



Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

[+977 9851069558](tel:+9779851069558)

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/people/myeveresttrip)

12 Days Manaslu Circuit Trek

- Duration: 12 Days Days
- Max Altitude: 5,213 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights of Manaslu Circuit Trek

- Majestic up-close view of Mt. Manaslu
- Stunning sights of Annapurna, Ganesh Himal, Cheo Himal and Ngadi Chili
- Distinct Himalayan Culture and Lifestyle
- Alluring snowy landscapes
- Rushing rivers, Torrential waterfalls, suspension bridges, lush forests, high hills and many more
- Riveting journey through rugged terrains and challenging trails
- Tibetan culture and ancient monasteries
- Great sense of achievement through conquering Larkya La (5,160m)
- Distinct wildlife species like Red Pandas, Snow Leopards, Eagles, Musk-deer, and Himalayan Tahr, along with diverse flora like Rhododendrons, Pine forests, and many more
- Budhi Gandaki Valley and Manaslu Conservation Area

Overview

Through the captivating Manaslu Circuit Trek, you can go on an exciting adventure, see stunning views of the majestic Himalayan range, and feel the lively atmosphere of the Himalayas. Exploring the wonders of the Himalayas, sightseeing in majestic snowy landscapes, enjoying the Himalayan lifestyle, and experiencing the local Himalayan culture all contribute to the attraction of the 12 Days Manaslu Circuit Trek.

This trek takes you through rugged trails, rushing rivers, torrential waterfalls, diverse terrains, elevated hills, remote villages, and distinct Himalayan flora and fauna. Action-packed Manaslu Circuit Trek 12-day itinerary takes you to the lap of Mt. Manaslu (8,163), the 8th tallest mountain in the world.

It is a staggering 13-day long trek filled with riveting moments along the way. With the beginning and departing paths being different, this trek feels incomplete until you catch your ride from Syange to Kathmandu, which offers an exhilarating experience.

On top of that, Manaslu Circuit Trek is less crowded than other mainstream trekking sites like Everest Base Camp Trek and [Annapurna Circuit Trek](#), and this offers you quality time in the Himalayas with mesmerising views, stunning explorations, and first-class accommodation. You shall dig into the atmosphere of the Himalayas and the Himalayan lifestyle while exploring numerous village settlements in-depth, as it isn't as busy as other mainstream trekking sites.

This further enhances your local cultural immersion, exploration of monuments, and relishing mountainous experiences. The untouched beauty of the Himalayas, the pristine Himalayan lifestyle, and the unique Himalayan culture shall leave you stunned.

You may also like:

- [8 Days Annapurna Base Camp Trek](#)
- [Classical Annapurna Circuit Trek](#)
- [Manaslu Tsum Valley Trek](#)

Manaslu Circuit Trek Permit Cost

The government of Nepal has designated the Manaslu Region, from Jagat to Dharapani, a restricted area for tourism management. You must have a special permit to enter the Manaslu.

Special Restricted Area Permit for Manaslu (Manaslu RAP)

You must have a Manaslu trek permit from Jagat until reaching Sama Gaun. After passing through the village of Sama, you need an ACAP entry permit. The cost of the Manaslu RAP varies depending on the duration of your stay between Jagat and Dharapani. In Sama Gaun, you'll find the final checkpoint for RAP.

From September to November, the permit fee is \$100 per person for the first seven days. After that, it is an additional \$15 per person per day. *From December to August*, the cost is \$75 per person for the first seven days, with an extra \$10 per person per day starting from the eighth day.

Manaslu Conservation Area Project (MCAP Permit)

The Manaslu Conservation Area Permit is necessary from Philim, where the Manaslu Conservation Area begins. The pricing remains the same throughout the year, at \$30 per person. Also, no restrictions or pricing changes exist on the number of days spent inside MCAP.

Annapurna Conservation Area Project (ACAP Permit)

The Manaslu Trek Permit is necessary from Dharapani until you leave ACAP in Besi Sahar. The price remains consistent at \$30 per person throughout the year—there are no restrictions or pricing changes on the days spent inside ACAP.

How is Manaslu Trek 12 Days different from other Trek?

12 Days Manaslu Circuit Trek offers breathtaking views of Himalayan Vistas and stunning snowy landscapes. It presents a magnificent up-close view of Mt. Manaslu and magical glimpses of [Annapurna](#), Ganesh Himal, Ngadi Chili, Himalchuli, and many more. Since the beginning of Manaslu Circuit Trek, you'll engage in sightseeing elevated hills, gushing waterfalls, soaring rivers, charming village settlements, and lush valleys.

Moreover, the beauty of this region is enhanced by two or three when a clear day summons naked picturesque snow-capped mountains. The trails take you through dense pine forests, rhododendrons, diverse landscapes, tranquil alpine lakes, and high mountain passes, offering splendid views of the Himalayan range.

