HIMAL TREK
NEPAL

Manaslu trek

Trip Facts

Difficulty Strenuous / Challenging	**Max Altitude** 5,106m/16,752ft	**Accommodation** Standard Hotels (Kathmandu) & Local Teahouses (Trek)	**Meals**
Activity Trekking	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 16 Days

Trip Overview

The Manaslu Circuit Trek is a legendary, high-altitude journey that loops gracefully around Mount Manaslu (8,163m)—the eighth-highest mountain on Earth. Located inside a pristine restricted area bordering Tibet, this strenuous-grade circuit requires a minimum of two travelers plus a licensed guide. It stands as the ultimate alternative to the busier Annapurna routes, delivering an untouched wilderness experience completely free from massive commercial crowds.

Spanning 12 to 14 days and covering roughly 177 km (110 miles), the loop climbs alongside the thundering Budhi Gandaki River through deep river gorges and lush bamboo forests. The trail peaks culturally at the traditional Tibetan-style stone village of Samagaon (3,530m), which serves as a vital acclimatization hub beneath massive glacial icefalls. The ultimate physical challenge of the trip is conquering the majestic Larkya La Pass at 5,160 meters (16,929 feet), rewarding trekkers with boundless panoramas of Himlung Himal and the Annapurna massifs.

Following a thrilling descent past the scenic pastures of Bhimthang, the trail finishes seamlessly at the trailhead of Dharapani, allowing for a direct overland jeep transfer back home. Supported by cozy local teahouses, Himal Trek Nepal manages all complex logistics, including your specialized government RAP permits, National Park entry cards, and safety monitoring tools.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation**	**Meals**

Day 2 - Free for self exploration.

Day 3 - Kathmandu to Machha Khola

Difficulty	Max altitude 900m/2,953ft	Accommodation	Meals

Day 4 - Machha Khola to Jagat

Difficulty	Max altitude 1,340m/4,396ft	Accommodation	Meals

Day 5 - Jagat to Deng

Difficulty	Max altitude 1,860m/6,102ft	Accommodation	Meals

Day 6 - Deng to Namrung

Difficulty	Max altitude 2,630m/8,629ft	Accommodation	Meals

Day 7 - Namrung to Lho

Difficulty	Max altitude 3,180m/10,433ft	Accommodation	Meals

Day 8 - Lho to Samagaun

Difficulty	Max altitude 3,530m/11,581ft	Accommodation	Meals

Day 9 - Acclimatization Day at Samagaun

Difficulty	Max altitude 3,530m/11,581ft	Accommodation	Meals

Day 10 - Samagaun to Samdo

Difficulty	Max altitude 3,875m/12,713ft	Accommodation	Meals

Day 11 - Samdo to Dharmasala (Larke Phedi)

Difficulty	Max altitude 4,460m/14,633ft	Accommodation	Meals

Day 12 - Dharmasala to Bhimtang via Larkya La Pass

Difficulty	Max altitude 5,106m/16,752ft	Accommodation	Meals

Day 13 - Bhimtang to Dharapani (The Combo Day)

Difficulty	Max altitude 1,860m/6,102ft	Accommodation	Meals

Day 14 - Dharapani to Kathmandu via Besisahar

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals

Day 15 - Free day for self exploration.

Day 16 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 4 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Ground Transfer by public or private vehicle as per request.
- Required Permits & Fees: • Manaslu conservation Area Permit (MCAP) along with Annapurna Conservation Area Permit (ACAP). • Manaslu Restricted Area Permit (RAP) • Chunumbri Rural Municipality Local Permit. • TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: • Standard twin-sharing rooms in local tea houses or mountain lodges for 11 nights.
- Trekking Support Staff: • Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. • Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: • Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. • Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: • First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: • International airfare to and from Kathmandu. • Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Travel and Emergency Insurance: • Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: • Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): • Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). • Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. • Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. • Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: • Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: • Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening