola. After crossing the bridge, you'll hike up to the Gurung village of Khorla Bensi (970 m).

Along the way, you'll enjoy open views of the surrounding hills and see several small waterfalls. After Khorla Bensi, the trail goes downhill through small patches of forest before reaching a suspension bridge over the Budhi Gandaki River. Once you cross the bridge, you'll get to Tatopani, a small village named after its natural hot springs. Many trekkers stop here to rest, soak their feet, or even enjoy a relaxing dip before continuing the trek.

From Tatopani, you'll follow the river through a mix of flat sections and uphill climbs. Along the way, you'll pass through Dobhan, a small village with a few teahouses and a good lunch spot. On the final part of the trek, you have to climb a series of stone steps and rocky trails. After the climb, you'll get to Jagat, the official entrance to the Manaslu Conservation Area. Stay overnight at the village of Jagat.

Trek Distance:

Approximately 22 km

Trek Duration

5-6 hours

Highest Altitude:

1,400 M

Meals:

B+L+D

Accommodation:

New Mongolian Cottage & Restaurant

Day 04:: Trek from Jagat (1,400 m) to Deng (1,750 m) via Sirdibas

Have a hearty breakfast at Jagat before starting the day's trek to Deng. After breakfast, you'll leave Jagat and hike up a ridge toward Salleri. It is a challenging uphill start to the day, but the effort is worth it. Along the way, you'll get your first clear views of Shringi Himal to the north. As you pass through Salleri, the trail descends from the ridge to Sirdibas, a small village beside the river.

Continuing through the Budhi Gandaki gorge, you'll reach Philim, a larger Gurung village with beautiful terraced fields. It is one of the biggest villages in the Manaslu region and a good place for lunch, rest, and enjoying the surroundings. After lunch, the trek continues, but the route starts to feel different. You'll cross several suspension bridges over the Budhi Gandaki River as the gorge becomes narrower. The route then enters a long bamboo forest, where you feel peace and more remote as you are now away from larger villages.

Eventually, you'll reach Deng, a small Buddhist village on the west side of the river. The village marks the beginning of the upper Manaslu region, where you experience more influence of Tibetan traditions. Overnight and dinner for the day at Deng.

Trek Distance:

Approximately 20 km

Trek Duration

6-8 hours

Highest Altitude:

1750 M

Meals:

B+L+D

Accommodation:

Hotel Windy Valley & Garden

Day 05:: Trek from Deng (1,750 m) to Namrung (2,660 m) via Bihi Phedi

The day begins with a short but steep trek from Deng, followed by a descent back down to the river. You'll cross a suspension bridge over the Budhi Gandaki, then hike up toward Rana, a small village along the route. Today, you'll pass through several tiny villages and hamlets. Also, keep an eye out for white-faced monkeys and langurs, which are often seen near the trail and around the villages.

Continuing the walk, the trail passes through forests, and along the way you'll see mani walls and small chortens, which showcase the growing Tibetan Buddhist influence. As you get to Bihi Phedi, you can take a short break, as after the village, the pathways become steeper. From Bihi Phedi, you'll walk through pine and rhododendron forests toward Ghap, crossing another suspension bridge along the way.

Ghap is a small stone village with a strong Tibetan Buddhist influence, with mani walls, prayer wheels, and chortens. On clear days, you can witness Shringi Himal and other mountain peaks surrounding the village. The final walk from Ghap to Namrung is a steady climb through thick pine, oak, and rhododendron forests. Namrung is an important checkpoint village where your trekking permits are checked again. It is also the first place where you'll get clear views of the mountains, especially Siringi Himal. Stay overnight at **Namrung village**.



Trek Distance:

19-21 km

Trek Duration

6-8 hours

Highest Altitude:

2,660 M

Meals:

B+L+D

Accommodation:

Namrung Guest House

Day 06:: Trek from Namrung (2,660 m) to Lho (3,180 m) via Lihi

On the sixth day of the Manaslu trek, you will leave Namrung and trek to the village of Lho. Compared to the previous days, this is a shorter and easier section of the trek. Leaving Namrung, the route takes you through forests of fir, rhododendron, and oak. Although the start feels tough, the day is manageable. Soon, you'll reach Lihi, a traditional village known for its well-preserved stone houses and Hinang Gompa.

The Lihi village reflects the mix of local Nubri culture and Tibetan Buddhist traditions found throughout this part of the valley. If you have time and energy, it is worth taking a short break here to explore. From Lihi, the trail continues with a gentle walk while crossing a glacial stream and passing more mani walls along the way. The trek continues; the forest becomes thinner with growing sight of mountain peaks. You'll get your first full views of Mt. Manaslu (8,163 m) with Naike Peak nearby.

Afterward, you'll eventually get to Lho, one of the most culturally interesting villages on the entire Manaslu circuit. The village is known for its impressive gompa, a long mani wall, traditional stone houses, and colorful prayer flags. You can spend the rest of the day in the village appreciating its unique architecture and stunning mountain views. Overnight and dinner at Lho.

Trek Distance:

Approximately 10 km

Trek Duration

4-5 hours

Highest Altitude:

3,180 M

Meals:

B+L+D

Accommodation:

Majestic Manaslu Cottages & Café

Day 07:: Trek from Lho (3,180 m) to Samagaun (3,525 m) via Syala

As usual, the day begins with a warm cup of tea and hearty breakfast. Pack your backpack and leave Lho village. From Lho, the trail descends to a stream before hiking up through forests of pine and other trees. As you go higher, the forest becomes thinner, and the valley opens up, showcasing the beautiful village of Shyala.

Shyala is a small and peaceful village located in a wide glacial valley. It offers one of the best mountain viewpoints on the trek. From here, you'll enjoy stunning views of Mt. Manaslu along with nearby peaks like Himal Chuli and Ngadi Chuli (Peak 29). On clear days, you may also see Ganesh Himal and Shringi Himal in the distance.

From Shyala, the route follows a small stream fed by the Pungyen Glacier. Continuing the trek, the landscape becomes more open with yaks, pastures, grazing fields, and farmland. After an easy final walk, you'll get to Samagaun, the largest and most important village on the Manaslu Circuit. Located below the north face of Manaslu, Samagaun is home to the Nubri people and has a strong Tibetan influence. Here, you'll see monasteries, mani walls, prayer wheels, and other signs of the region's unique culture.

Trek Distance:

17.2 km

Trek Duration

3-4 hours

Highest Altitude:

3,525 M

Meals:

B+L+D

Accommodation:

Mount Manaslu Hotel & Lodge

Day 08:: Acclimatization day in Samagaun (3,525 m)

Day eight in Samagaun (3,525 m) is a crucial acclimatization point on the Manaslu Circuit adventure. The day allows your body to adjust to the higher altitude and thinner air of the Himalayas. This isn't the rest day in the sense of doing nothing, but following the golden rule of the Himalayas: "climb high, sleep low". This way, you'll spend a second night in Samagaun, giving yourself extra time to acclimatize before continuing to the higher and more challenging sections of the trek.

The most popular acclimatization hike from Samagaun is the round trip to Manaslu Base Camp. It is a challenging half-day hike that takes around 6-8 hours, passing through rocky moraine and high-altitude landscapes. The hike offers incredible close-up views of the Manaslu glacier and icefall.

A shorter and easier option is the walk to Birendra Lake, a beautiful glacial lake near the village. This gentle hike is a good way to gain some altitude, enjoy the mountain views, and take it easy without the longer effort. For those who are more interested in culture than climbing, the hike to Pungyen Gompa is a great alternative.

Whichever location you choose to take a side trip on the acclimatization day, you'll return to Samagaun for an overnight stay. Moreover, stay well hydrated and eat well throughout the day.

Highest Altitude:

3,691 M

Meals:

B+L+D

Accommodation:

Mount Manaslu Hotel & Lodge

Day 09:: Trek from Samagaun (3,525 m) to Samdo (3,875 m)

After a day of acclimatization and rest in Samagaun, you'll continue higher up the valley toward the Tibetan border. As you make way from Samagaun after breakfast, the trail follows the Budhi Gandaki River via mani walls, chortens, and scattered monasteries. You'll cross the river using a wooden bridge. The route passes through small patches of juniper and birch forest, some of the last trees you'll see before the landscape changes into a more open alpine environment.

Beyond the forest, the route passes seasonal herding spots like Lela Kharka and Khermo Kharka. As you trek higher, the surroundings become more rugged and dry, with fewer plants and a more desert-like landscape. It's a sign that you are entering the rain-shadow area near the Tibetan Plateau. Throughout this section, you'll have beautiful views of Manaslu, and on clear days, you'll also see Manaslu North and Himlung Himal in the distance.

After hours of trekking, you'll get to the day's destination, Samdo, the last permanent village before crossing Larke Bhanjyang. Founded by Tibetan refugees and located close to the Nepal-Tibet border, the village of Samdo has a strong Tibetan influence. You'll have lunch at the village. After lunch, you can explore the village. Overnight and dinner at Samdo.

Trek Distance:

16.4 km

Trek Duration

4-5 hours

Highest Altitude:

3,875 M

Meals:

B+L+D

Accommodation:

Zambala Hotel

Day 10:: Trek from Samdo (3,875 m) to Dharamsala (4,460 m) via Larkya Bazaar

Today is a short and easy day that gives your body time to rest and adjust before the challenging crossing of Larkya La Pass tomorrow. From Samdo, the pathway descends above the Budhi Gandaki River before going down to cross it on a wooden bridge. On this section, the landscape is more open with only juniper bushes and hardy alpine plants.

After crossing the river, the route passes the old site of Larkye Bazaar. It is a seasonal trading area where Tibetan and Nepali traders once exchanged goods along this historic route. Today, only a few stone remains are visible, but it is still an interesting place to stop. From here, the trail follows the Salka Khola valley, and you'll see the Larkya Glacier as you continue walking. After crossing a few small streams, a final short walk takes you to Dharamsala, also called Larkya Phedi, meaning "base of Larkya." Prepare yourself for what is to come tomorrow and sleep early.

**Trek Distance:**

11.7 km

Trek Duration

3-4 hours

Highest Altitude:

5,106 M

Meals:

B+L+D

Accommodation:

Hotel Larke Peak

Day 11:: Trek from Dharamsala (4,460 m) to Bimthang (3,590 m) via Larkya La Pass/ Larke Bhanjyang (5,160 m)

The eleventh day is the highlight of the entire Manaslu Circuit Trek. It's the longest and most challenging yet most memorable stage of the journey. On this day, you'll start early, around 4-5 a.m., with a headlamp and packed lunch. From Dharmasala, the route takes you over a rocky and uneven landscape. The pathway takes you below Cho Danda and Larkya Pa as it follows the edge of the Larkya Glacier. The path includes loose rocks, gravel, and sometimes icy or snowy sections depending on the season. Thus, microspikes or crampons are essential for this part of the trek.

The final climb to the pass is the hardest section of the day that challenges both your strength and breathing at high altitude. Reaching the top of Larkya La is the high point of the entire trek, both literally and emotionally. Mountain views from the top are the whole point, with Manaslu and Himlung Himal rising on one side and Annapurna II, Cheo Himal, and Kang Guru visible in the distance.

Most trekkers do not stay at the top for long because of the high altitude, cold, and strong winds. So, take a few photos, enjoy the view, then continue the journey. Now, it's a long, challenging descent. You'll walk down over loose rocks and rocky moraine before walking into the grassy areas. Some sections can be slippery, so walk carefully and take your time. As you lose altitude, the dry glacier landscape slowly changes into green alpine meadows. Eventually, you'll reach Bimthang, your overnight stay point.

Trek Distance:

24.7 km

Trek Duration

8-10 hours

Highest Altitude:

4,460 M

Meals:

B+L+D

Accommodation:

Hotel Ponkar Mountain & Restaurant

Day 12:: Trek from Bimthang (3,590 m) to Tilije (2,300 m) via Yak Kharka and Gho

On the eleventh day of the manaslu larkya la pass trek, you'll descend from Bimthang (3,590 m) to Tilije (2,300 m), passing through Yak Kharka (4,020 m) and Gho (2,560 m). The trek starts by crossing the Bhimthang glacier, offering mountain views, before descending through alpine forests to Gho. The final stretch follows the Marshyangdi River to Tilije, a charming Gurung village that introduces you to the unique culture of the Annapurna region. This segment covers approximately 20-25 kilometers and takes around 6-8 hours, shifting from high alpine terrain to subtropical landscapes.

Trek Distance:

20-25 km

Trek Duration

6-8 hours

Highest Altitude:

3,590 M

Meals:

B+L+D

Accommodation:

Hotel Larke Peak/ Hotel The North Face &
Restaurant

Day 13:: Trek from Tilije (2,300 m) to Besisahar (760 m) via Dharapani

Today's walk involves a major decline; we are going from Tilije (2,300 metres) to Besisahar (760 metres). The usual three-day trek is to Dharapani (approximately 1,860 metres) and then to Besisahar by one means or another due to the distance and elevation difference. The walk from Tilije to Dharapani offers an excellent range of landscapes and cultural diversity through different zones of vegetation and villages inhabited by various ethnic groups.

Trek Distance:

Approximately 14 km

Trek Duration

6-8 hours

Highest Altitude:

2,300 M

Meals:

B+L+D

Accommodation:

Hotel Yumpo & Café

Day 14:: Drive from Besisahar (760 m) to Kathmandu (1,350 m)

It's your final day of the entire 14-day trek to Manaslu Circuit. You'll drive from Besisahar after breakfast at your accommodation point. The route follows good, well-maintained roads through the Marsyangdi River valley with a view of Lamjung Himal. The drive continues through terraced hillsides and small roadside towns, including Dumre.

From Dumre, the route joins the Prithvi Highway and follows the Trishuli River till you enter Kathmandu Valley. This section is fully paved and smoother. The scenery along the way includes terraced farmland, river valleys, and small rural villages. After 6-8 hours of driving from Besisahar, you'll get to Kathmandu. After arrival in Kathmandu, the rest of the time is yours. We hope you enjoyed the adventure and will remember us for future treks in Nepal.

Drive Distance

175 km (approx.)

Drive Duration

6-8 hours

Highest Altitude:

1,350 M

Meals:

B+L

Accommodation:

Guest Own

Our Manaslu Trek Package Includes

- International airport pick-up and drop-off service.
- 2 Nights' accommodation in Kathmandu on a BB Plan.
- Bus ticket to Machha Khola by public bus.
- Tilche to Besisahar by public jeep.
- Public deluxe bus back to Kathmandu.
- Drop in a hotel in Kathmandu.
- Three meals a day (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way (common toilet and bathroom).
- License holder guide (including their salary, equipment, insurance, lodging, and food).
- Equipment: Down Jacket, Sleeping Bag.
- Manaslu Conservation Area Project Permit (MCAP).
- Manaslu Special Area Permit.
- Tsum Nupri Local Government Entrance Fee.

- Annapurna Conservation Area Project Permit (ACAP).
- All government VAT.
- Manaslu trekking map
- Trekking duffle bag, if needed.
- First aid medical box including an oximeter.
- Fresh and dry fruits along the trek.
- Token of love from the company.
- Farewell dinner/Nepali Food

Our Manaslu Trek Package Excludes

- Extra night accommodation in Kathmandu.
- Travel insurance in case of emergencies during the trek.
- Cold drinks such as Coke, Mineral Water, Beer, etc.
- Hot drinks during the trek.
- Porter (We are happy to organize on request)
- Personal expenses (laundry, telephone, extra helper, battery charge shower, and boiled water).
- Tips are expected.

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 876
5 - 7	USD 778
8 - 10	USD 753
11+	USD 746

Trip Information

Packing List for Manaslu Trek

Clothing

- Base Layers
- Insulation layers
- Outer Shell
- Trekking pants and shirts

- Undergarments,
- Socks,
- Gloves
- Hats
- Buffs

Footwear

- Trekking Boots,
- Camp shoes/sandals
- Warm Socks,
- Gaiters
- Extra shoelaces
- Comparing

Manaslu Circuit Trek Permit

The Manaslu Circuit Trek requires a **Manaslu Restricted Area Permit (MRAP)**, a **Manaslu Conservation Area Permit (MCAP)**, the **Annapurna Conservation Area Permit (ACAP)**, and a Chumnubri Rural Municipality Entry Permit.