Mesmerizing views

The beauty of the 12 Days Manaslu Circuit Trek is immeasurable as this trek takes you to Larkya La, the tallest point of this hike, situated at a level of 5,160m above sea level. The scenic beauty from Larkya La leaves you in a tranquil state and quenches your thirst through the pristine mountain range.

It offers a stunning view of the gigantic Mt. Manaslu and the magnificent landscapes of the surrounding mountains. Moreover, other viewpoints like Samdo village, Deng, and Dharmasala offer the Himalayan region's mystical beauty and insights into the Himalayan Lifestyle and local culture.

Cultural Immersion

The captivating views of the high Himalayas in the Manaslu region invite numerous trekkers, visitors, and mountain climbers. *This region is the heartland of diverse communities like Gurungs, Tamangs, and Tibetans. It is blended with Hinduism (lower area) and Buddhism (Upper region).*

Many festivals like Lhosar, Mani Rimdu, Tsum Shagya Centennial, and others are celebrated majestically, showing enthusiasm and respect for each other cultures. They share the same space and live under the same cold breeze of the Himalayas. Different ethnic groups have their own culture, customs, and traditions, while all communities support and respect each other culture.

Along the way to Mt. Manaslu, you'll encounter numerous villages with ancient monasteries and prayer flags. Sama and Samdo villages mainly hold numerous monasteries and Tibetan practices that will enlighten your spirituality. *The fusion of the Manaslu region's cultural variation and natural beauty has attracted people worldwide.*

Distinct Flora and Fauna

Manaslu region is rich in diverse flora and fauna, and the [Manaslu Conservation Area](#) is home to many species of plants and animals. This trek gives you insights into the diverse plant species of the Manaslu region, as you'll be trekking through dense forests of rhododendrons, pine, and bamboo trees. Moreover, this trek encompasses sights of different bird species, including the Himalayan Monal (the National bird of Nepal).

The Manaslu Circuit Trek 12 Days itinerary also presents magical glimpses of Himalayan wild species like

Red Pandas, Himalayan Tahr, Monkeys, Musk Deer, and Snow Leopards. This trek allows you to explore more of the biodiversity of the high Himalayan region.

Rip-roaring Adventure

You'll be navigating through rugged trails, challenging terrain, dense forests, and high mountain passes during your Manaslu Circuit Trek. This trek demands your attention and trekking skills as you'll be facing challenging paths along the way. Crossing the soaring rivers through high suspension bridges, passing through rocky trails while elevating, and spending 13 days in completely remote areas pump your adrenaline and award you with a riveting journey.

Manaslu Circuit Trek is an exhilarating journey from beginning to end, as the returning route differs from the starting route. You'll be encircled by alpine lakes, cascading waterfalls, and gigantic mountains, and the dynamic weather of this region will make your journey awe-inspiring and rip-roaring.

Less Crowded

Manaslu Circuit Trek is less traveled than other mainstream trekking sites like [Everest Base Camp Trek](#) and Langtang Valley Trek. Though the beauty of the majestic mountains and snowy landscapes awaits, due to its remoteness, it is less traveled than others. This summons enthusiastic trekkers who want to relish the beauty of the Manaslu region while experiencing its thrilling adventure.

This trek takes you to the lap of mountains, and being less crowded, it provides you with a peaceful and silent time with the high Himalayas. On top of that, you shall get insights into the Himalayan lifestyle and immerse yourself in local cultures and customs. Furthermore, this eradicates competition in acquiring first-class accommodation facilities and opens a wide range of exploration sites.

Remote experiences

The 12-day Manaslu Circuit Trek takes you through different villages and settlements to the extreme altitude of Larkya La. The high Himalayan region of Manaslu region is deprived of standard city facilities, which makes your trek more adventurous and gives insights into the traditional way of living and nature-dependent lifestyle.

Staying without a mobile phone or internet for days in the presence of the Himalayan breeze is truly a fantastic experience. The Manaslu region's sense of remoteness allows you to immerse yourself in local practices and delve into mesmerizing views of mountain ranges. This enhances the overall trekking experience, as you'll relish the raw beauty of nature.

Being disconnected for days and trekking to the lap of mountains through different villages, forests, rivers, and waterfalls with just basic supplies and facilities is truly astounding. Moreover, it gives you insights into environmental adaptation, distinct cultures, and ancient ways of living.

Himalayan Lifestyle

Living under nature, the lifestyle of the Himalayan region is nature-dependent. The economic sources of the Himalayan people are tourism, agriculture, local farming, and animal husbandry. Their crop cultivation includes potatoes, barley, maize, buckwheat, and many more. Their domestic species include Yak and Sheep. You shall get insights into the nature-dependent lifestyle during your trek to the Manaslu region.

Moreover, the people of the Himalayan region are warm-hearted and shall welcome you with warm hospitality. *The Himalayan lifestyle is truly captivating.* It is stepping into areas of nature composed of stunning landscapes and rich cultures and traditions.

