

Manaslu Circuit Trek



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Manaslu Circuit Trek

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

Duration

13 Days

Per Person Cost

USD 895

Difficulty

Difficult

Group Size

2+

Best Seasons

March - May, October -
December

Maximum Elevation

5106m

Accommodation

Hotel/Tea House

Transportation

Private Vehicle

Meals

Full Board

Trip Route

Sotikhola- Jagat- Samagau-
Bhimtang

Trip Highlights

- Explore one of the least crowded trekking routes to experience the peaceful trek of the Manaslu region.
- Visit the highest pass of the region, Larkya La Pass (5106m).
- Majestic drive on the bank of the Soti Khola River.
- The authentic culture, tradition, and lifestyle of Gurung natives allow cultural immersion.
- Stroll across the emerging landscapes in sub-tropical vegetation, to temperate forests and arctic snowy peaks.
- Ancient Pungyen Monastery
- Magnificent 8th highest Manaslu Mountain
- Lush green forests with diverse flora and fauna
- Lovely views of snow-capped Siringi Himal, Himlung Himal, Mt. Annapurna II, Cheo Himal, Himal Chuli, and Kang Guru

Trip Overview

Manaslu Circuit Trek is one of the most adventurous **off-the-beaten treks** in Nepal. If you want to enjoy the complete wilderness from the first day of the trek to the last. You will get a mixture of fun, challenging, and thrilling adventures and the chance to immerse yourself in several cultures and traditions. The beauty of this trek is that it is less crowded as it falls under a **restricted area** and is still far from Western influence.

In the Manaslu Circuit Trek, you will leave the bustling city life, escape the crowds, and experience the majestic natural environment. In this trek, you will first pass through the bank of extremely beautiful Soti Khola. From very far away, you will see some of the region's majestic views, with stunning mountain views that are quite high. Along the way, you will pass through villages, temples, routes, glaciers, forests, suspension bridges, and waterfalls.

During this trek, you can expect warm hospitality from the Gurung natives while staying at family-operated teahouses/homestays. You can interact with the locals and get close to learning about their culture, traditions, and lifestyle. The authentic ancient Pungyen Monastery, mani walls, Chortens, and prayer flags give pleasant cultural vibes. Stunning views of the world's eighth highest, Mt Manaslu, and other surrounding peaks from the highest pass, Larkya La, are heavenly. After the Manaslu Circuit Trek, you can continue to the Annapurna Circuit Trek.

Trip Itinerary

Day 01: Drive from Kathmandu(1350m/4429ft) to Soti Khola (700m/2296ft)

A scenic drive from Kathmandu to Arughat on a local bus for 7 hours. Enjoy a paved road drive till Dhading Besi admiring beautiful landscapes, green vegetation, and lovely villages. After that a bumpy ride on rugged roads to Soti khola. Upon reaching Soti Khola, rest for a while at a teahouse. Visit the nearby places and interact with the locals if you wish to Spend a night at a teahouse. Alternately, one can book a private jeep from Kathmandu to Soti Khola for a comfortable and hassle-free ride. It takes 6 hours to reach.

Time:

140km/87miles/ 7-8 hrs Drive

Accommodation

Lodge

Meals:

L.D

Altitude:

1350m/4429ft, 700m/2296ft

Day 02: Trek from Soti Khola(700m/2296ft) to Machha Khola (930m/3051ft)

Commence the trek from Soti Khola to Machha Khola. Walking through beautiful lush forests, reach a small village Khursane. Two beautiful waterfalls on the way and passing through terraced fields to reach

the Gurung-inhabited Labubesi. Walk on the uneven rocky and narrow trail and encounter mules to reach Machha Khola. Spend a night at Machha Khola.

Time: 14.2km/8.8 miles/	Accommodation Lodge	Meals: B.L.D
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Altitude:
700m/2296ft, 930m/3051ft

Day 03: Trek from Machha Khola(930m/3051ft) to Jagat (1340m/4396ft)

Walking on a narrow trail ascending and descending, cross the Tharo Khola and step into a small village Khorlabesi. Further ascends and descends to reach Tatopani. A walk on the suspension bridge over the Budhi Gandaki River and climbing stairs to reach Dobhan. After a few ascends and descends, a steep stair climb to Tharo Bharyang. After crossing the bank of Budhi Gandaki, climb over the edge and continue until one reaches Jagat. Stay overnight at a teahouse.

Time: 22km/13.7 miles/7 hrs	Accommodation Lodge	Meals: B.L.D
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Altitude:
930m/3051ft, 1340m/4396ft

Day 04: Trek from Jagat(1340m/4396ft) to Deng (1900m/6233ft)

A descending walk through stone stairs witnessing terraced fields to Salleri and walk down to Sirdibas. Admire the beauty of Siringi Himal and continue walking to Ghatta Khola. Cross a suspension bridge to step into a Gurung village Philim and continue walking further. Cross a few rivers and enter the forests of bamboo to the Deng Khola. Spend overnight at Deng village after crossing Deng Khola.

Time: 20km/12.4 miles/7-8 hrs	Accommodation Lodge	Meals: B.L.D
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Altitude:
1340m/4396ft, 1900m/6233ft

Day 05: Trek from Deng(1900m/6233ft) to Namrung (2630m/8628ft)

A brief walk and cross the Budhi Gandaki, ascend further to reach Bihi. Walk through beautiful forest trail and mani getting a glimpse of lovely Siringi Himal to reach Prok village. Passing different Gompas and crossing the river several times to enter the dense green forest. A peaceful walk in between the forest trail until ascend to the Namrung village. Spend a night there.

Time: 10.5km/6.5 miles/7 hrs	Accommodation Lodge	Meals: B.L.D
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Altitude:
1900m/6233ft, 2630m/8628ft

Day 06: Trek from Namrung(2630m/8628ft) to Shyala Village (3000m/9843ft)

Admire Ganesh Himal's and Siringi Himal's awesome views while descending from Namrung. Climb uphill, passing the forest to Lihi. Witness the terraces of barley crops and chortens in Lihi, descend, and ascend to village Sho. If the weather is clear, climb to the Tibetan village Lho and get the first glimpse of Mt. Manaslu, Naike, and Larkya Peak. One can feel a change in altitude and continue walking till one reaches the monastery. Visit the monastery if one wishes to. Ascend for a few hours, passing the rhododendron and pine forest to enter the Shyala village. Spend a night here.

Time: 14km/8.7miles/5 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
2630m/8628ft, 3000m/9843ft

Day 07: Trek from Shyala(3000m/9842ft) to Sama Gaun (3530m/11581ft)

A gradual and pleasant walk to Sama Gaun. Rest for a while at a teahouse. Appreciate warm hospitality from the Gurung natives and get familiar with their lifestyle and culture. A hike to the beautiful Pungyen Monastery situated behind the Sama village. A vantage point to enjoy the stunning view of Mt. Manaslu and the surrounding peaks. Also, witness grazing yaks and Himalaya Thar nearby. Descend from there and back to a teahouse. Interact with locals and get to know about the place and tradition. Spend a night there and enjoy the local cuisine.

Time: 4km/2.5 miles/ 2 hrs	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
3000m/9842ft, 3530m/11581ft

Day 08: Acclimatization day at Sama Gaun

Acclimatization day at Sama Gaun to adapt to the altitude and prevent altitude sickness. A hike to the Manaslu Base Camp passing the trail to Birendra Tal. A beautiful view of a freshwater lake and a gradual

walk to the base camp. Witness the Manaslu glacier and panoramic views of Mt. Manaslu, Naike Peak, Butterfly Peak, and Ganesh Himal. Return to a teahouse and stay overnight. Alternately, one can trek to Birendra Tal or stay at a teahouse for rest.

Time:	Accommodation	Meals:
5-6 hrs	Lodge/Tea house	B.L.D

Day 09: Trek from Sama Gaun(3530m/11581ft) to Samdo (3865m/12680ft)

Trek descend to the side of Budhi Gandaki River and follow the trail linking Larkya La Pass. Passing through the pleasant juniper and birch forests of Kermo Kharka, a glimpse of yak pastures, and various mani walls, walk downhill. Cross a wooden bridge over Budhi Gandaki River and ascend to the White Khani village. Trek further to reach Samdo. Explore nearby places after taking a rest. Spend a night there.

Time:	Accommodation	Meals:
8.1km/5 miles/3 hrs	Lodge/Tea house	B.L.D

Altitude:

3530m/11581ft, 3865m/12680ft

Day 10: Trek from Samdo(3865m/12680ft) to Dharmasala (4460m/14632ft)

Walk down the trail and cross the wooden bridge over the Budhi Gandaki River. Head towards the Larkya Bazaar and admire the Larkya Glacier en route and step into the Salka Khola valley. Ascend a bit to reach Dharmasala which is a stone-made guesthouse. Dharmasala is a kind of shelter also known as Larkey Phedi. Spend quality time, and have proper acclimatization rest, and relaxation. Stay overnight here.

Time:	Accommodation	Meals:
13km/8 miles/4 hrs	Lodge/Tea house	B.L.D

Altitude:

3865m/12680ft, 4460m/14632ft

Day 11: Trek from Dharmasala(4460m/14632ft) to Larkya La Pass (5106m/16752ft) to Bimthang (3590m/11778ft)

An exciting day of the trek to walk to the highest pass Larkya La elevated at 5106m. Early wake up and commence a 6-8 hour adventurous hike. Passing across Larkya Glaciers and admiring stunning views of Cho Danda and Larkya Peak. A gradual ascent on a steep trail to reach the top of the pass. A challenging yet adventurous experience and relish the wonderful views of Himlung Himal, Mt. Manaslu, Mt. Annapurna II, Cheo Himal, Himal Chuli, and Kang Guru of Tibet. Capture the snow-capped peaks, and the

surroundings and descend to Bimthang after spending some memorable time. A view of huge icefalls and a glimpse of Mt. Manaslu and surrounding peaks tease in the backdrop while returning to Bimthang. Stay overnight here.

Time:	Accommodation	Meals:
25km/15.5 miles/7-8 hrs	Lodge/ Tea house	B.L.D

Altitude:

4460m/14632ft,
5106m/16752ft, 3590m/11778ft

Day 12: Trek from Bimthang(3590m/11778ft) to Dharapani (1970m/6463ft)

Admiring the lovely mountain peaks, passing Sangure Kharka, climb down and cross a bridge over Dudh Khola. Walk down the trail of the cultivated land of the Karche valley passing through the rhododendron forest. The lovely views of mani wall, chorten, and green vegetation while ascending and descending through the villages of Gho and Thonje reach a checkpoint. Enter into the Dharapani which falls under the Annapurna Circuit Area. Spend a night at a teahouse.

Time:	Accommodation	Meals:
30km/18.6 miles/7-8 hrs	Lodge/Tea house	B.L.D

Altitude:

3590m/11778ft, 1970m/6463ft

Day 13: Drive from Dharapani(1960m/6463ft)to Besisahar to Kathmandu (1350m/4429ft)

The adventurous Manaslu Circuit Trek comes to an end and returns to Kathmandu from Dharapani. Have breakfast and commence the long day journey on a Local jeep to Besisahar and a local bus to Kathmandu from there. Else, one can book a private jeep and ride from Dharapani to Kathmandu directly if one wishes for a comfortable and hassle-free ride.

Time:	Meals:	Altitude:
180km/111.8 miles/ 10-12 hrs	B.L	1960m/6463ft, 1350m/4429ft

Includes

Accommodation

- 12 nights Lodge Accommodation during the Manaslu Circuit Trek

Meals

- All the standard meals(Lunch,Dinner & Breakfast/The main course) three times a day

Transportation

- Kathmandu/Sotikhola by public bus
- Dharapani/Bensisahar by Public Jeep
- Bensisahar to Kathmandu by Public transportation

Note: if you ask we can arrange private transportation on extra cost.

Extras

- Manaslu restricted area permit
- Manaslu conservation area permit (MCAP)
- Annapurna conservation area permit (ACAP)
- One government license holder trekking guide
- Require porters (2 trekker's - 1 Porter)
- Guide's, Porter's food, insurance, equipment, salary etc.
- First Aid kit
- Water purification tablets for drinking water
- Cookies and Seasonal fruits everyday
- Duffel bag
- Sleeping bags if needed)
- Government vat and local taxes

Excludes

- International airfare
- Nepal visa fee at Tribhuvan International Airport (15 Days US\$30 and 30 Days US\$50, 90 Days US\$125)
- All the accommodation and meals in Kathmandu
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge,

desert etc

- Your trekking gears.
- Extra nights accommodation in Kathmandu due to early return from the trek
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porters.

Trekking Information

Reaching the starting point of Manaslu Trek Soti Khola

The starting point of the Manaslu Circuit Trek from where you will begin your trek is Soti Khola. It is a beautiful small village with natural beauty and the flowing Budhi Gandaki River nearby. The distance from Kathmandu to Soti Khola is about 143.2 km, and it takes over 5 hours to reach the destination.

There are two ways to reach Soti Khola from Kathmandu, and they are

1. By public bus:

- Take a local bus from Kathmandu to Soti Khola. The journey takes about 8-9 hours.
- Buses depart from Gongabu Bus Park in Kathmandu.
- The road is good until Arughat, after which it becomes bumpy.
- Buses may be crowded and uncomfortable.

2. By private jeep:

- Hire a private jeep from Kathmandu to Soti Khola. The journey takes about 5-6 hours.
- Jeeps are more comfortable and allow you to stop for photos and breaks.
- You can find jeeps with tourist number plates (green) or red plates. Green plate jeeps are generally better as they don't have to stop as often.

What makes Manaslu Circuit Trek different from others?

Manaslu Circuit Trek is one of the best off-the-beaten treks in Nepal. This is also why it makes it different from other treks in Nepal. Here are some factors that make Manaslu Circuit Trek unique from others.

Remoteness

One of the unique features of the Manaslu Circuit Trek is its remoteness. The trek starts with the remote villages lacking infrastructure and services. Hence, trekkers must be extra careful with at least other trekkers or guides in case they get lost or fall ill.

Diverse Ethnic Culture

Manaslu Circuit Trek is also well renowned for hosting different types of ethnic people living together in harmony. The inhabitants of this region are Magars, Gurungs, Tharus, and Sherpas. Among many trekking regions in Nepal, Manaslu Circuit Trek is where you can find different ethnic people.

Toughest Terrains

There are many trekking destinations in Nepal. They are easy to trek, but few are at the moderate level; however, Manaslu Circuit Trek lies with the few treks that are quite challenging and often are not recommended.

How Can we prepare for the Manaslu Circuit Trek?

Preparation for the Manaslu Circuit Trek is extremely necessary, considering how challenging the trek is. The preparation for the Manaslu Circuit trek is even more necessary if you are a beginner and don't have prior trekking experience in such remote high-altitude regions. Here are some of the factors that your preparation must be focused on.

Physical Preparations

Manaslu Circuit Trek is a moderately challenging physical trek that takes about 14 to 21 days to complete. Furthermore, each trekking day takes about 6-7 hours to reach from one teahouse to the teahouse. Spending 7 hours per day for over 14 days will surely take a toll on your body, so you must prepare for this situation beforehand. For such a physically complex trek, you have to be physically well prepared. Before the months of the beginning of your trek, prepare physically by indulging in cardiovascular exercises that raise your stamina and strengthen your core. Activities like hiking, swimming, jogging, etc, will also help improve your physical stamina.

Mental Preparation

Mental toughness is just as important as physical fitness. The Manaslu Circuit Trek can be physically and mentally demanding, so you need to prepare yourself for long days of trekking and potential challenges. You can try practicing mindfulness, meditation, or other stress-relief techniques to build mental resilience. A strong mental condition can help you and the crew around you as they can see you as the source of leadership.

High Altitude Preparation

Trekking Manaslu Circuit Trek is all fun and joyful in the lower altitude, but the challenges begin as you climb the elevation and reach the high altitude. Preparing for the high-altitude trek is essential for the smooth operation of your trek. The most common preparation is altitude sickness and acclimatization. Coordinate with the trekking agency and learn the ways to acclimate and the number of days needed for the rest. Furthermore, always prepare for the dynamic weather of high altitude trek, so research the best time to explore the trekking region and plan to trek in those seasons.

Plan proper clothing, gear, and equipment

Another way to prepare for the Manaslu Circuit trek is to know what to pack for the high-altitude trek. Since you will be trekking at high altitudes, you must carry warm clothes, trekking gear, and necessary equipment like sleeping bags and trekking poles. Backpacks, compass, small locks. Etc.

Choosing the Best Trekking Season for Manaslu Circuit Trek

Trekking to Manaslu Circuit Trek is filled with adventure, challenges, and fun. The high-altitude trek provides challenges to any trekkers; however, if you are a beginner, the challenge might be even more. The best way to minimize certain trek challenges is to visit the Manaslu region during the [best time for trekking](#). To check the best time to visit the place, you have to learn about the ideal seasons you will be visiting. So let's get into it.

Autumn

Autumn (mid-September-October-November) is among the best trekking seasons for exploring the Manaslu region. The early part of September receives rainfall as it falls in the post-monsoon season. However, as the days pass, the rainfall stops, and the Manaslu region becomes extremely pleasant to explore through the mountains. The major attractions of trekking in autumn are the colorful views of the skies and mountains and the golden hue color, especially during sunrise and sunset.

Spring

Spring (mid-March-April-May) is considered the best season for the Manaslu Trek. The perfect weather, fully-operated teahouses, better roads (compared to rainy and winter seasons), and daylight hours make the trekking remarkable. In Spring, the trekking trails are covered with blooming flowers like rhododendrons and magnolias. The views during the

Monsoon

Manaslu region is likely to have lots of rain during the rainy season, making it tough to trek. Likewise, a lot of snow during the winter season makes it difficult to trek. Experienced trekkers can do off-season trekking, but it is still considered risky. Trekkers are requested to do organized planning and medications before venturing the Manaslu trek.

Winter

Like the monsoon season, winter is not ideal for trekking. The dynamic weather and extreme climate make the trek a bit difficult. Sometimes, due to extreme weather, your trek path might get blocked, and it can also lead to damage to property and someone

Accommodation in Manaslu Circuit Trek

Accommodation during the Manaslu Circuit trek can be divided into luxury hotels in city areas like Kathmandu Besisahar and teahouses in remote areas like Samdo, Bhrintang, etc. The teahouses are the actual houses that are turned into guesthouses by the owner of the homes.

These family-run accommodations in remote regions provide the trekkers with meals and a resting place. There are some key features of the teahouses, and they are:

Meals

One of the basic amenities of the teahouses is the meals. The teahouses you stay in also have meal facilities. In terms of meals, you will have the choice from local Nepali dishes like Dal, Bhat, Tarkari,

Dhindo, Gundruk, etc, to Western dishes from Pizzas, Burgers, Steaks, Stews, Spaghetti and Macaroni.

Basic Services

One of the most common features of teahouses is that you will get basic services. The basic services include simple rooms with beds, blankets, bedsheets, pillows, etc, to keep you warm. Basic services include showers, baths, toilets, and sink facilities. You may have to pay extra for facilities like a hot shower, internet connectivity, etc.

Limited luxuries

Another common feature that most teahouses share is that they don't have tons of luxuries. You will not get extra services in the teahouses that you will normally get in luxury hotels or even budgeted teahouses.

Warmth and Hospitality

Almost every teahouse in the Himalayan region is built by the loving Sherpa family. They always welcome the guests and serve them with warmth and hospitality. The motto of Nepalese people for guests is "Athiti Deva Bawa," which means guests are the symbol of gods, which is why the priority of the teahouse is to serve guests.

Small and Twin Bed Rooms

One of the most common facilities of the teahouses in Manaslu Circuit Trek is that the rooms are small and often come with twin beds. This indicates that you have to share your room with the other trekkers, whether in the same group or not. However, this policy does not apply to single female trekkers.

Meals in Manaslu Circuit Trek

The tea houses in Manaslu offer various food options for breakfast, lunch, and dinner during the trek. Here are some menus for your breakfast, lunch, and dinner.

Breakfast

Breakfast is the day's first meal, which is important for the upcoming trek. Breakfast should not be skipped for the burst of energy, and since you will be covering more distance in the morning, be prepared and eat a delicious but healthy breakfast. Breakfast options include Tibetan bread with honey, jam, or peanut butter, breakfast with a Chapati sandwich or toast, porridge, paratha, soups, eggs, and pancakes.

Lunch and Dinner

Lunch is the second meal of the day; the trekkers will eat after the initial portion of the day. You will have lunch around 1 to 2 PM. After the long trek day,, you will reach the new teahouse, where you will have dinner. The menus for lunch and dinner are generally the same.

