

Manaslu Circuit Trek

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Manaslu Circuit Trek

URL: <https://ascendhikes.com/package/manaslu-circuit-trek-2026/>

Trip Code

MC-2026

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Duration

15

Region

Manaslu Region Treks

Max. Altitude

5,106 m

Nature Of Trek

Lodge to Lodge

Best Season

spring (March to May) and autumn (September to November)
5-9 hrs

Activity Per Day

Transportation

Privet

Per Person From

USD 1,299

Group Size

2 - 14

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

The Manaslu circuit trek

Welcome to the restricted area, Manaslu route is one of the best trekking destinations in Nepal Himalayas. This is the restricted area, where in 1990s officially open trekking for the tourist for trekking activities. This route is only group trekkers aloud to trek. Solo trek is forbidden. The Manaslu circuit trek is less crowed route comparing Annapurna and Everest region. This area divided two different routes, one is directly Larke - Manaslu round and another is Tsum Valley trek. Tsum valley is celebrated their 50th nonviolence celebration in 2023. This is the area trek where you get food only vegetarian.

This area is the home for Tibetan- influenced Gurung, Nubri people and Tamang is the main cast, protective their beautiful customs, monasteries and traditions are the best thing to explore Manaslu trek.

Ultimate Itinerary for Manaslu Circuit Trek

Are you looking for a best Manaslu Circuit Trek Itinerary? Are you planning for the Manaslu circuit trek? If Yes, we are organizing a best and latest Manaslu circuit trek with best Itinerary for this trip. You are heartily welcome to Ascend Hikes page to explore the Manaslu.

Day 01: Kathmandu to Machha khola (879 meters)

Drive from Kathmandu to Machha Khola (approximately 8-9 hours)

Enjoy the scenic drive through rural landscapes and villages

Overnight stay in Machha Khola

Drive Distance

173 km

Drive Duration

7-9 hrs

Highest Altitude:

700 m

Meals:

BLD

Accommodation:

Lodge

Day 02: Machha Khola to Jagat (1,340 meters/4,396 feet)

Trek from Machha Khola to Jagat (approximately 6-7 hours)

Continue along the Budi Gandaki River, passing through Tatopani (hot springs)

Trek through terraced fields and forested areas

Overnight stay in Jagat

Trek Distance:

22km

Trek Duration

6-8 hrs

Highest Altitude:

1,340 m

Meals:

BLD

Accommodation:

Lodge

Day 03: Jagat to Deng (1,860 meters/6,102 feet)

Trek from Jagat to Deng (approximately 6-7 hours)

Enter the Manaslu Conservation Area and cross the Deng River

Pass through picturesque villages like Philim and enjoy cultural encounters

Overnight stay in Deng

Trek Distance:

21 km

Trek Duration

6-7 hrs

Highest Altitude:

1,860 m

Meals:

BLD

Accommodation:

Lodge

Day 04: Deng to Namrung (2,630 meters/8,628 feet)

Trek from Deng to Namrung (approximately 6-7 hours)

Trek through forests, cross bridges, and enjoy stunning mountain views

Encounter traditional Tibetan-style houses and experience the local culture

Overnight stay in Namrung

Trek Distance:

19 km

Trek Duration

6-7 hrs

Highest Altitude:

2,630 m

Meals:

BLD

Accommodation:

Lodge

Day 05: Namrung to Shyala (3,510 meters/11,578 feet)

Trek from Namrung to Shyala (approximately 6-7 hours)

Walk through dense forests of rhododendron and pine

Enjoy panoramic views of Manaslu, Himalchuli, and other peaks

Explore the traditional Village Lho and shyala.

Trek Distance:

17 km

Trek Duration

7-8 hrs

Highest Altitude:

3,510 m

Meals:

BLD

Accommodation:

Lodge

Day 06: Shyala to Samagaon (3530m)

After breakfast start trek to Gumba and trek continue to Sama Gaun, Explore the local culture and interact with the friendly Sherpa community

Overnight stay in Samagaon

Trek Distance:

12 km

Trek Duration

5-6 hrs

Highest Altitude:

4000m, Pungyen monastery

Meals:

BLD

Accommodation:

Lodge

Day 07: Samagaon Acclimatization day

Rest day in Sama, and exploring the day to Manaslu Base camp or Birendra lake and monastery in sama gaun.