The lifestyle of the Himalayan people enlightens one's peace of mind and develops a deeper connection with nature. Manaslu Circuit Trek undoubtedly takes you to a series of lifestyles connecting different places and their ways of living, ultimately presenting you with a wonderful experience.

Best Season for Manaslu Circuit Trek

Regarding trekking in the high Himalayan region, it is important to consider climatic conditions and plan your trek during a suitable time. Spring (March to May) and Autumn (September to November) are perfect for planning your trek to Manaslu. During this time, your trekking journey will be enhanced by double due to the ideal weather. This season gives you access to clear skies and warm and dry weather.

Clear and sunny days invite magical views of naked mountains, stunning sunrises, and sunsets. This ensures your trekking journey is on time without risks of delays or postponement. The exquisite weather summons outstanding sights and provides you with a stunning experience. On top of that, you will immerse yourself in Nepali culture and festivals during Autumn. Autumn encloses many of Nepal's main festivals, like Dashain, Tihar, and Mani Rimdu.

Planning your trek during this time will give you a quality experience and insights into Himalayan culture and lifestyle. Spring and Autumn provide a clear view of mountain vistas, and moderate temperatures reduce extreme coldness and its risks, like hypothermia and frostbite. In addition, you can witness the breathtaking dawn and sunlight penetrating the mountainside.

Also, spring and Autumn have low risks of rainfall, snowfall, and windstorms, ultimately contributing to your overall trekking experience in the mountain region. Furthermore, the Manaslu Circuit Trek allows you to witness and engage with local farming, agriculture, animal husbandry, and the Himalayan lifestyle.

Manaslu Circuit Trek Cost

The cost of the Manaslu Circuit Trek depends on various factors, such as the duration of your trek, transportation preferences, the level of comfort you seek, and hiring extra porters. The cost ranges from \$930 to \$1500.

This package includes permits, guides, accommodation, and food, while your expenses and shopping are up to you. Accommodation in teahouses is more affordable, but we also have deluxe packages if you desire supreme treatment. You may also like to tip guides and porters if you wish.

Day 01

Drive from Kathmandu to Maccha Khola

Kathmandu Elevation: 1400m

Maccha Khola Elevation: 900m

Elevation loss: 500m

Drive duration: 8-9 hours

After you arrive in Kathmandu, we'll begin our trek the next day. The day before, necessary preparations will be done, and we shall continue our Manaslu Circuit Trek with a drive-through from Kathmandu Valley to Maccha Khola. We drive alongside the thundering Trishuli River, relishing the beauty of elevated hills, dense forests, gushing waterfalls, local village settlements, and distant mountainous landscapes.

After a drive-through of a few hours, we'll reach Soti Khola of Gorkha District. We'll continue through dense forests and local settlements with glimpses of the mountain range at a distant location. We pass through Liding, Lapubesi, and Nauli Khola on the way alongside the Budhi Gandaki River before reaching our 1st day's destination, Maccha Khola, where we will rest our night.



Day 02

Trekking from Maccha Khola to Jagat

Maccha Khola Elevation: 900m

Jagat Elevation: 1410m

Elevation gain: 510m

Trek duration: 6-7 hours

The actual trekking begins today after your early morning breakfast at Maccha Khola. We have a long trek to take before reaching Larkya La, the highest point of our trek. This day involves trekking for about 6-7 hours along the rugged trails and elevating about 500m in altitude. The beginning of the trek fuels your enthusiasm and excitement with magical glimpses of Ganesh Himal (7422m).

On this day, you'll walk through numerous stopovers and village settlements that will get you stunning views and insights into traditional life. You'll pass through Khorlabesi, Tatopani, Dobhan, and Lhakpa alongside the Budhi Gandaki River before reaching Jagat, where we'll spend our night. Jagat is a small

village settlement rich in natural beauty and cultural heritage. It offers panoramic views of mountainous landscapes and high, rugged hills.

Day 03

Trekking from Jagat to Deng

Jagat Elevation: 1410m

Deng Elevation: 1804m

Elevation gain: 394m

Trek duration: 6-7 hours

The trekking continues, setting footprints along the trails to Deng through Sirdibas and Salleri. This day, the trek begins through trails of bamboo forests alongside the Budhi Gandaki River. Your heart pumps with excitement and fear as the thrilling journey magnifies, and you'll have to cross the rushing river through a high-suspension bridge. From there, you'll pass through terraced farms of wheat and Barley of Philim and Ekle Bhatti. A stone-stacked entrance gate in Ekle Bhatti welcomes travelers and trekkers to the region.

After leaving terraced farms behind, you'll cross through a few more suspension bridges. Then, the trek passes through Nyak and Nyak Phedi, where you can see gushing waterfalls, lush green vegetation, and picturesque landscapes. After rest and lunch at Nyak Phedi, you'll trek towards Deng with fresh legs. Deng is a traditional Gurung village and a popular stopover for sightseeing, where you can enjoy 360-degree views of landscapes.

