

Manaslu Circuit Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: Spring & Autumn

Max Elevation: 5,106 M

The **Manaslu Circuit Trek** is considered a secluded trekking destination in Nepal and has the most awe-striking vistas of the snowcapped mountains, rich biodiversity, and diverse landscapes and cultures.

Major Highlights

- The journey includes jaw-dropping views of Himlung Himal, Nadi Chili (7871 m), Naike Peak, Ganesh Himal Range, Cheo Himal, and Kang Guru, among other magnificent peaks, including Mount Manaslu (8,163 meters/ 26,781 ft), the eighth highest peak in the world.
- At 5,106 meters (16,752 feet), crossing the Larkya La Pass is a difficult yet thrilling experience with panoramic views of the mountains.
- Catch sight of the ever-elusive snow leopard if you are lucky.
- Other wildlife, including the blue sheep, Himalayan tahr, and various species of birds, including the colorful Danphe (Himalayan Monal),
- Experience diverse cultural immersion in the indigenous communities of Gurung, Magar, and Tibetan.
- Observe the practice of two equally unique Tibetan Buddhism in the Nubri Monastery and Monastery of Pungyen.
- The diversity in this area is very rich, ranging from various types of tree species to dominant vegetation, which is, therefore, home to diverse plant species.

- An awe-inspiring natural view of the Himalayas as you snake your way through the dense forests among the cascading rivers, waterside suspension bridges, and waterfalls.
- Authentic experience of ethnic foods.
- The trekking trail is relatively uncrowded, and further, one could expect a sort of quiet atmosphere with serenity.

Trip Overview of the Manaslu Circuit Trek

The 15-day Manaslu Circuit Trek takes you through the valleys and ridges of the Manaslu Region, which is designated as a restricted area by the government. Therefore, **it requires two permits: the Manaslu Restricted Area Permit (RAP) and the Annapurna Conservation Area Permit (ACAP).**

Along with the Ganesh Himal Range, the trail encircles **Mount Manaslu (8,163 meters) (26,781 ft)**, the world's eighth highest peak, and provides an immersive experience into the heart of the Himalayas.

Things to know before the Manaslu Circuit Trek

Here are the things you need to know before booking your Manaslu Circuit Trek in Nepal:

Restricted Area, Special Permits, and Off-Beaten Trail

The Manaslu Circuit trekking trail is part of the **Manaslu Conservation Area** and is managed by the **Manaslu Conservation Area Project (MCAP)** under the authority of the **National Trust for Nature Conservation (NTNC).**

As the Manaslu region was heavily neglected in the past, which in turn impacted the livelihood of the local people, the MCAP project was established to help develop the communities. Even though the main occupation in Manaslu is agriculture and animal

husbandry, tourism has also been on an increasing trend.

There are unique wildlife species, endangered plant species, and delicate ecosystems in **the Manaslu Region. Manaslu is restricted** because the government can better maintain and protect the biodiversity and natural environment of these areas by limiting the number of visitors.

As mentioned above in the Overview, you will require a total of two permits to enter the Manaslu Conservation Area for the Manaslu Circuit Trek:

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1. The Manaslu Restricted Area Permit (RAP)

Only authorized trekking organizations are able to administer the **Manaslu RAP**, and trekkers must travel in groups of two or more with a licensed trekking guide. To ensure safety and reduce risks in the remote area, solo trekkers are not permitted.

2. The Annapurna Conservation Area Permit (ACAP)

Because the Manaslu Circuit crosses the Annapurna Conservation Area, an ACAP permit is also required. This can be issued either in Kathmandu or in Pokhara.

3. Trekker's Information Management System (TIMS)

Information Management System, Trekkers' TIMS.

The other important component of the trek is the TIMS Card, which constitutes the trekkers' information management system. It is the trekkers' permit for safety and security, while at the same time storing information about them.

This may be obtained from the trekking agencies or sometimes directly from the TAAN and NTB offices. This requires a passport, photographs, and information on the itinerary of treks.

The requirement of a special permit and area restrictions make the Manaslu Circuit Trek a less chosen trekking destination in Nepal.

Manaslu is off the beat trail, where you can avoid the seasonal crowd of tourists who head towards the popular Annapurna and Everest regions.