Trek Distance:

-

Trek Duration

-

Meals:

BLD

Accommodation:

Lodge

Day 08: Trek to Samdo (3,860 meters/12,660 feet)

Easy day about 4 hours walk and Spend the day acclimatizing to the higher altitude
Take a short hike to explore the nearby valleys and enjoy breathtaking views
Experience the unique culture and lifestyle of the people living in this remote region
Overnight stay in Samdo

Trek Distance:

8 km

Trek Duration

3-4 hrs

Highest Altitude:

3,860 m

Meals:

BLD

Accommodation:

Lodge

Day 9: Samdo to Dharamsala (4,460 meters/14,632 feet)

Trek from Samdo to Dharamsala, also known as Larkya Phedi (approximately 4-5 hours)
Ascend through rugged landscapes with amazing mountain scenery
Reach Dharamsala, the base of the Larkya La Pass, and rest for the challenging day ahead
Overnight stay in Dharamsala

Trek Distance:

11

Trek Duration

4-5 hrs

Highest Altitude:

4,460 m

Meals:

BLD

Accommodation:

Lodge

Day 10: Dharamsala to Bimthang (3,720 meters/12,204 feet) via Larkya La Pass (5,160 meters/16,930 feet)

Cross the thrilling Larkya La Pass, the highest point of the trek
Enjoy stunning views of Himlung Himal, Cheo Himal, and other peaks
Descend through moraines and steep trails to reach Bimthang
Overnight stay in Bimthang

Trek Distance:

20-21

Trek Duration

8-10 hrs

Highest Altitude:

5,160 m

Meals:

BLD

Accommodation:

Lodge

Day 11: Bimthang to Tilije (2,300 meters/7,546 feet)

Trek from Bimthang to Tilije (approximately 5-6 hours)

Descend through rhododendron forests and picturesque landscapes

Cross the Dudh Khola and pass-through charming villages like Gho and Tilije

Overnight stay in Tilije

Trek Distance:

14 km

Trek Duration

5-6 hrs

Highest Altitude:

2,300m

Meals:

BLD

Accommodation:

Lodge

Day 12: Drive Tilije to Besisahar

Trek from Tilije to Tal (approximately 6-7 hours)

Walk through terraced fields, lush forests, and traditional villages

Enjoy the beauty of the Marsyangdi Valley and the surrounding mountains

Overnight stay in Tal

Drive Distance

40 km

Drive Duration

5 hrs

Highest Altitude:

1,700 m

Meals:

BLD

Accommodation:

Lodge

Day 13: Drive from Besisahar to Kathmandu

Trek from Tal descend drive to Besisahar, marking the end of the trek

Overnight stay in Besisahar

Drive Distance

175 km

Drive Duration

6-7 hrs

Meals:

BL

Accommodation:

Hotel

Day 14: final departures

After all complete your Manaslu circuit trek, our team will manage you to drop Trivuwani international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Cost Includes for Manaslu Circuit Trek

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork.**
- **All the Transportations to Machhakhola and back from Dharapani and Besisahar to Kathmandu.**
- **Government license holder Ascend Hikes Experience English Speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Excludes for Manaslu Circuit Trek

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and others expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc...**

- **Staff tips**
- **All others things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,499
3 - 4	USD 1,299
5 - 5	USD 1,199
6+	USD 1,150

Essential info

The Manaslu circuit trek is one of the most beautiful trekking routes, this route is categorized from Moderate to Challenging, so here is the main essential information to complete Manaslu circuit trek without any hindrance.

Useful Information to enter Nepal

- **Visa:** Most visitors to Nepal require a visa to enter the country. You can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu or apply for an e-visa before your trip. Check the official website of the Nepali Department of Immigration for updated visa requirements and application procedures.
- **Travel Insurance:** It is highly recommended to have travel insurance that covers medical expenses, emergency evacuation, and trip cancellation. Make sure your insurance covers high-altitude trekking and adventure activities.
- **Currency:** The official currency of Nepal is the Nepalese Rupee (NPR). It's best to carry some cash in small denominations for small expenses during the trek. ATMs are available in major cities like Kathmandu, but they may be limited in rural areas.
- **Weather and Best Time to Visit:** The Manaslu Circuit Trek is best done during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear views, and moderate temperatures. However, be prepared for colder temperatures at higher altitudes, especially during the evenings and early mornings.
- **Health and Safety:** Prior to your trip, consult a healthcare professional or travel clinic for any required vaccinations or medications. Take necessary precautions for altitude sickness, including gradual acclimatization, staying hydrated, and recognizing symptoms. It's recommended to bring a comprehensive first aid kit and any personal medications you may need.
- **Local Customs and Etiquette:** Nepal is a culturally diverse country with its own customs and traditions. Respect the local culture, dress modestly, and ask for permission before taking photographs of people or religious sites. Remove your shoes before entering temples and monasteries, and be mindful of local customs and practices.

