

Manaslu Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Transport: Private Vehicle / Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Lodge to lodge

Group Size: Min 2

Max Elevation: 5210m

Manaslu Circuit Trek is an incredible choice for off-the-beaten-path lovers. It is the best alternative for those who want to avoid the ever-crowded Everest and Annapurna Regions of Nepal.

Manaslu Circuit trek takes you around the exquisite Manaslu Region, the home of the world's eighth tallest peak. The route was **opened for foreigners in 1992**.



Yes, Mt Manaslu, with a staggering height of 8,163m, is the main highlight of the trek. But we bet that's one of many highlights. Manaslu Region is home to distinct civilizations, varied



landscapes, glaciers, lakes, dense vegetation, sacred sites, majestic peaks, electric rivers, and more. Whether you love nature or culture or both, Manaslu Circuit Trek 13 Days is a complete package for all sorts of trekkers.

Manaslu lies around **132km away from Kathmandu**, the capital of Nepal. The adventure of Manaslu Circuit Trek begins in Kathmandu with a scenic drive to Soti Khola via Arughat. The bus ride is just the start. Once the trip reaches Soti Khola, the trek commences onwards. Following the banks of Budhi Gandaki River, the walk progresses gradually.

As it goes further, beautiful things start to happen. You will enter the land of diverse people such as [Gurungs \(https://www.marveladventure.com/gurung-people-and-their-culture\)](https://www.marveladventure.com/gurung-people-and-their-culture), Tamangas, Brahmins, and other ethnic groups. It lets you experience diversity. Nature also becomes more appealing as you see mountains, dense woods, lofty hills, glaciers, lakes, grasslands, terrace fields, and others.

The major stops of the trek, like Larkya La Pass(5,125m), Birendra Lake, Manaslu Base Camp, Samagaon, and Pungyen Gompa, will come along. Each of these sites will leave you amazed. Yet, the best thing about the trek, or the ultimate thing, is the Larkya La Pass. The mountain pass allows you to enjoy the vast panorama, including peaks Pawa Peak, Himlung, Gyaji Kung, Kang Garu, Annapurna II, Manaslu, and more.

After taking a round excursion of the Manaslu Region, the trek brings you to Dharapani. That is the ending point of the Manaslu Circuit trail. By the time you reach the ending point, you'll have unforgettable memories, experiences, and pictures for life. Top of everything, you will experience and explore this less-frequented region in peace.

If you long for a peaceful trekking experience in the Himalayas, there is no better option than this. Don't think twice; 13 days of Manaslu Circuit Trek is alright.

Why Choose Manaslu Region for the Trek?

The Manaslu Region has beautiful landscapes that are ideal for all travelers. There is a Himalayan vista that you can observe from various viewpoints. Moreover, you can also get a scenic view of the natural terrains of the region, including waterfalls, forests, hills, streams, rivers, and others.

The trek trails pass through numerous **off-the-beaten** trails. You will pass through virgin territories that have not been extensively trekked before. The beautiful pristine natural landscapes have unique natural beauties. Trekkers will have the best opportunity for the region's natural and cultural exploration.

The trails of this scenic trek also pass through the homes and settlements of the local people. You will experience the local people's traditions, heritage, and lifestyle in the rural landscapes. Hence, for these reasons, you should choose the Manaslu region for the trek.

Take an Idea of [Manaslu region Map](#)

<https://www.marveladventure.com/uploads/editors/Manaslu-Circuit-Trek-Map.png> .

When is the Best Time for Manaslu Circuit Trek?

Spring season

The spring season is quite famous for its beautiful weather all around. There are stable weather conditions, with temperatures at **moderate levels**. Wildflowers like rhododendrons are blooming all around the hills.

Travelers will get to observe the beautiful Himalayan vista in blue skies. Moreover, you will



pass through forested trails, including pine and fir trees. There is less rainfall, snowfall, and other weather challenges.

Autumn season

Autumn is a beautiful time in the Manaslu region. This autumn season has great weather and a scenic **Himalayan view**. There are moderate temperatures and a pleasant atmosphere in the region. Autumn is also a festive time, meaning you can explore the cultural aspect and celebrate the local festivities.

Offseason Treks

Winters are aesthetically pleasant at the high altitude but also bring heavy snowfall and extreme temperatures. In the summers, there are hot and humid conditions. There are weather-related challenges in these seasons which makes the trek difficult. Check the [best time on more details... \(https://www.marveladventure.com/blog/best-time-for-manaslu-circuit-trek\)](https://www.marveladventure.com/blog/best-time-for-manaslu-circuit-trek)



How Difficult is the Manaslu Trek?

In the high-altitude region, you will find challenges like unpredictable weather, rugged terrains, and extreme frigid conditions. The trekking experience will also determine the difficulty level of the trek. If you have trekked at a high altitude, you will find the hike less challenging. However, amateur trekkers will find the walk to be quite strenuous.

Another difficulty factor of the Manaslu region trek is **altitude sickness**. Acute mountain or altitude sickness is quite a challenge in the high-altitude region. It is due to the inability of the body to adapt to the changing high altitude conditions.

Hence, acclimatization is essential to tackle this problem. You can take the trek gradually, acclimatize at regular intervals, rest properly and drink lots of water. These steps will help you tackle the altitude sickness symptoms along the trail. [Read More...](https://www.marveladventure.com/blog/manaslu-circuit-trek-difficulty)
(<https://www.marveladventure.com/blog/manaslu-circuit-trek-difficulty>)

Can You Do This Trek?

Anyone with proper exercise and preparation can take this trek in the Manaslu region. The Manaslu Circuit Trek is ideal for trekkers of all ages, sizes, and skill levels. All you need is proper physical fitness to tackle the **rugged terrains** of the region.

There are numerous challenging aspects that you might face during the trek. Mental strength is also an essential part of the trekking journey. Hence, you must prepare well for the trek with proper nutrition, packing, and training.

How to Prepare for Manaslu Circuit Trek?

The Manaslu Circuit Trek is a high-altitude trek that takes you above 5000m. Therefore, prepare well for the trip considering various aspects. Some of the essential tips on how to prepare for the trek are as follows:

- Trek early as soon as the sun rises for a comfortable trekking adventure.
- Trekking early will also lead you to your destination in time.
- Acclimatize well during the journey.
- Trekkers should also hydrate at regular intervals to tackle altitude sickness
- Train well ahead of the trek with proper exercises
- Only pack the items that are essential for the trekking journey
- Book all your accommodations and meal in the tea houses, especially if you are traveling during the peak seasons
- Carry water purification tablets to safeguard the drinking water in the region
- You can also carry snacks like protein bars, chocolate bars, and others
- Carry a power bank, solar charger, and extra batteries along the trail

Is This Trek Suitable for the Beginners?

Yes, the Manaslu Circuit Trek is ideal for beginners. The beautiful trek passes through the natural terrain that is long but not technically challenging. So you can quickly complete the tour with ease if you prepare well. Packing the right gear and equipment is also necessary for emergency conditions.



Why is Acclimatization Necessary?

Acclimatization is a must for all trekkers. Even if you have trekked the region, you must acclimate every time. **Acclimatization** is an essential aspect that helps you tackle altitude sickness. It is essential as it will help you adapt to changing conditions. You will also need to hydrate regularly with proper water intake and avoid alcoholic products.



Side Trek with Manaslu Circuit Trek

There is also an extension to the beautiful destination of [Tsum Valley for the trekking journey \(https://www.marveladventure.com/manaslu-and-tsum-valley-trek\)](https://www.marveladventure.com/manaslu-and-tsum-valley-trek). This side trek makes the tour even more enchanting. The side trip option is ideal if you want to travel on a unique journey through the serene trails. It will allow you to observe and experience the ancient landmarks of the **Tsum valley**.

The trek also provides trekkers with an outstanding travel experience in the cultural landmarks of the region. The ancient tribal settlements date back to the medieval period. There are caves in the Tsum Valley where Milarepa and Guru Rimpoche (Padmasambhava) meditated.

Highlights

- Scenic mountain vista of the Manaslu region
- Passing through the diverse natural terrains
- Cultural exploration of the local settlements of the region
- An option of an extended trip to Tsum Valley
- Exploring the unique flora and fauna
- Staying at the local tea houses and lodges
- Tasting the delicious cuisine of the locals

Day to Day Itinerary

Day 01: Drive from Kathmandu to Machhakhola

Day 02: Trek from Machhakhola to Jagat (1350m).



Day 03: Trek from Jagat to Deng (2130m)

Day 04: Trek from Deng to Namrung (2630m)

Day 05: Trek from Namrung to Lho (3180m)

Day 06: Trek from Lho to Samagaun (3500m)

Day 07: Acclimatization day at Samagaun

Day 08: Trek from Samagaun to Samdo (3860m)

Day 09: Trek from Samdo to Dharamsala (4480m)

Day 10: Cross the Larke pass (5106 m), trek down to Bimtang (3720 m)

Day 11: Trek from Tilche to Dharapani, Take Jeep to Besisahar (1430m)

Day 12: Drive back to Kathmandu from Besisahar

Cost Includes

- Airport pick up and drop by private vehicle
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Fresh fruits every night after dinner
- All land transportation as per itinerary
- TIMS (Trekking Information Management System) card
- ACAP and MCAP entry permits
- Special restricted area Manaslu permit
- Comprehensive first aid kit with oximeter to measure your oxygen level daily
- All government taxes and official expenses
- Duffel bag, sleeping bag, down jacket and walking poles for the trek

Cost Excludes

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of a personal nature
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)