You'll understand the approaching mountain after you reach Deng and catch a majestic view of Shringi Himal (7161m). You can also have some photo sessions on the bank of the roaring river and explore local village settlements and cultures. Most of the households in Deng are made of stone and gravel, and you'll spend your night at one of the finest teahouses in the city.

Day 04

Trekking from Deng to Namrung

Deng Elevation: 1804m

Namrung Elevation: 2630m

Elevation gain: 826m

Trek duration: 6-7 hours

After your breakfast, you'll continue your trek, passing through trails of lush green vegetation and many Tibetan Mani Walls. Mani walls are walls made up of stones with Buddhist scriptures. It holds the religious importance of Buddhism with Buddhist mantras and prayers. Visiting such places shall invite good fortune into your life along with spiritual blessings. From here, you'll be passing through trails of oak and rhododendron forests along with relishing the beauty of magnificent waterfalls. You'll also pass through numerous suspension bridges and numerous places like Rana, Bihi, and Bihi Phedi until finally reaching the famous stopover, Ghap.

Ghap serves you magical views of the mountain range and lush green landscapes and is the famous stopover for trekkers and nature enthusiasts. From here, you can walk along the path while enjoying the beauty of nature. After 3-4 hours of trekking from Ghap, you'll finally reach Namrung, which serves you a magical view of Shringi Himal, Ganesh Himal, and Mt. Manaslu. Nestled in the lap of the Himalayas, Namrung village serves you stunning mountainous landscapes, verdant valleys, and gushing waterfalls. Namrung is a traditional village with Gurung people and you shall get insights into the Gurung lifestyle and culture. You'll spend your night at Namrung at one of the finest lodges, preparing yourself for the next day.

Day 05

Trekking from Namrung to Lho

Namrung Elevation: 2630m

Lho Elevation: 3180m

Elevation gain: 550m

Trek duration: 5-6 hours

We'll be continuing our journey from Namrung after early morning breakfast. This day marks about 4-5 hours of trek while elevating to about 550m in altitude. Originally, we'd go to Samagaon from Namrung, but as we'll have to maintain our pace while ascending, we'll be spending our night at Lho. The trail also passes through landslide-prone areas and it demands careful observation.

Along the way, you'll pass through trails of Juniper bushes and Lihi village. We'll enjoy the stunning views of landscapes along the way and finally cross through the stream of Lindanda Glacier. From there, we go along the trails and reach Sho village which serves excellent views of Simnang Himal. We meet our dusk at Lho village, where we'll stay overnight. Lho is a traditional Tibetan village inhabited by Nubri people and serves outstanding views of the mountainous region. Lho village is rich in Tibetan culture and has many monasteries. One of the famous monasteries of this village is Ribung Gompa, which serves religious and spiritual importance. This site also serves excellent landscapes and aerial views of the region.



Day 06

Trekking from Lho to Samagaon

Lho Elevation: 3180m

Samagaon Elevation: 3530m

Elevation gain: 350m

Trek duration: 4-5 hours

The trek begins the next day from Lho to Samagaon. It takes around 4-5 hours of trekking to reach Samagaon. You'll maintain your pace while trekking, and you'll only be ascending by 350m this day. The trek serves to be easy and enjoyable as you'll be catching beautiful sights of the mountainous range. You'll be trekking alongside the Budhi Gandaki River and finally reaching Shyala village. Shyala village is a small settlement that is surrounded by towering Himalayan Peaks and is rich in nature and agricultural fields. This place serves scenic views of the surrounding mountains along with Mt. Manaslu. From there, we'll walk along the trails and finally reach Samagaon, where we'll spend our night.

Day 07

Acclimatization at Samagaon

This day marks a rest day of your trekking journey. As we're ascending in altitude, acclimatization is crucial to let our body adapt to the changes in atmospheric pressure and oxygen level. Though it's a rest day, you'll be exploring the local village and nearby settlements on this day. You'll be presented with the optional choice of visiting Birendra Taal or Pung Gyen Gompa on this day. Both are located near Samagaon and offer spectacular views of Mt. Manaslu. Whether visiting the lake that is located in the heart of the mountain or visiting a beautiful Buddhist monastery in the lap of the Himalayas, you'll be rewarded with stunning sights and marvelous experiences.

Day 08

Trekking from Samagaon to Samdo

Samagaon Elevation: 3530m

Samdo Elevation: 3860m

Elevation gain: 330m

Trek duration: 4-5 hours

After proper acclimatization, you'll begin your trekking journey toward Samdo. Today's trek will be comparatively easy and pleasant. We'll walk along the upstream of the Budhi Gandaki River and finally through Juniper and Birch forests. After 4-5 hours of trekking while elevating more than 300m in altitude, we reach Samdo village. Samdo village is a beautiful village with local culture, traditions and numerous monasteries and provides stunning mountainous sights. Along the way, you'll encounter numerous Mani walls encrypted in prayers and mantras. Samdo is a Tibetan village inhabited by the Bhotia community. It offers majestic sights of the Himalayas and has modest accommodations in the finest teahouses and lodges.