- **Permits and Guides:** The Manaslu Circuit Trek requires special permits, including the Manaslu Restricted Area Permit (RAP) and the Annapurna Conservation Area Permit (ACAP). It is advisable to hire a licensed guide or join a trekking agency to assist with permits, provide local expertise, and ensure your safety.
- **Communication and Internet:** Mobile networks are available in major towns along the trekking route, but the signal may be weak or intermittent in remote areas. Wi-Fi is available in some teahouses, but it may be limited and chargeable.
- **Responsible Trekking:** Practice responsible trekking by following the Leave No Trace principles. Respect the environment, dispose of waste properly, and avoid single-use plastic. Support local communities by staying in teahouses, purchasing local products, and respecting local customs and traditions.
- **Cultural Sensitivity:** Nepal is a culturally rich country with diverse ethnic communities. Respect their traditions, beliefs, and customs. Be mindful of appropriate behavior, dress modestly, and ask for permission before entering religious or cultural sites.

Equipment List for Manaslu Circuit Trek

1. **Trekking backpack:** Choose a durable and comfortable backpack with a capacity of 40-60 liters. Look for features like padded straps, adjustable back panel, and compartments to organize your gear.
2. **Trekking boots:** Invest in sturdy and waterproof trekking boots with ankle support. Opt for boots that are well broken-in and provide good traction on different terrains.
3. **Trekking socks:** Choose moisture-wicking and cushioned trekking socks that provide comfort, prevent blisters, and keep your feet dry throughout the trek.
4. **Trekking pants:** Look for lightweight and quick-drying trekking pants made of breathable and durable materials. Convertible pants that can be zipped off into shorts are a versatile option.
5. **Moisture-wicking T-shirts:** Select moisture-wicking T-shirts made of breathable fabrics like polyester or merino wool to keep you cool and dry during the trek.
6. **Long-sleeved shirts:** Pack lightweight, long-sleeved shirts that offer sun protection and can be layered for warmth. Look for shirts with UPF (Ultraviolet Protection Factor) for added sun protection.
7. **Insulated jacket:** Bring a warm and insulated jacket or down jacket to keep you cozy during colder temperatures at higher altitudes. Look for lightweight and packable options.
8. **Waterproof jacket:** Choose a waterproof and windproof jacket or shell to protect you from rain, snow, and wind. Look for features like sealed seams and a hood for added protection.
9. **Waterproof pants:** Pack waterproof and breathable pants that can be worn over your trekking pants to keep your legs dry during rain or snowfall.
10. **Base layers:** Bring thermal or synthetic base layers (top and bottom) to provide extra warmth in colder temperatures. These layers should be moisture-wicking and quick-drying.
11. **Fleece or softshell jacket:** Carry a mid-layer jacket like a fleece or softshell jacket for additional warmth during colder evenings or when layering is needed.
12. **Warm hat or beanie:** Pack a warm hat or beanie made of wool or fleece to protect your head from the cold.
13. **Gloves:** Bring lightweight and warm gloves to protect your hands from the cold and wind. Consider having a waterproof pair if there's a chance of rain or snow.
14. **Sunglasses:** Choose UV-protective sunglasses to shield your eyes from the sun's glare at

higher altitudes. Look for sunglasses with good coverage and polarized lenses.

15. **Sunscreen:** Carry a high SPF sunscreen to protect your skin from harmful UV rays, even at high altitudes. Look for a broad-spectrum sunscreen that is water-resistant.
16. **Headlamp:** Bring a lightweight headlamp with extra batteries for visibility during early morning hikes, nighttime activities, or in case of emergencies.
17. **Trekking poles:** Consider using adjustable trekking poles to provide stability and support, especially during descents and on uneven terrain. Look for collapsible poles for easy packing.
18. **Sleeping bag:** Bring a warm and comfortable sleeping bag suitable for colder temperatures encountered during the trek. Look for a lightweight and compact option.
19. **Water bottle or hydration system:** Carry a reusable water bottle or a hydration system to stay hydrated throughout the trek. Look for options that are leak-proof and easy to use.
20. **First aid kit:** Pack a well-stocked first aid kit with essential medications, bandages, blister treatment, antiseptic ointment, and any personal medications you may need.
21. **Snacks:** Bring high-energy snacks such as trail mix, energy bars, or chocolate to keep you fueled and motivated during the trek. Choose lightweight and easily packable options.
22. **Camera:** Carry a camera or smartphone to capture the stunning landscapes and memorable moments of your Manaslu Circuit Trek. Consider bringing extra batteries or a portable charger.
23. **Portable charger:** Bring a portable charger to keep your electronic devices charged during the trek. Look for a lightweight and high-capacity option.

Best Time for the Manaslu Trek to Avoid Terrible AMS

The ideal trekking depends on the seasons, try to choose the right season for the Manaslu trekking, the best season are:

Spring (March-May) and

Autumn (September-November).