For lunch and dinner, you can enjoy Thukpa & Thenduk, curry and rice, pasta, spring rolls, pizza, macaroni, spaghetti, Chowmein, MoMo, various noodle dishes, potato dishes, snacks, and different types of papad.

Drinks

Additionally, you can choose from a selection of hot drinks such as black tea, milk tea, Tibetan tea, ginger with honey, hot chocolate, and hot lemon. Healthier options include mint tea, ginger tea, and black coffee. For dessert, there are options like rice pudding, chocolate pudding, custard pudding, apple pie, pumpkin pie, apple fritters, and various salads.

You will also get plenty of drink options besides breakfast, lunch, and dinner. Soft drinks like canned juice, Red Bull, Coke, Fanta, and Sprite are available. While alcoholic drinks are discouraged due to the risk of altitude sickness, some options are available at the tea houses, including beer, international brand drinks, local raki, vodka, whiskey, and rum.

Drinking water for Manaslu Circuit Trek

Water is the most important part of the Manaslu Circuit Trek. You have to be careful regarding the drinking water during the high-altitude trek, as healthy drinking water is not readily available. Furthermore, you have to drink up to 5 liters of water every day to prevent yourself from altitude sickness.

During the initial part of the trek, you can buy bottled or sparkling water in the city areas. However, as you climb high, drinking water becomes only available through taps and hand pumps. The direct water from these taps and handpumps is unhealthy, so filter and boil before your trek. You might have to pay extra in the teahouse you stay in to get hot boiling water, which you can store in your leather or cloth water bottle.

Phone Network during the Manaslu Circuit Trekking

Phone networks in the Manaslu region are hard to find. Only 40% of this region has phone signals, which may be unstable. But no worries, as the facility has a satellite phone for emergency contact. The Internet connectivity in the Manaslu region can only be found in a few places. One can get a Wi-Fi facility at Sama Gaun and Samdo by charging extra. Likewise, purchase a 4G sim card with an internet package to use the internet facility.

Sometimes, you might not get phone or internet coverage in higher altitudes, so you can also take plenty of SIM or internet cards. You can purchase Nepali SIM cards in Kathmandu. To get a SIM card, you will need two passport-sized photographs and a copy of your passport. You must fill out a form and pay \$1-\$2. These SIM cards work well in areas with good network coverage.

However, when trekking at higher altitudes in the Manaslu region, there may be weak phone networks where the Nepali SIM cards may not work. You can use the telephone service available at the tea houses in such areas. Additionally, if your SIM card's data package does not work, you can use WiFi services at some teahouses for \$2-\$3.

Transportation for Manaslu Trek

Manaslu Trekking is adventurous as the trails are mostly off-beat. The trek is quite tough to travel from one place to another, so you must be sure about the transportation. You will have to take different types

of modes of transportation.

Buses

Buses are the most common way of transportation during your Manaslu Trek. You can take a bus early in the morning from Kathmandu to reach Macchakhola, the initial point for the trek. Buses are the least expensive means of trekking and the least comfortable means of transportation. You generally take a 35-seater bus, which takes around 9 - 10 hours. If you are uncomfortable with many people and constantly chatter throughout the journey, then it is wise to avoid the bus mode of transportation.

Jeep

Traveling from Kathmandu to Maccha Khola in a private jeep is a popular option for those who want a more comfortable and flexible journey than public buses. Private jeeps can cover the approximately 160-kilometer distance in about 7 to 8 hours, faster than the public bus. Some advantages of taking the jeep for transportation are comfort, convenience, less time, stopping at your will, better for groups, personal space, appropriate road conditions, safety, and security.

Manaslu Circuit Trek Difficulty

Manaslu Trek Nepal is a moderate to challenging trekking destination in Nepal. This destination will be more difficult for beginner trekkers with less experience than the veterans. However, certain factors make it even more challenging for the veterans. Hence, it is wise to learn about the [Manaslu Circuit Trek's difficulty](#) and the factors that create these difficulties before embarking on the expedition.

Factors Affecting Manaslu Trek Difficulty

High Altitude

One of the major factors that affect the trek's difficulty is the high altitude of the trek. The highest elevation of the Manaslu Circuit Trek is Larkya La Pass, which is elevated at the altitude of 5160. The chance of altitude sickness is quite high at this high altitude, making the trekkers feel sick and nauseated. If trekkers suffer from altitude sickness, it is best to lower the altitude and get into medical care immediately.

Distance and Duration

The long distance and duration are another major factor affecting the trek's difficulty. Your trekking agency has curated ideal days in the itinerary, which ranges from 14 to 21 days for the Manaslu Circuit Trek. The length of the Manaslu Circuit is about 180 km or about 110 miles, which means each day, you will be trekking for about 6-7 hours. Trekking for 6-7 hours for more than two or three weeks will surely take a toll on your body.

Dynamic weather and temperature

The weather in the Manaslu region can be unpredictable. There can be heavy rain and snow at any time. This can make trekking hard. It can get as cold as -8°C from December to February, making the trek difficult, especially at higher places. Snow can block the trails or make them tricky to walk. Heavy rain and thunderstorms can cause landslides or slippery trails during the rainy season. The best months for the Manaslu Circuit trek are March, April, May, September, October, and November. The weather is

usually good during these months, with mild temperatures, clear skies, and some rain and snow.