Day 09

Trekking from Samdo to Dharamsala

Samdo Elevation: 3860m

Dharamsala Elevation: 4460m

Elevation gain: 600m

Trek duration: 4-5 hours

This day marks a thrilling trekking journey as you'll be crossing the Budhi Gandaki River through a wooden bridge and ascending higher compared to other days. This shall enhance your trekking experience while adding magical glimpses of mountains to your sight. This day, you'll pass through Athahra Saya River and Larke River while observing many Mani walls along the way. It takes around 4-5 hours of trekking through trails to reach Dharamsala, also known as Larkya La Phedi. Larkya La Phedi presents you with outstanding views of Larkya Peak and Naike Peak. Along with that comes the astonishing Larkya Glacier, which is located along the way before reaching Dharamsala. We'll be spending our night at Larkya Rest House in Dharamsala. Dharamsala offers you a beautiful close view of Mt. Manaslu.

Day 10

Trekking from Dharamsala to Larkya La to Bimthang Village

Dharamsala Elevation: 4460m

Larkya La Elevation: 5160

Elevation gain: 700m

Bimthang Elevation: 3720m

Trek duration: 8-9 hours

This is the day we have been trekking for days to reach. Today, we'll be resuming our trek after our early morning breakfast at Dharamsala. The day also marks challenges along the way as we'll be reaching the highest point of this trek, i.e., Larkya La which is at an altitude of 5,160m. You'll be walking along the moraines of Larkya Glacier and the icy trail while elevating until you reach Larkya La Pass.

From there, you'll catch the phenomenal views of Mt. Manaslu up very close. Along with that, you'll behold the panoramic snowy landscapes of the neighboring mountains like Annapurna (7937m), Himlung (7126m), Larkya Peak (6249m), Ratna Chuli (7035m), Cheo Himal and Kang Guru (6981m). After relishing the majestic beauty of the mountainous range, we further walk along the moraine to the grassy moraine and start to descend towards Bimthang village. After a long day of trekking through uphill and downhill, you'll be spending your night at Bimthang village.

Day 11

Trekking from Bimthang Village to Dharapani

Bimthang Elevation: 3720m

Dharapani Elevation: 2300m

Elevation loss: 1420m

Trek duration: 7-8 hours

As the Manaslu Circuit Trek approaches an end, we'll start descending towards Dharapani. After early morning breakfast, we walk along the Rhododendron, oak, and pine forests, leaving behind the Himalayan vistas, Hampuk and Yak Kharka, and reach Kharche. From there, you'll pass through Gho, the local village settlement of the Gurung community. Along the way of descending, you'll cross Tilije and Thonje and finally reach Dharapani. You'll spend your night at Dharapani at one of the first-class lodges. Dharapani is one of the beautiful villages that serve magnificent views of the Himalayas. If you have ample time, you can also consider Annapurna Circuit Trek right after Larkya La Pass.

Day 12

Drive through from Dharapani to Kathmandu

Dharapani Elevation: 2300m

Kathmandu Elevation: 1400m

Elevation loss: 900m

Total duration: 8-9 hours

This is the last day of the Manaslu Circuit Trek, and it's time to bid farewell to the beautiful Manaslu region. You'll catch a private jeep for heading back to Kathmandu directly from Dharapani. This facility is arranged for you through our packages while saving you extra time and energy. The journey was exciting and amusing, and while the Manaslu region may yearn for you, the beauty of the Manaslu region will pertain in your memories, and you shall rejoice in the nostalgic vibe of the once-in-a-lifetime experience of the Manaslu Circuit Trek.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu to Machha Khola - Dharapani to Kathmandu Private Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement

- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter).
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

Do I need permits for the Manaslu Circuit Trek?

Manaslu Circuit Trek takes you through several essential areas, and you need to acquire the required permits before heading for Manaslu Circuit Trek.

“Note: Tsum Valley permit is only required if you’re going to Tsum Valley.”

How difficult is the Manaslu Circuit Trek?

The Manaslu circuit trek is moderate in terms of difficulties. It covers roughly 177 km in total distance and is 12 days trek. You may find this trek challenging with its steep ascents and descents, but with time, you’ll get used to it, and it turns out to be thrilling and entertaining as you catch glimpses of majestic mountains.

While this trek demands strong physical strength and mental resilience, it is necessary to perform lightweight exercises 3-4 weeks before your trek.

What is accommodation like in the Manaslu Circuit Trek?

Though the Manaslu region is deprived of standard facilities, it doesn’t back from providing you with delicious food and warm sleeping nights. The accommodations in Manaslu’s high Himalayan region are mainly Teahouses, Lodges, and some guest houses. The teahouses offer single rooms with associated bathrooms at lower altitudes.