The cost of a Manaslu Restricted Area Permit (MRAP):

Season	Months	Cost for first 7 days	Additional cost after 7 days
Peak Season	September-November	USD 100 per person	USD 15 per person/day
Off-Peak Season	December-August	USD 75 per person	USD 10 per person/day

The cost of a Manaslu Conservation Area Permit (MCAP):

Nationality	Cost (NPR)
Foreigners	3,000 per person
SAARC Nationals	1,000 per person

The cost of Annapurna Conservation Area Permit (ACAP):

Nationality	Cost (NPR)
Foreign nationals	3,000 per person
SAARC nationals	1,000 per person

Cost of a Chumnubri Rural Municipality Entry Permit:

- NPR 1,000 for every national.

Note: You need to apply for the restricted permit through the registered trekking company. Besides, the other three permits can be obtained from the Nepal Tourism Board office or the entry point. And, if you are entering the Tsum Valley, you must obtain the Tsum Nupri Rural Municipality Permit, which costs USD 8 per person.

Frequently Asked Questions

Manaslu Circuit Trek FAQs

1. Which trek is more popular, the Manaslu Circuit or the Annapurna Circuit Trek in Nepal?

Compared to the Manaslu Circuit Trek, the Annapurna Circuit Trek captures more trekkers each year. Even though both treks offer beautiful views of the Himalayas and cultural experiences, the Annapurna Circuit is popular because of an established teahouse infrastructure along the well-marked trails, and it's easier to get to.

2. Can you combine the Manaslu Base Camp Trek with the Tsum Valley Trek?

Yes, it is absolutely possible and quite popular to combine the Manaslu Base Camp Trek with the Tsum Valley Trek, creating a more comprehensive and culturally enriching experience in the Manaslu region. Many trekking itineraries are designed to incorporate both areas, often taking around 15 to 22 days to complete. Typically, trekkers venture into the Tsum Valley before continuing on the Manaslu Circuit, or sometimes after completing a portion of it.

3. What are some of the important places to trek around the Manaslu region?

The Manaslu region is a renowned trekking area, featuring the Manaslu Circuit Trek, which offers stunning views of Mt. Manaslu and diverse landscapes that include traditional villages and the challenging Larkya La Pass. Another highlight in the region is the Tsum Valley, a culturally rich area bordering Tibet, featuring ancient monasteries such as Mu Gompa and Rachen Gompa.

4. Considering the remoteness, what are the typical communication options available for the Manaslu Circuit Trek?

In the remote Manaslu Circuit Trek, communication options are varied but can be unreliable, especially at higher altitudes. Mobile network coverage from NTC (Nepal Telecom) is generally better than that of Ncell, and purchasing a local SIM card in Kathmandu is advisable for maintaining connectivity in lower regions, up to Sama Gaun. Beyond this point, network signals become sporadic to nonexistent until Dharapani.

5. What are the positive and negative economic and cultural impacts of tourism in the Manaslu region?

In the Manaslu region, tourism has both positive and negative implications for the economy and culture. On the positive side, tourism generates income from paid work in teahouses, guiding, and portering services, and has also contributed to a degree of empowerment in local communities, particularly among women, creating diversified livelihood opportunities beyond traditional agriculture.

6. What is the highest altitude reached on the Manaslu Circuit trek?

On the Manaslu Circuit trek, the highest point is the Larkya La pass, which is situated at an altitude of 5,106 meters (16,752 feet). This arduous pass is generally traversed between the villages of Dharmashala and Bimthang and provides excellent views of the surrounding snow-capped peaks, including the Manaslu, glaciers, and imposing scenery. Crossing the Larkya La pass is an accomplishment and the highlight of the Manaslu Circuit trek.

7. How can I prevent altitude sickness during the Manaslu Circuit Trek?

To prevent altitude sickness during the Manaslu Circuit Trek, ascend gradually, ideally gaining no more than 300-500 meters in altitude per day above 3,000 meters and including acclimatization days in your itinerary, especially in villages like Samagaun and Samdo. Stay well-hydrated by drinking at least 3-4 liters of water daily and maintain a balanced, nutritious diet, avoiding alcohol and excessive caffeine.

8. What are some of the cultural highlights of the trek?

The cultural highlights of the Manaslu Circuit Trek feature unique Tibetan Buddhist traditions, ancient monasteries, and distinct ethnic communities of Gurungs, Nubris, and Tsumbas. Villages such as Lho, Samagaun, and Samdo have important monasteries where trekkers can observe Buddhist rituals, spinning prayer wheels, and monks' daily practices.

9. How physically fit do I need to be for the Manaslu Circuit Trek?

The Manaslu Circuit Trek requires a good level of fitness due to long trekking days (averaging 5-7 hours), significant elevation gains over 5,100 meters at Larkya La Pass, and rugged terrain. Strong cardiovascular endurance, leg strength for ascents and descents, and core stability for carrying a backpack are essential.

10. Is travel insurance recommended for the Manaslu Circuit Trek?

Travel insurance is highly recommended for the Manaslu Circuit Trek due to its high altitudes, particularly at Larkya La Pass (5,106 meters or 16,752 feet), which raises the risk of altitude sickness. In severe cases, emergency helicopter evacuation may be necessary, and the remote nature of the region limits access to advanced medical facilities.

What Are The Recommended Side Trips During Manaslu Circuit Trek

Phungen Monastery

Located above the Shyala village, Phungen Monastery lies at an elevation of 4,060 meters. It's a 2-3 hour uphill hike from Shyala, ideal as an acclimatization day trip from Samagaun to the Manaslu Circuit. More

than just a monastery, the location offers some of the most underrated panoramic viewpoints in the entire Manaslu region. The astonishing view of Mount Manaslu, Himalchuli, Ngadi Chuli, and surrounding glaciers is the highlight point seen from the monastery, making the side trip worthwhile.



Birendra Lake

At an elevation of 3,450 meters above sea level, Birendra Lake is another ideal location for a side trip on the Manaslu Circuit. It is a stunning glacier lake, fed by Mount Manaslu, and lies just a 45-minute walk from Samagaon. It is a serene and less crowded location surrounded by Mount Manaslu, providing refreshment from the long days of trekking. Additionally, you can combine the lake hike with a trip to Mt. Manaslu Base Camp (4,870m) to make the side trip even more remarkable.



Rui La Pass

Rui La Pass (4,998m) is a historical trade route between Nepal and Tibet and is a lesser-known side trip on the Manaslu Larkye Pass trekking route. From Samdo, a full-day hike leads to the Pass, which is the closest point on the trekking route to Manaslu, where you can legally reach the Tibetan border. Moreover, the Pass lies beyond *Lajjung Bhanjyang* and requires a long day hike of around 7-8 hours in a round trip, making it a rarely visited side trip location.

Serang Gompa De-Tour

Serang Gompa, also spelled *Shringi*, is located at an altitude of 3,100 meters and is accessible from Bihi Phedi or Prok village. It is a secluded and ancient Tibetan Buddhist monastery located on the hillside. It is a must-visit side trip for those who are interested in meditation, monastic life, and ancient Tibetan traditions. Yet, taking the side trip requires an additional day, making it optional. The [Manaslu Circuit with Serang Gompa Trek](#) is extra day retreat option if you are someone who like to be spritually closed.



Manaslu Circuit Trek Cost

The Manaslu Circuit Trek costs **USD 746 to USD 876 per person** for a full package that includes guides, permits, teahouse stays, and meals for the entire trek. The cost of the trip changes mainly with group size: a party of two pays around \$876 per person, while a group of ten brings that down to about \$746 per person. This is because the cost of the guide, accommodation, and overall expenses gets divided among more trekkers.

Additionally, the cost of the Manaslu Trek covers most trek expenses, including all ground transportation, accommodation in Kathmandu and during the trek, three meals during the trekking journey, a guide, trek permits, and a farewell dinner. The trek excludes international flight, travel insurance, cold drinks and hot drinks on the trek, porter, and other personal expenses.

Manaslu Circuit Trek Trails Info For Better Planning

The Manaslu Larke Pass Trek starts when you arrive in Kathmandu, the lively capital city located at an altitude of 1,350 meters. The next day, you will experience your overland trip in Nepal. You will be driven from **Kathmandu to Machha Khola** (869 m) via Sotikhola. This scenic drive prepares you for the trekking adventure ahead, taking you from the busy city to the quieter landscapes of the Gorkha region.

The trekking itself officially kicks off from Machha Khola, with trails winding through picturesque valleys and alongside the Budhi Gandaki River. Over the next few days, you'll ascend through charming villages like **Jagat (1,400 m)**, **Deng (1,750 m)**, **Namrung (2,660 m)**, and **Lho (3,180 m)**, each offering unique cultural insights and stunning mountain vistas. The trail progressively gains altitude, allowing for acclimatization as you immerse yourself in the local way of life and the breathtaking natural beauty.



A crucial acclimatization day is scheduled in Samagaun (3,525 m) to prepare your body for the higher elevations ahead. Following this rest, the trek continues towards Samdo (3,875 m) and then to Dharamsala (4,460 m), *culminating in the challenging yet rewarding* crossing of the **Larkya La Pass (5,160 m)/Larke Bhanjyang**. Descending from the pass, you'll trek through Bimthang (3,590 m) and eventually make your way down to Tilije (2,300 m) and Dharapani, before concluding your trek in Besisahar (760 m). From Besisahar, a drive will return you to Kathmandu, completing the remarkable Manaslu Larke Pass Trekking.

What Makes 14 Days Manaslu Circuit Trek Worth It?

The Manaslu Larke Pass Trek invites adventurers who seek an authentic, remote, and challenging Himalayan experience that is not easily found on the crowded Everest and Annapurna trails. The trek follows a route that encircles Mount Manaslu, the world's eighth-highest peak, and traverses many distinct ecosystems, ranging from lush subtropical forests to high alpine meadows and over the high and majestic Larke Bhanjyang commonly known as Larkya La pass. The trek combines the beauty of the Great Himalayas with a rich cultural experience in one of Nepal's less-visited areas.

Off-Beaten Trekking Trail in Nepal

If you like the remote, less trodden, off-beaten trekking trail in Nepal, then the Manaslu Circuit Trek Itinerary is the way to go. The remoteness enables you to enjoy a more intimate experience with the awe-inspiring nature and culture of the local Gurung people. You will trek along remote valleys, cross swaying suspension bridges over rivers gushing with water, and visit traditional villages that have remained faithful to ancient traditions and the slow pace of life. This experience represents an aspect of Nepal that is largely devoid of mass tourism.