Remoteness

Another major factor affecting the trek difficulty, especially the Manaslu circuit trek, is the region's remoteness. The Manaslu Circuit Trekking route is peaceful and beautiful; however, it lies in an isolated section of Nepal. Due to its remoteness, there is a lack of services and infrastructure.

Permits for the Manaslu Circuit Trek

To trek in the Manaslu region, you need two permits, and they are

Manaslu Restricted Area Permit

The first is the Manaslu Restricted Area Permit (RAP), an important restricted area permit that every trekker must issue beforehand. Restricted area permits have been introduced

Where to Issue: For the Manaslu Restricted Area permit, you can issue it in the Nepal Tourism Board of Bhrikutimandap.

Costs: This permit costs \$100 per person from September to November for the first week and \$15 per day afterward. For December to August, the cost is \$75 per person for the first week and \$10 per day afterward. This permit is valid for up to 30 days.

Annapurna Conservation Area Permit

The second permit is the Annapurna Conservation Area Permit (ACAP). The trekkers must issue the Annapurna Conservation Area permit to explore the Annapurna Sanctuary. It is the preserved area of the region.

Where to issue: You can issue the ACAP in four locations, and they are

- Tourist Service Centre in Kathmandu.
- Annapurna Conservation Area Project (ACAP) office in Pokhara.
- The Nepal Tourism Board office is in Besisahar or Pokhara.
- Department of National Parks and Wildlife Conservation in Kathmandu.

Costs of ACAP: It costs \$30 per person. SAARC citizens can obtain this permit for Rs. 2000.

If you are unsure about the permits, you don't have to worry; your trek and tour company will usually acquire these permits for you.

Travel Insurance

Travel Insurance is not compulsory for trekking in Nepal. However, it is very important if you don't want to pay unnecessary expenses and want to go out of the budget. Travel insurance can cover these expenses during high-altitude treks, like in Nepal.

- Emergency Medical expenses
- High Altitude Helicopter rescue

- Damage of Property
- Loss of Baggage
- Lawsuit etc.

If you don't have travel insurance, these expenses will go out of bounds. The helicopter rescue alone can cost over \$5000. However, you must remember which expenses it doesn't cover when issuing travel insurance. The expenses that Travel Insurance doesn't cover are:

- Expenses that include negligence
- Expenses occurred due to a prior medical condition.
- Expenses that occur due to drug abuse.
- Any expenses that hint at terrorist activities.

A Day in Manaslu Circuit Trek

6 AM to 7 AM: The day begins at 5 to 6 AM early in the morning with a delicious breakfast. After having breakfast, you will then prepare for the trek ahead. Remember that the initial portion of the trek is ideal for covering most distances, so you will need more energy. Hence, it is essential to have breakfast and not skip it.

8 AM to 12 PM: The trek begins around 8 AM, and for four to five hours, you will trek continuously in the remote and difficult trails of the Manaslu region. But since you will be fresh from overnight sleep and energetic from breakfast, you can cover more distances during this portion of the day. During this time, you will visit several important attractions during the day, like temples, Ghumbas, caves, museums, etc.

12 to 1 PM: It's time for lunch after initial hard trekking activities. Your guide will take you to the nearest quality restaurant or hotel for a delicious lunch. Choose the best local Nepali dishes or Western dishes for lunch. This is also time for brief rest and acclimatization. After about 1 hour of lunch and rest, you are not ready to continue your trek.

1 PM to 4 PM: During this part of the trek, the terrain becomes rocky, and the trees become sparse as you climb to higher altitudes. The air gets thinner, and you might feel the effects of the altitude, but it's important to maintain a slow and steady pace. The breathtaking scenery helps to distract from the physical exertion. This is a great opportunity for traveler influencers or photography enthusiasts because you can capture majestic peaks like Manaslu or Everest Base Camp Trek. Along the way, you might see yak caravans carrying supplies, which adds to the sense of adventure. You may also pass by historic monasteries, Mani walls, and stupas, adding to the cultural experience. By 4 to 5 PM, you'll reach the next teahouse where you'll spend the night. These basic lodges offer a bed, a shared bathroom, and a common dining area. After checking in, there's time to rest, explore the village, or enjoy the panoramic views.

5 PM to 7 PM: The sun sets around 5 PM, and reaching the new teahouse area is important within sunset. Take your baggage to your room, and you can rest briefly. After freshening up, you can stroll around the village, meet locals, visit temples, monasteries, and restaurants, and talk with locals around the fire.

7 PM to 8 PM: It's dinner time in the teahouse. You can choose from local Nepali dishes like Nepali Dal Bhat or western dishes like pizzas, momos, and burgers for lunch. Make sure you have eaten well, but

don't eat too much so that you won't be able to fall asleep.

8 PM to 10 PM: The day's final stretch in a Manaslu Circuit Trek is upon us. You can keep strolling the village and talk with local people or go to your teahouse room to sleep. Ensure you are well rested due to today's trek and the next day's hard trekking day. Going to bed around 8:30 to 9 PM is wise to get as much REM sleep as possible.