However, the facilities get fewer as you ascend. Camping is also available during Manaslu Circuit Trek; however, you must hike with workers with camping gear and cooks who can prepare meals for you while camping.

Does Manaslu Circuit Trek have access to Electricity and Wifi?

The Manaslu region has comfortable and facilitated teahouses where you can get electricity, but you’ll have to pay a minimal charge. All teahouses have electricity where you can recharge your electronic

gadgets. Though you'll be treated to an electricity facility, bringing power banks and extra batteries for backup is recommended.

How high is Manaslu?

Mt. Manaslu being the 8th tallest mountain in the world, stands tall like its peaks wandering towards heaven with a height of 8,163m. Manaslu Circuit trek takes you through a series of ascents and descents until reaching the highest point of the trek, Larkya La Pass, which stands at an altitude of 5,160m.

What documents should I carry for the Manaslu Circuit Trek?

You'll need to be careful to bring these items along with you for the Manaslu Circuit Trek

- Passport size photos
- Travel Insurance
- Valid Visa of Nepal
- Manaslu regions permit

Is there a refund policy if I cancel my trek?

Yes, you do get refund if incase you cancel your booking. You may visit the terms and conditions of our page or contact us directly.

Do I need Oxygen Cylinders during the Manaslu Circuit Trek?

You'll be ascending upto the highest point of the Manaslu Circuit trek, Larkya La Pass, which is at an altitude of 5,160m. This trek can be done without the need for oxygen cylinders. Also, the trek is carried out by maintaining a steady pace and acclimatizing enough to not suffer from changes in atmospheric pressure and decreased oxygen level. Moreover, you'll be trekking with an experienced guide and porters which shall shove your trek smoothly.

However, you can bring along an oximeter to measure your oxygen level at such an altitude.

Can I Manaslu Trek Solo?

No, you are not allowed to Manaslu trek solo. According to the rules, you'll need two people in a group along with an experienced guide and porters. Moreover, you'll have to trek through registered Nepali trekking agents as they are the only ones who can get you permits for the Manaslu Circuit Trek.

Additional Information

Difficulty Level of 12 Days Manaslu Circuit Trek

High Altitude

Although the Manaslu Circuit 12-Day Trek is a safe and secure trekking journey, there are minor

challenges along the way. This is a 12-day trek to the lap of Mt. Manaslu, and along the way, there are Himalayan challenges like Altitude sickness and extreme coldness. The trekking route is thrilling and takes you to an altitude of 5,160m. Ascending in altitude results in changes in atmospheric pressure and oxygen level, which needs proper acclimatisation along your trekking journey.

If your body can't adapt to such changes in atmospheric pressure and oxygen level, it may suffer from Altitude sickness. Altitude sickness is also known as Acute Mountain Sickness (AMS). It causes severe headaches, nausea, dizziness, and loss of appetite. Acute Mountain Sickness (AMS) ranges from mild to extreme, and its types include high-altitude cerebral edema (HACE) and high-altitude pulmonary edema (HAPE).

While you won't be affected by HACE and HAPE during your Manaslu Circuit Trek, taking necessary measures is still important. Staying hydrated and maintaining a steady pace while ascending in altitude is important. Furthermore, you can also take Diamox (medicine for altitude sickness) if you suffer from altitude sickness.

Weather conditions

The high Himalayan region's weather is unpredictable and fluctuates over time. Before heading for the weeks-long trek, it is necessary to be mindful of the region's weather conditions. The [Manaslu Circuit Trek](#) takes you to extreme altitudes with climatic challenges. Fluctuating weather may impose rainfall, snowfall, and windstorms, further inviting challenges like slippery trails and snowy tracks.

Changeable weather introduces you to a sunny day at one moment and snowstorms the moment after. Changing weather also reduces visibility along your trekking journey, summoning foggy weather that conceals clear and transparent scenes of mountain ranges. Also, climatic conditions pose risks of landslides and floods along your way, and it is crucial to be attentive during your trekking journey.

Moreover, it delays or postpones your trekking journey, leading to a less enjoyable experience in the lap of mountains. Therefore, *it is essential to consider the climatic conditions of the Himalayan region and plan your trek at a suitable time.* Planning your trek at a suitable season won't impose fluctuations in weather and challenges that come along with it.

Challenging Trails

The Manaslu Circuit Trek 12-day itinerary takes you through challenging terrain, steep ridges, and rocky trails. Along the way, you'll encounter numerous minor obstacles as trekking to the Himalayan region demands strong determination and physical strength. You'll be hiking through forests and rugged trails while ascending at altitudes, which may cause extreme fatigue and minor injuries if not carefully paid attention.

Steep ascents and descents may also impose challenges along your way, and careful footing is required. You'll cross the river through many suspension bridges, demanding precise observation and cautious footing. Therefore, bringing an adjustable pair of Trekking poles and boots is essential. This will greatly help you during your trekking journey and provide a comfortable and secure journey.