Larkya La Pass/ Larke Bhanjyang (5,106 m)

One of the main highlights and challenges of the Manaslu Circuit Itinerary is crossing the Larkya La pass. This pass is high, at 5,106 meters (about 16,752 feet). It requires good physical fitness and time to adjust to the altitude. However, the amazing views from the top make the effort worthwhile. From Larkya La, you will see a beautiful scene of snow-covered peaks, including Manaslu and Annapurna II, along with other tall mountains in the Himalayas. This creates a memorable and inspiring experience.



Mount Manaslu | World's Eighth-Highest Mountain

The trek offers stunning views of Mount Manaslu, the eighth-highest mountain in the world. Manaslu reaches an elevation of 8,163 meters (26,781 feet). You will walk around this magnificent peak to take in its splendor from different times and perspectives, enjoying unique views of its snow-covered slopes. The size and presence of Manaslu dominate the skyline for most of the trek, offering a constant perspective on the sheer power and beauty of the Himalayan range.

Least Crowded Trails

Manaslu Circuit is one of Nepal's least crowded trekking trails. This means a more peaceful and enjoyable trek. You can truly appreciate the natural beauty and culture of the area without the crowds of trekkers around you. A less crowded trail allows for a more genuine feeling of exploration and discovery as you trek through the quiet trails and interact with local communities. This makes a trek on the Manaslu Circuit a special and unique one in the Himalayas.

Why Manaslu Circuit Is Restricted Trek In Nepal?

The Manaslu Larkya La Pass trek is one of the **most stunning trek routes**, offering cultural experiences, but it is located in a [restricted region](#) of Nepal. There are several reasons why access to Manaslu is restricted, including the protection of natural resources, cultural preservation, and

environmental conservation. The restrictions help maintain the pristine condition of the Manaslu Conservation Area, while also promoting sustainable tourism in the area. So let's get into it.

Preservation of local culture

The trek passes through villages with **indigenous peoples**. They have many traditions, languages, and lifestyles that have remained largely unchanged in their isolation. Tourism that is not well managed can impact their way of life and commodify their traditions for consumption, which may threaten their cultural authenticity. By limiting access, we help preserve their cultural integrity and create an opportunity for respectful interactions.

Environmental Conservation

A second reason for restricting access to the Manaslu region is to protect the various natural habitats. The *Manaslu region encompasses a diverse range of ecosystems*, including low-lying subtropical forests, montane shrublands and forests, and alpine forests. When tourism remains unrestricted, it can create issues, including deforestation, waste pollution, loss of habitat for wildlife, and damage to the ecological system. The use of a restricted permit allows us control over the number of trekkers. By controlling numbers, we mitigate the environmental impact of tourism and can also support conservation efforts in the Manaslu Conservation Area.

Supporting Sustainable Tourism

The restricted permit system restricts the number of trekkers allowed on the circuit at a given time. This enables sustainable tourism, which supports the local economy while minimizing pressure on the region's infrastructure and resources. The permit fees typically support local development initiatives, conservation efforts, and improvements to trekking tracks and facilities. This is how tourism creates a good impact on local communities and the environment.

Ensure Trek Safety and Security

The Manaslu Circuit is a challenging trek with high mountain passes, remote trails, and unpredictable weather conditions. When emergencies arise, searches and recoveries can be delayed and dangerously complicated. A permit system ensures that trekkers can go with licensed guides who are familiar with the area, aware of safety regulations, and knowledgeable about emergency protocols. This provides trekkers with increased safety and security during their trek.

Managing Infrastructure and Resources

The infrastructure in the remote Manaslu region, including teahouses and trails, is not extensive and can easily be overwhelmed by large numbers of tourists. While controlling the number of tourists doesn't necessarily eliminate overcrowding, it helps limit the number of visitors, thereby ensuring that the available capacity can accommodate the trekkers. Therefore, limiting the number of trekkers results in a better and ultimately more sustainable trekking experience for everyone.

What Are Weather And Temperature Like For Manaslu Circuit Trek Based On Seasons

Season	Months	Weather Conditions	Temperature Range (Day/Night)	Trekking Conditions
Spring	March - May	Mild, sunny days; occasional rain	10°C to 20°C / -5°C to 5°C	Best for trekking, clear views, blooming rhododendrons
Summer (Monsoon)	June - August	Heavy rainfall, cloudy, leeches, landslides	15°C to 25°C / 5°C to 10°C	Challenging due to mud, slippery trails, fewer trekkers
Autumn	September - November	Stable, dry, clear skies, best visibility	5°C to 15°C / -10°C to 0°C	Peak season, excellent weather, crowded trails
Winter	December - February	Very cold, snow at higher passes	-5°C to 10°C / -15°C to -5°C	Difficult due to snow, some teahouses closed, extreme cold

Manaslu Circuit Trek Altitude & Elevation Gains

The Manaslu Circuit Trek altitude involves significant elevation gains, with starting points located at altitudes of around 700-900 meters (2,300-3,000 feet), depending on the starting location, either Soti Khola or Machha Khola. After the trek begins, the gradual ascent continues, moving between different types of terrain, including subtropical forests, terraced fields, and alpine meadows. You should expect approximately a few hundred meters of change in altitude each day, since you're generally moving towards progressively higher settlements and observations. With each ascent, it is crucial to monitor acclimatization, particularly since the trek includes rest days after reaching the highest location. This is because you want to avoid acute altitude sickness in the days that follow, which can occur at altitudes of around 3,500 meters, as seen in Sama Gaun.



The manaslu trek concludes with a challenging ascent before crossing the tough Larkya La Pass/ Larke Bhanjynag at an impressive elevation of approximately 5,106-5,213 meters (16,752-17,103 feet). This is the highest point on the Manaslu Circuit trekking and is likely going to take quite a physical toll on you as well. After crossing the pass, the trail begins to descend slightly. Eventually, trekkers will return to elevations below 1,900 meters (6,200 feet), near the location of Dharapani, where the trek will conclude. This drastic change in altitude is one of the main features of this trek, and it provides climactic variance and stunning scenery during the descent.

What does a typical day on the Manaslu Circuit Trek look like?

A “typical” day on the Manaslu Circuit Trek doesn’t follow a rigid hour-by-hour schedule, as the timing can vary based on the specific day’s destination, trail conditions, weather, and the group’s pace. However, here’s a general idea of what you can expect on a trekking day:

Morning (Around 6:00 AM - 8:00 AM):

- **6:00 - 7:00 AM:** Wake up and pack your belongings.

You’ll typically wake up relatively early. After filling your duffel bag and daypack, you’ll prepare breakfast.

- **7:00 - 8:00 AM:** Breakfast.

Breakfast is typically served at the teahouse and may include items such as porridge, eggs, toast, chapati, or local bread with jam and butter, accompanied by tea or coffee.

Late Morning to Afternoon (Around 8:00 AM - 12:00/1:00 PM):

- **8:00 AM:** Start trekking.

After breakfast, you'll begin the day's trek. The duration and difficulty will vary from day to day. You'll be walking at a steady pace, with occasional stops to rest, hydrate, and take photos.

- Mid-morning break (around 10:00 - 10:30 AM)

A short break to catch your breath, have a snack (energy bars, dried fruit, nuts you've brought), and drink water.

Midday (Around 12:00 PM - 2:00 PM):

- **12:00 - 1:00 PM:** Lunch.

You'll typically stop at a teahouse or designated spot along the trail for lunch. Lunch options include dal bhat (a traditional dish of lentils, rice, and vegetables), noodles, soup, or sandwiches.

- **1:00 - 2:00 PM:** Continue trekking.

After lunch, you'll resume the trek towards your destination for the day.

Late Afternoon (Around 2:00 PM - 5:00 PM):

- **2:00 - 4:00/5:00 PM:** Arrive at the teahouse. You'll typically arrive at your teahouse for the night in the mid-to-late afternoon.
- Settle in. Upon arrival, you will be shown to your room, which is usually a basic twin-sharing room with beds and blankets. You can unpack your daypack, freshen up, and take a moment to relax.

Evening (Around 5:00 PM - 9:00 PM):

- **5:00 - 6:00 PM:** Rest and socialize. This is a great opportunity to rest your tired muscles, read a book, play cards with fellow trekkers, or simply take in the stunning mountain scenery.
- **6:00 - 7:00 PM:** Dinner. Dinner is usually served in the common dining area of the teahouse. Like lunch, it will likely be a simple but filling meal. You can also order hot drinks, such as tea or hot lemon.
- **7:00 - 8:00 PM:** Briefing for the next day. Your guide will usually provide a briefing about the next day's trek, including the estimated walking time, altitude gain, and any critical information about the trail.
- **8:00 - 9:00 PM:** Relax and prepare for sleep. Most trekkers turn in relatively early to get enough rest for the next day's hike.

Is there a risk of altitude sickness on the Manaslu

Larkya La Pass Trek

*Yes, there is a **high risk of altitude sickness** on the Manaslu Circuit Trek.* This trek reaches great heights, with the highest point being Larkya La Pass at 5,106 meters (16,752 feet). Altitude sickness, also known as Acute Mountain Sickness (AMS), happens when your body struggles to adjust to lower oxygen levels at high altitudes. Symptoms can be mild, such as headaches, nausea, fatigue, dizziness, loss of appetite, and trouble sleeping. More severe symptoms can include **High Altitude Pulmonary Edema (HAPE)** and **High Altitude Cerebral Edema (HACE)**, which can be life-threatening and require you to descend immediately. Here are some ways to deal with altitude sickness on a Manaslu Circuit Trek:

Gradual Ascent

The most crucial step in preventing altitude sickness is to ascend gradually. Your body needs time to adjust to the reduced oxygen levels at higher altitudes. Aim to increase your sleeping altitude by no more than 500 meters (1600 feet) per day once you are above 2500 meters (8200 feet). Spending a rest day at the same altitude allows your body to acclimate before moving to higher altitudes.

Hydration

Staying well-hydrated is vital. Lower air pressure at higher altitudes can lead to increased fluid loss through respiration and urination. Drink plenty of water and avoid excessive consumption of alcohol and caffeinated beverages, as these can dehydrate you further. Aim for light-colored urine as an indicator of adequate hydration.

Avoid Alcohol and Smoking

Alcohol can worsen the symptoms of altitude sickness, such as headache and nausea, and can also lead to dehydration. Smoking reduces the amount of oxygen your blood can carry, making it harder for your body to adapt to the lower oxygen levels at altitude. It's best to avoid both alcohol and smoking, especially during the initial stages of acclimatization.