Extra Personal Expenses During The Trek

When trekking in the mountains, there are many uncertainties to consider. This means there is a high chance of having extra expenses during the trek. It's also important to note that access to ATMs and banks is difficult in these areas.

The mountain trekking region like Manaslu is complicated mainly because, despite preparing and planning, you have to be wary of the uncertainties. You may have to incur extra personal expenses during the trek, so preparing for the unknown is the best choice.

Therefore, it's recommended to carry extra cash for the following purposes:

- For your Travel Insurance.
- Extra or personal porter.
- Hot showers, internet access, battery charging, laundry, and other extra mountain services.
- Flight cancellation due to extreme weather conditions
- Emergency evacuation cost.
- Souvenirs from the Himalayas include medicinal herbs, paintings, and other things.
- Any drinks, energy bars throughout the trek, tips to the guides and porters at the end of the trek.

Altitude Sickness and Acclimatization at Manaslu Circuit Trek

Altitude sickness is common in the mountains over 3000 meters elevation. This sickness arises when the trekker's body can't cope with the climate, weather, and, most importantly, the oxygen levels of the higher altitude. The symptoms of altitude sickness are headache, nausea, breathlessness, vomiting, loss of appetite, and, in extreme cases, hallucinations and unconsciousness.

Acclimatization

Acclimatization at Manaslu Circuit Trip is a prominent way to reduce the chance of altitude sickness. The main objective of acclimatization is to give your body enough chance to get used to the high-altitude trek's weather, climate, and oxygen levels. Hence, to master proper acclimatization, following the motto of hiking high and sleeping low is important.

This means that no matter how high you are hiking, you should always lower your altitude for sleeping. Furthermore, in long, high-intensity treks like the Manaslu trek, it is important to maintain a lower altitude and only climb the elevation gradually. One of the main deprivement of beginner trekkers is the misconception of rushing towards the peak quickly, which could become a huge problem in the long run.

Hence, proper acclimatization is the main remedy for altitude sickness. However, you must also focus on other factors like dehydration, body fatigue, lack of fitness, etc., to ensure less chance of altitude

sickness. In any case, always carry medicines like Diamox to relieve you if you have the symptoms instantly.

Keep in mind that the effect of altitude sickness can range from mild to extremely severe, and the patient might have to be admitted to an emergency medical condition. So, minimizing or even curing the risk of altitude sickness is necessary. One of the best ways to remedy altitude sickness is acclimatization. So let's learn more about it.

Equipment checklist for Manaslu Circuit Trek

Trekking on the off-beat path is an extraordinary experience. To make it more remarkable proper equipment is required. Thus, our HST representative provides you with the necessary equipment checklist and mostly preferred lightweight and they are mentioned below:

Upper Body: -

- A long-sleeve thermal base layer
- Trekking shirt
- Insulation layer
- fleece jacket
- Warm Down Jacket
- Gloves
- waterproof jacket
- T-Shirt lightweight

Head: -

- Beanie and ear warmers
- Sunhat & Scarf
- Headlights with extra batteries

Face: -

- Sunglasses with UV protection
- Sunscreen
- Dust Masks
- Lip Balm
- Face /Body wipe

legs & Boots: -

- Trekking Pants two pairs
- waterproof jacket
- Trekking boots
- Sport Shoes
- Gaiters
- Crampons (If snow or Ice)
- Slippers
- Thermal Leggins

- Underwear & thick Socks

Essentials Gear: -

- Trekking pole
- Sleeping bag
- Towels
- Raincoat
- Water bottle
- Backpack or Day pack

Toiletries: -

- Quick drying towel
- Toilet paper
- Toothbrush
- Toothpaste
- soap
- Shampoo
- Small mirror
- Nail cutter

Personal accessories: -

- Money
- Camera
- Phone
- Watch
- Power bank
- Extra batteries for the Camera

Extra: -

- Diary & Pen
- Books
- Extra Passport copy and Photos
- Binocular
- Firsts Aid Kits

Note: The above list can be customized as per the seasons and necessity of the trekkers.

Luggage limitation for Porter

Porters are one of the key people in the trekking journey. They carry the luggage on their back with the help of a strap and ascend and descend on the rugged, slippery twist-and-turn trails. They perform commendable work, which amazes the trekkers, and respect grows for them. Porters mostly carry luggage that is more than their body weight. But, concerning all factors like health and difficulty level, the maximum luggage limitation is 66 pounds, which is approx. 20 kg.

So, if you want to make your trek free of stress and not worry about carrying the luggage, please hire the porters. Furthermore, the income of these porters will help them increase their living conditions, develop the local areas, and increase employment opportunities. If you are happy with your porter's services, you can also tip them for an extra amount. The tip amount is completely your choice.

Trip Safety

The trekking trip with HST is in safe hands as the guides are well-trained, professional, seasoned adventurers with over one decade of experience. They are experts in their fields, technically competent, friendly, and have proven safety performances with no casualties. Trekkers' safety is topmost priority.

Thus, personal protection equipment and first-aid kits are readily available with guides. The itinerary is designed in consideration of proper acclimatization to accomplish the trek. One of the most important pieces of advice while traveling to the Manaslu region is to stay on the side of a wall while mules transport goods.