Limited services

The high Himalayan region lacks standard city facilities. The lifestyle of the Manaslu region is nature-dependent and doesn't have outstanding facilities compared to other mainstream trekking sites. While

you'll be presented with basic and suitable accommodation facilities, there also come challenges with competing and acquiring the best facilities.

Services like electricity and internet connection may also be limited, and carrying a power bank and extra batteries is crucial. While minor injuries and sickness can be dealt with no issues, there are no medical centers and healthcare services in the upper region of the Manaslu area. Therefore, bringing your first aid items with you is important in case you need them.

Physical difficulty

The challenging trails of the high Himalayan region impose challenges along the way. Rocky trails and steep ridges can make it difficult to trek during your journey. This journey demands mental resilience, physical endurance, and strong determination to succeed, as this trek takes you uphill and downhill. The trek demands the body's flexibility, and if not flexible, this can impose back pain, leg pain, joint pain, and extreme fatigue.

On top of that, the extremely remote area of the Manaslu region doesn't have access to a wide range of facilities, including health services. Therefore, practicing lightweight exercises 3-4 weeks before Manaslu Circuit Trek is important. This lets you develop the precise strength and endurance needed during your trek.

Exercises like pushups, squats, pullups, crunches, single-leg deadlifts, and planks help you develop strength while running, walking, jogging, and swimming help you develop endurance. Also, be certain to practice yoga and stretching to build flexibility. These exercises will aid your trekking journey and give you a safe and enjoyable experience.

Influence of 12 Days Manaslu Circuit Trek in your life

Sense of Achievement

Manaslu Circuit Trek fuels your enthusiasm through the exciting trekking journey and presents you with a marvelous experience. Trekking to the lap of mountains and Larkya La Pass demands physical strength, mental resilience, and navigating skills. You'll have to navigate rugged terrain, challenging trails, and numerous forthcoming challenges to the high Himalayan region. After completing the Manaslu Circuit Trek, you'll be rewarded with outstanding achievement.

Discovering various cultures, religious insights, and historic monasteries, participating in local customs, catching a glimpse of pristine mountainous ranges, and scaling rough high mountains can help you appreciate the wonders of nature while also providing insight into self-reflection and a great sense of accomplishment. You shall be infused with pride after exploring a hidden treasure through conquering numerous forthcoming challenges.

Personal Growth

The Manaslu Circuit Trek takes you through challenging trails, traditional villages, rugged terrains, suspension bridges, and high altitudes. It exposes you to the marvels of nature while forcing you to step outside your comfort zone. You can finish this voyage with your tenacity and determination, ultimately advancing your personal development.

It fuels your enthusiasm and rewards you with a personal reflection as challenging as the route. Manaslu trek is less crowded and offers a peaceful time with nature. It boosts your connection with nature while you breathe in the crisp breeze of the Himalayas. Furthermore, you shall delve into Buddhist practices, visit numerous Mani walls, and enlighten spirituality.

Physical Fitness

The trek takes you through a series of trails, passing through forests, climbing uphill, and descending. This demands strong physical health and boosts your physical strength after trek completion. It trains your muscles and builds your strength and endurance. As this trek covers around 177 km in just 12 days, this shall reward you with personal development and physical fitness after completing this trek.

Some helpful tips for Manaslu Circuit Trek

- Be mentally prepared for the trek and practice some lightweight exercises
- Stay hydrated all the time and also carry oral rehydration solution (ORS)
- Take your time and pack the necessary clothes and gear for your trekking
- Carry along a pair of adjustable trekking poles and gaiters
- Get enough rest
- Walk in groups, and don't head anywhere alone
- Intake balanced diet
- Bring cash to the Manaslu region, as there won't be any ATMs.
- Hire experienced guides and porters.
- Be mindful of altitude sickness, maintain a steady pace, acclimatize twice, and carry along Diamox.
- Bring along waterproof jackets and wind sweater
- Plan your trek during the suitable time, i.e., Spring and Autumn
- If you have ample time, join Tsum Valley Trek and Annapurna Circuit Trek
- Seek the professional trekking company
- Respect local culture and tradition and explore numerous monasteries

Transportation

There are various transportation options for the Manaslu Circuit Trek. You can go by local transportation or private transportation. Local transportation is cheaper and has multiple options, including buses and micro-buses. You also have the option to choose a public-sharing jeep. Getting to the destination may be a bit convenient and time-consuming in local transportation.

Private transportation is a more convenient and luxurious way of traveling. *You can also stop wherever you want to take in the scenery. A private jeep is an excellent choice for 5-7 people.*

Accommodation

If you're looking for the best hotels and lodging options in Kathmandu, you'll get according to your preferences and budget. During your trek in the Manaslu region, you'll have the opportunity to stay overnight at a cozy tea house. These charming accommodations offer rooms with two beds, providing a comfortable and convenient resting place for you.

Most of the time, *you'll use shared restrooms that might be situated away from your room. Regarding*

your Manaslu Circuit journey, we'll do our best to find the most welcoming teahouse for you. There's a cozy common area where people can gather for meals and relaxation, making it the perfect spot to enjoy the warmth of the fire in the evening.

Food

When you embark on the Manaslu Circuit, you'll find various food options for breakfast, lunch, and dinner.

- Tibetan bread
- Porridge
- Paratha
- Soup
- Breakfast set
- Pancake
- Egg

Lunch and Dinner

- Curry and rice
- Pasta
- Thukpa and Thenduk
- Spring rolls
- Spaghetti
- Pizza
- Macaroni
- Potato dish
- Snack
- Papad

Other food items

- Desert
- Hot drink
- Salad
- Soft drink
- Hard drink

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel

planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and

porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.

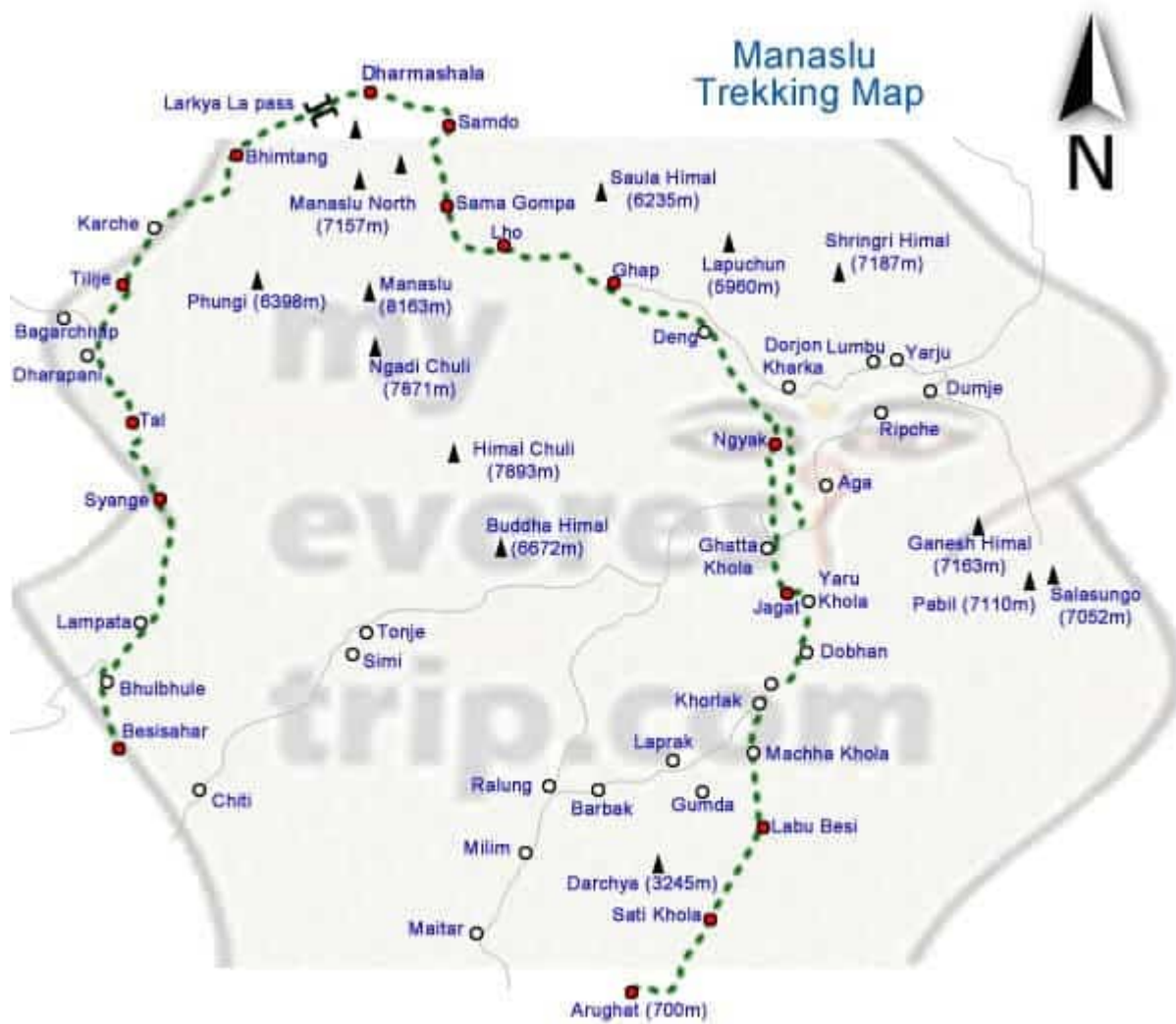


Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



Contact Us

Head Office

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

WhatsApp +9779851069558

Daniela Schiopu

Romania, Germany, Italy

WhatsApp +40721971479

Taiwan

Salik KC / □□□

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

United Kingdom

Eddy Cota

WhatsApp: +447521762520

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg:
64831/066/067