What can you expect during the Manaslu Circuit Trek in 2024-2025?

The formidable Larkya La Pass (5,106 meters/ 16,752 feet) is the highest altitude to reach on our Manaslu Voyage.

Larkya La Pass is a key component of the Manaslu Circuit Trek. It serves as a physical boundary between the Manaslu and Annapurna regions, rising to 5,106 meters (16,752 feet) in elevation. Located between Dharamshala and Bimtang, it serves as the **highest point of the entire trek.**

The route provides severe challenges to trekkers, including steep ascents and cold temperatures, but it also rewards them with spectacular **panoramic views** of the neighboring peaks as well as **Manaslu, Samdo Peak, Naika Peak, Larke Peak, Annapurna, Himlung, and Cheo Himal.**

Despite being a **formidable climb**, Larkya La Pass is very important among the trekkers

starting the Manaslu Circuit Trek. It symbolizes a **test of fortitude and resilience** in the face of nature's extremes, as well as a physical and mental task to conquer.

Reaching the pass signifies completing days of hiking and **reaching new heights** in both the literal sense and the figurative sense.

Rejuvenating Hot Spring Experience

The third day of the trek rewards you with a beautiful experience of soaking in the “Tatopani” hot spring on the way to Jagat. It is a much-needed relaxation time after two days of traveling and also a good motivation for your adventure ahead.

It will definitely be a nice break to soak in the hot water, relax your muscles, and enjoy the scenic beauty that surrounds you.

Witness the Rich Buddhist Heritages

The trail of the Manaslu Circuit is engraved with the spirituality and culture of Tibetan Buddhism. The journey will be filled with stone carvings of Buddhist mantras, as well as chortens and monasteries adorned with prayer flags that enchant prayers with every passing wind.

The humbling experience of being in the same time and place as such peaceful deities will awaken your spiritual self.

Capture the Beautiful Birendra Lake

Undoubtedly, one of the best highlights of the Manaslu Trek is Birendra Lake. The teal-colored lake, which mirrors the reflections of the massive mountains that surround it, will leave you speechless. At an altitude of 4500 meters, the glamorous views surrounding the lake will be unlike anything you have ever seen.

Add to the Adventure at Manaslu Base Camp

One of the alternate locations to see on the Manaslu Circuit Trek is Manaslu Base Camp. To heighten your adventurous experience, you might climb up to Manaslu Base Camp during the acclimatization period.

The trek to Manaslu Base Camp is an adventure in and of itself, taking you through a range of landscapes, including dry alpine tundra and terraced fields, lush forests, and more.

Along the way, trekkers see Buddhist monasteries, traditional Tibetan settlements, and a wide range of flora and fauna, giving visitors a complete understanding of the region's rich natural and cultural heritage.

When you arrive at Manaslu's base camp, 4,700 meters (15,400 feet) above sea level, it almost makes you want to embark on your own Mount Manaslu expedition.

Is the Manaslu Circuit Trek for you?

Regarded as a moderate trek, this expedition will undoubtedly push your limits. Key considerations include the altitude gain and cold weather.

Reaching heights of 5000 meters, lack of proper preparation, and [acclimatization can significantly](https://www.alpineramble.com/altitude-acclimatization-for-trekking-10-golden-rules) (<https://www.alpineramble.com/altitude-acclimatization-for-trekking-10-golden-rules>) (<https://www.alpineramble.com/altitude-acclimatization-for-trekking-10-golden-rules>) hinder your trekking success. Moreover, even upon successful completion, challenges such as altitude sickness may arise.

Expect to trek for 6-7 hours a day, covering an average distance of 15-17 km, occasionally only 5 km of short trek. Thus, prior trekking experience is advantageous.

Preparing at least a month in advance is advised, focusing on exercises like running and hiking to enhance stamina and strengthen leg muscles.

While a porter will manage most of your belongings, you'll still carry essential items weighing 2-5 kg, necessitating physical readiness to shoulder some weight.

Your diet plays a pivotal role, both pre-trek and during. Ensuring proper nutrition and hydration is vital. Lastly, mental resilience is paramount in navigating various challenges.