There is a chance of mules pushing, causing mishaps, and to prevent it, it is advisable to let the mules pass and stick to the side of the wall. Hiring a guide for the Manaslu Trek is mandatory, and solo travel is prohibited. The guide makes your trip journey smooth and safe. HST is always doing its best to meet the diverse needs of international client.

Tipping in Nepal

The tour operators of HST are members of the government-registered Trekking Agencies Association of Nepal. You may wish to tip the guides and porters and it is completely your personal choice. You may tip about 10% of the trekking cost or more than that.

Benefits of Choosing Hillary Step Treks (HST)

- Our experienced team of over one decade has accomplished treks in Manaslu Treks and other treks too.
- Our guides are fluent in English, and Nepali dialects. They know the terrain, culture, people, and the Manaslu region through & through.
- HST provides you with the best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team. Thus, in case of an emergency first-aid kit or provision of rescue teams as a requirement.
- We are a government-registered company providing you with real care services at the best reasonable rate.
- Our company also has 70% repetitive clients over the years which shows their trust in us.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

FAQs of Manaslu Circuit Trek

Is the Manaslu Circuit Trek harder than the Annapurna Circuit Trek?

Yes, the Manaslu Circuit Trek is generally considered harder than the Annapurna Circuit Trek. The Manaslu trek involves more remote and rugged terrain, higher altitudes, and fewer amenities than the Annapurna Circuit. It also requires crossing the Larkya La Pass at 5,106 meters, which can be more challenging due to its elevation and weather conditions.

Who climbed Manaslu?

Manaslu, the eighth-highest mountain in the world, was first climbed on May 9, 1956, by a Japanese expedition led by Toshio Imanishi and Gyalzen Norbu. The successful ascent was part of a broader effort by Japanese climbers to conquer the peak.

Do you need oxygen to climb Manaslu?

Yes, climbers often use supplemental oxygen to climb Manaslu, especially at higher altitudes. Manaslu is the eighth-highest mountain in the world, and its summit reaches 8,163 meters. While some highly acclimatized climbers might attempt the summit without supplemental oxygen, it is generally recommended for safety and to reduce the risk of altitude sickness.

How do you prepare for the Manaslu Circuit trek?

To prepare for the Manaslu Circuit trek, build your physical fitness through regular cardio exercises, strength training, and hiking with a loaded backpack to simulate trekking conditions. If possible, acclimatize to altitude and learn about altitude sickness and its prevention.

Can I trek the Manaslu circuit solo?

No, You can't travel solo as Manaslu Circuit is a restricted area. The Nepalese government requires trekkers to be accompanied by a licensed guide and porter for safety reasons. This regulation ensures that trekkers are properly supported and that the remote and challenging terrain is navigated safely.

Do you need crampons for the Manaslu Circuit?

Yes, you need crampons for the Manaslu Circuit during winter (December to February). They help you walk safely on ice and snow without slipping. Microspikes, which have small spikes, can also help you walk on moderate ice or snow.

What are some fun facts about Mount Manaslu?

Mount Manaslu, the eight-highest peak in the world at 8,163 meters, is known for its striking beauty and remote region in Nepal's Gorkha District. Its name means "intellect" or "soul" in Sanskrit, reflecting its spiritual significance. The surrounding region offers a diverse ecosystem, from subtropical forests to alpine meadows, and features stunning glaciers like Manaslu Glacier.

How many people trek the Manaslu Circuit?

Each year, around 1,000 to 2,000 people trek the Manaslu Circuit. This number can vary based on seasonal conditions, travel restrictions, and the popularity of trekking routes. The Manaslu Circuit is less frequented than some other treks in Nepal, like the Annapurna Circuit, which helps maintain a more remote and tranquil experience.

What is Mount Manaslu's death rate?

Manaslu is known as the "Killer Mountain" because it has many climbing deaths and fewer successful summits than other mountains of similar height. So far, 89 climbers have died on Manaslu, and only 2,172 climbers have reached the top.

How long is the Manaslu Circuit trek?

The Manaslu Circuit trek typically lasts 12 to 14 days, depending on the chosen pace and itinerary. This duration includes acclimatization days, crucial for adjusting to high altitudes and reducing the risk of altitude sickness.

What is the highest point of the Manaslu Circuit trek?

The highest point on the Manaslu Circuit trek is the Larkya La Pass, 5,213 meters above sea level. Due to its elevation, this high-altitude pass is a significant challenge, and proper acclimatization is essential to avoid altitude sickness.

What is the success rate of Manaslu?

The success rate for climbing Manaslu is around 60%. However, this rate can vary depending on weather conditions, the climbers' acclimatization, and experience level. Japanese climber Yuko Maki ascended the peak in the spring of 1956.

How much does the Manaslu Circuit cost?

The cost of the Manaslu Circuit trek typically ranges from \$750 to \$1500, depending on various factors such as the duration of the trek, the level of services, and the inclusion of additional amenities.

Can you trek Manaslu without a guide?

No, you cannot trek the Manaslu Circuit without a guide. Since 1991, regulations have required trekkers to be accompanied by a registered guide or join an organized group due to the trek's remote location and potential risks.

Why is Manaslu so popular?

Manaslu is popular due to its stunning natural beauty, diverse landscapes, and sense of adventure. As the eighth-highest peak in the world, it provides a less crowded alternative to more frequented treks like Annapurna and Everest, still offering breathtaking views and challenging opportunities.

Address

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