Light Meals

Opt for light, easily digestible meals, especially in the first few days at higher altitudes. Avoid heavy, fatty foods that can put extra strain on your digestive system. Carbohydrate-rich foods are often recommended as they require less oxygen for metabolism.

Pain Relief and Rest

Over-the-counter **pain relievers like ibuprofen or acetaminophen** can help alleviate headaches, a common symptom of mild altitude sickness. Getting adequate rest is also crucial to allow your body to adapt. Avoid strenuous activity during the first 24-48 hours at a new, higher altitude. If symptoms worsen despite these measures, descending to a lower altitude is the most effective remedy.

Guide and porters Services During Trek to Manaslu Circuit

As the Manaslu region is classified as a **restricted area**, it is essential to have an experienced guide to assist you on your trek. Aside from being a legal requirement, a guide can also keep you safe from obstacles that appear along obscure and often remote trails. Your guide will assist you with navigating the dangers of landslides, altitude sickness, and emergencies. Your guide has resided in the region for many years and is familiar with the local landscape and weather, as well as the preparation systems that will best ensure your safe and successful expedition.

Of course, your guide will also enhance your *experience of immersion in the local culture* by assisting with communication with the local communities, sharing their culture and traditions, and offering information on the local history and environment you will encounter. They will enhance your trekking experience with more interesting and immersive activities.

Hiring a porter for the Manaslu Circuit trek is optional, but it will significantly enhance your experience. A porter will carry most of your equipment and supplies, which allows you to trek comfortably without the heavy backpack. The sheer relief and comfort of eliminating that weight from your stride will help tremendously, whether in good weather or bad, and especially on those long days that challenge you both physically and mentally. Carrying a heavy pack over long distances is draining and increases the risk of injury and strain.

Comparing Manaslu Circuit Trek with Upper Mustang Trek and Upper Dolpo Trek

Feature	Manaslu Circuit Trek	Upper Mustang Trek	Upper Dolpo Trek
Location	Gorkha district, west of Kathmandu	Mustang district, north of Annapurna & Dhaulagiri	Dolpo district, far western Nepal
Highest Point	Larkya La Pass (5,106m / 16,752 ft)	Lo Manthang (approx. 3,800m / 12,467 ft)	Jungben La Pass (5,550m / 18,209 ft) (High Route)
Trek Duration	10-14 days (excluding arrival/departure in Kathmandu)	10-14 days (excluding arrival/departure in Kathmandu)	18-28 days (including arrival/departure in Kathmandu)
Difficulty	Strenuous to Challenging	Moderate	Challenging to Very Challenging
Permits Required	Manaslu Restricted Area Permit (RAP), Manaslu Conservation Area Permit (MCAP),	Upper Mustang Restricted Area Permit (RAP), ACAP,	Upper Dolpo Restricted Area Permit (RAP), Shey-Phoksundo National Park Entry Permit,
Accessibility	Scenic drive from Kathmandu to the trek starting point	Fly to Jomsom from Pokhara, then trek or jeep	Fly to Nepalgunj, then Juphal, then trek

Feature	Manaslu Circuit Trek	Upper Mustang Trek	Upper Dolpo Trek
Scenery	Dramatic river gorges, waterfalls, diverse landscapes from subtropical to alpine, glaciers, and stunning mountain views, including Manaslu	Arid, desert-like landscape, deep canyons, eroded cliffs, colorful rock formations, views of the Annapurna and Dhaulagiri ranges	Rugged terrain, remote valleys, pristine lakes (like Phoksundo), high passes, unique flora and fauna
Culture	A mix of Hindu and Tibetan-influenced culture, the Nubri and Tsumba people	Strong Tibetan Buddhist culture, ancient monasteries, and unique traditions	Tibetan Buddhist culture, remote villages, and the Bon religion in some areas
Remoteness	Relatively remote, but teahouses are available	Remote, but teahouses are available on the main route	Very remote, requires camping for most of the trek
Crowds	Less crowded than the Everest or Annapurna regions	Moderate, becoming more popular	Very few trekkers, offering a sense of wilderness
Accommodation	Teahouses/lodges are available along most of the route	Teahouses/lodges are available along most of the route	Camping is essential, and there are some basic guesthouses in the lower areas
Best Time to Visit	Spring (March-May) and Autumn (September-November)	Spring (March-May) and Autumn (September-November).	Spring (May-June) and Autumn (September-October).
Altitude Sickness Risk	High due to crossing a high pass	Moderate, the highest point is lower	High due to multiple high passes and elevations
Trek Style	Teahouse trek	Teahouse trek (can also do jeep tours in parts)	Primarily a camping trek
Cost (2 pxx)	\$876 per person	\$1,559 per person	\$3500 per person

Depending on your scenery, culture, remoteness, and budget interests, each trek in Nepal is something unique to experience. Manaslu Circuit offers a combination of cultural exposure, diverse landscape, and a challenging high pass. [Upper Mustang trek](#) offers a distinct high-altitude desert with a touch of Tibetan Buddhism influence, and is more accessible. If you want wilderness and cultural purity in a remote setting, the Upper Dolpo trek, more difficult and costly, offers a memorable experience. Think about what on trekking matters most to you—breathtaking scenery, strong cultural immersion, high-altitude extremes, or peaceful trails—to help choose your perfect Himalayan experience.

Address

Himalaya Guide Nepal Pvt. Ltd.