Cultivating strong mental fortitude increases the likelihood of a smooth and successful trekking experience.

The Manaslu Circuit Trek Cost Information for Guides, Porters, Flights, and Permits 2024 and 2025

General Costs for the Manaslu Circuit Trek

The number of participants in a group determines our price range. We provide the greatest deal on the market, complete with tons of special extra services. The table below provides a general list of costs.

No. of Pax	Starting Price in USD	Status
1	\$1699	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)
2	\$1155	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)
3-5	\$1049	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)
6-10	\$955	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)
11-15	\$855	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)
16-20	\$799	Inquiry/ Book Now (https://www.alpineramble.com/trip-booking?trip_id=199)

This makes the moments magical in the Manaslu Circuit Trek. We have an exclusive discount of 10% just for you this off-season period!

It means that with our sole off-season discount offer, you will be trekking at a lower cost than regular days. So, book your trek either for December, January, or February or June, July, and August and enjoy a 10% discount.

Experience the serene beauty of the Himalayas with fewer crowds and unique off-season charm.

Manaslu Circuit Trek Transportation Costs

Picking and dropping from Manaslu Circuit Trek's sites is provided professionally using various vehicles, the cost of which varies. Here is the list that we have produced for your ease:

Note: There are no flight options for this trek.

TIMS Card and Permit Cost

As was previously indicated, you will need to obtain various authorizations to trek in the Manaslu region. The costs of each permit are shown below for your reference:

- Trekker's Information Management System (TIMS Card): **\$20 Per Person**
- Manaslu Conservation Area Permit (MCAP): **\$30 Per Person**
- Manaslu Restricted Area Permit (RAP): **\$90 (Sep-Nov) | \$75 (Dec-July) per Person**
- Annapurna Conservation Area Permit (ACAP): **\$30 Per Person**

Guide and Porter Costs for the Manaslu Circuit Trek

The price for the services of a guide and porter is listed below:

Trekking Guide Cost: 35 USD per day

Guide cum Porter: 30 USD per day

Porter: 25 USD per day

The cost of the guide is covered by your package, which also includes the guide's lodging, food, and transportation. Nonetheless, you will need to pay the whole sum at the time of hiring if you decide to employ a porter.

To show our appreciation for the diligent guides and porters, we also encourage leaving tips.

Manaslu Circuit Trek Cost for Indian Customers: Exclusive Offer of 7% Off for Indian Adventurers!

We are making available, at the craziest 7% discount, this splendid trek to the Himalayan core to Indian consumers for our Manaslu Circuit Trek!

You will get to negotiate one of Nepal's most intriguing yet underrated paths, experiencing glimpses of stunning beauty—snow-capped peaks, green forests, and a rich cultural heritage steeped in tradition.

With stupendous views, exhilarating high passes, and an immersive cultural experience complemented by our well-chosen guides, deluxe hotels, and all-inclusive packages, this 15-day trek will give you the time of your life.

So don't let this golden opportunity pass you by with our Manaslu Circuit Trek at a cheaper rate now!

Personal Expenses for the Manaslu Circuit Trek

You will be out of pocket for anything you feel outside the package offer, as three meals a

day—breakfast, lunch, and dinner—are already covered by the trekking package. In general, \$25 a day would be more than enough to help you get along with the trek.

Save Gear and Equipment Costs and Enjoy Our Complimentary Services

Among the top perks of selecting Alpine Ramble Treks for the Manaslu Circuit Trek is that we save you up to \$500 by providing hiking gear and apparel, including sleeping bags, down jackets, and trekking poles.

You are also welcome to bring your own equipment if that is your preference.

This is especially helpful if you wish to manage your money well and are on a limited budget. We also provide free services, including company merchandise, a guided sightseeing day in Kathmandu, free airport pickup and drop-off, and a farewell meal.

Charity and Donations

Alpine Ramble Treks (ART) is committed to protecting and enhancing the environment as well as local communities. We work together with HAU Gear on philanthropic and social initiatives to support women's empowerment and increase access to high-quality education.