During these Season, (spring and autumn) the weather is normally stable with clear skies, making acclimatization smoother compared to harsh winter or rainy monsoons.

Why you need Manaslu circuit Trek altitude sickness tips?

The altitude sickness, also known as Acute Mountain Sickness (AMS), occurs when your body struggles to adapt to lower oxygen levels at high elevations. On the **Manaslu Trek**, trekkers ascend from lush lowlands around 700m to the high alpine region pass over 5,000m, making acclimatization essentials to avoid altitude sickness, that's why you need Manaslu Trek altitude sickness tips to complete your adventures Himalayan journey any problems.

Without proper precautions of acute mountain sickness can turn your dream trek into a risky experience.

Common Symptoms of Altitude Sickness

Recognizing early symptoms is essential

Start Headache more and more.

Become Nausea or loss of appetite

Fatigue and dizziness

Shortness of breath, even at rest

Difficult to sleeping all the night

If it is worse, start vomiting.

Became unconscious and many more.

When any these symptoms appear think you get altitude sickness and be ready how to treat or face this situation. Only the best treatment is descended and descend. We heartily recommend Severe forms **High-Altitude Pulmonary Edema** and **High-Altitude Cerebral Edema** can be life-threatening if ignored.

Where to stay and eat?

Food in Manaslu circuit region trekking offer small menu card each and every lodge, where you can choose your favorite dishes. Mainly you will get Himalayan pizza, simple continental food menu, Indian menu and local food menus. The food are basic test not like in the restaurant and hotel.

We recommending to local fresh and hygienic food during the trekking instead using junks food.

Lodge and Accommodations in Manaslu circuit trek is basic teahouses where you have to adjust over nights during your trekking. All the places available tea - houses.

Booking and enquiry

Ascend Hikes Privet Limited organizing wonderful safe way **Trekking | Tour | Travel and Ticketing.**

To Booking and enquiry through Ascend Hikes, here is our contact details, feel free to enquiry, we are always available in:

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Frequently Asked Questions

About the Manaslu Circuit trek, what you want to know, here are some important information what you are looking for to complete Manaslu trek without any problems to getting all the information.

Is a permit required for the Manaslu Circuit Trek?

Yes, a special trekking permit called the Manaslu Restricted Area Permit (RAP) is required for the Manaslu region. Additionally, you also need to obtain the Annapurna Conservation Area Permit (ACAP).

Is it necessary to hire a guide or join a trekking agency for the Manaslu Circuit Trek?

Yes, it is highly recommended to hire a licensed guide or join a reputable trekking agency for the Manaslu Circuit Trek. They can assist with the necessary permits, provide local expertise, ensure your safety, and handle logistics along the trek.

What is the best time to do the Manaslu Circuit Trek?

The best time for the Manaslu Circuit Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear views of the mountains, and comfortable trekking conditions. However, it's important to check weather conditions and consult with local experts for the most up-to-date information.

How fit do I need to be to undertake the Manaslu Circuit Trek?

The Manaslu Circuit Trek is considered moderately challenging. It involves several long days of trekking, steep ascents and descents, and high altitude passes. Prior trekking experience and a good level of physical fitness are recommended. Regular exercise, cardiovascular training, and strength building will help prepare you for the trek.

What are the accommodation facilities like during the Manaslu Circuit Trek?

Along the trekking route, there are teahouses (lodges) available for accommodation. These teahouses provide basic amenities such as a bed, blankets, and food. However, the facilities are relatively simple, and it's advisable to carry a sleeping bag and other personal essentials. Accommodation may vary in terms of cleanliness and comfort, depending on the location.

Are there ATMs and internet facilities available during the trek?

ATMs and internet facilities are limited along the Manaslu Circuit Trek. It's advisable to carry enough cash for your expenses during the trek. Some teahouses may provide limited internet access, but it's not guaranteed. It's best to inform your family and friends about limited connectivity during the trek.

How can I prepare for altitude sickness during the trek?

Acclimatization is crucial to prevent altitude sickness. It's recommended to include rest/acclimatization days in your itinerary. Stay hydrated, ascend gradually, and listen to your body. If you experience symptoms of altitude sickness, such as headache, nausea, or dizziness, it's important to descend to a lower altitude and seek medical help if necessary.

Can I combine the Manaslu Circuit Trek with other treks in Nepal?

Yes, it is possible to combine the Manaslu Circuit Trek with other treks in Nepal, such as the Annapurna Circuit or Tsum Valley Trek. However, these combinations require additional time, permits, and careful planning. It's advisable to consult with experienced trekking agencies to design a suitable itinerary.

Address

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