You're already helping a worthy cause by deciding to support us. We are pleased to help if you would like to make a personal donation. For additional details, kindly follow this [link](https://www.alpineramble.com/csr).
(<https://www.alpineramble.com/csr>)

Customize Manaslu Circuit Trek (2024-2025)

We, as a trekking company, are aware that our esteemed customers might not be able to

follow this fixed itinerary and have a certain budget for the trek.

Our customizable feature will allow you to customize your trip as per your manageable time and budget.

You can extend your trek days or shorten it as per your liking. We also offer multiple packages that might just cater to your length of vacation. So book your Manaslu Circuit Trek now with Alpine Ramble Trek; we guarantee you the best service and experience!

Can I trek an alternative trail or add another trekking destination? Manaslu Circuit Trek and Tsum Valley or Annapurna Circuit Trek:

The short answer is yes. You can definitely add another destination to your Manaslu Circuit Trek package at an additional cost.

There are options to do the Manaslu Circuit Trek with Tsum Valley or the Manaslu Circuit along with the Annapurna Circuit Trek. You can also only choose to do the Tsum Valley trek in the Manaslu Region; you can find the trekking package on our website.

The crossing point of the Larkya La Pass marks the entry into the Annapurna Region. So, instead of ending the trek there, you can also do the Annapurna Circuit Trek.

If you manage to complete both the Annapurna and Manaslu Circuit Treks via Thorong La Pass and Larkya La Pass, respectively, then it means you have completed the middle portion of the Great Himalayan Trail.

Day to Day Itinerary

Day 1: Arrival in Kathmandu

- Day 2: Preparation day and/or Kathmandu sight seeing**
- Day 3: Drive to Machha Khola**
- Day 4: Trek from Machha Khola to Jagat**
- Day 5: Trek from Jagat to Dyang**
- Day 6: Trek from Dyang to Namrung**
- Day 7: Trek from Namrung to Samagaon**
- Day 8: Acclimatization Day in Samagaon**
- Day 9: Trek from Samagaon to Samdo**
- Day 10: Trek from Samdo to Dharamsala**
- Day 11: Trek from Dharamsala to Bhimthang via Larkya La Pass**
- Day 12: Trek from Bhimthang to Gho Village**
- Day 13: Trek from Gho to Dharapani and drive to Besi Sahar**
- Day 14: Besi Sahar to Kathmandu**
- Day 15: Departure**

Cost Includes

- Transportation from Kathmandu - Machhakhola and Dharapani- Kathmandu by bus)
- The food from the first day of the trek to the last of the trek (10 Dinners, 12 Lunches, and 14 breakfasts)
- Government-licensed English-speaking friendly trekking leader.
- One assistance guide for a group of 8 people or more.
- One strong local sherpa/porter (one for two trekkers)
- Both Manaslu and Annapurna Conservation Area Permits (ACAP) Fees.
- Both Trekking Information Management System (**TIMS**) Card Fees.
- Special Manaslu Restricted area trekking permit
- **Trekking equipment** such as the Sleeping bag, down jacket, and duffle bag
- 11 Nights at the local tea houses during the trek and 2 nights in Kathmandu (Hotel Thamel Park)
- Enough Water purification tablets to purify your water during the trek for safe

drinking water

- Some fresh Snacks (crackers) and seasonal fresh fruits are available during the trek.
- ART's Certificate of Appreciation after the successful trip
- Some souvenirs: Breathable hiking T-shirt, Warm beanies, and duffel bags
- **An Oximeter** to monitor your oxygen and pulse at high altitudes area.
- A basic first aid box including Diamox for high altitude sickness
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- International Flights costs
- Nepal entry visa fees (Visa on arrival is available, \$30-40 for 15-30 Days)
- The food and accommodations before the trek in Kathmandu
- Personal expenses (Aging any electric devices, using WIFI fee, as well as any snacks, hot water, boiled water, tea/coffee, cold drinks, hot shower, alcohol, etc.)
- Travel insurance: Covering emergency high altitude rescue and medical evacuation (Mandatory)
- Tips for Guide and Staff (Recommended)
- Personal clothing and equipment
- Additional costs: These are beyond human control due to weather conditions, landslides, itinerary modifications due to safety concerns, changes in Gvrmt policies, strikes, illness, etc.