Manaslu Circuit Trek: Cost and Itinerary for 2026/2027

Discover the Magic of Manaslu Trekking

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Manaslu Trekking stands as one of Nepal's most pristine mountain experiences. This spectacular journey encircles Mount Manaslu (8,163m), the eighth-highest peak in the world. However, unlike busier commercial routes, this protected restricted region offers genuine Himalayan wilderness. Consequently, **Manaslu Trekking** provides travelers with an exceptionally peaceful, off-the-beaten-path adventure.

First, your route begins in sub-tropical river valleys along the roaring Budhi Gandaki River. As you ascend, the scenery transforms into dramatic alpine valleys and ancient Tibetan villages. Moreover, you will explore culturally rich settlements near the Tibetan border like Samagaun. Ultimately, your **Manaslu Trekking** journey culminates with crossing the thrilling Larkya La Pass at 5,106 meters.

Furthermore, embarking on a **Manaslu Trekking** trip requires special government permits and a mandatory licensed guide. Therefore, Attractive Travels Nepal handles all complex logistics and permit registrations beforehand. As a result, you can focus entirely on enjoying your mountain holiday.

Quick Trip Overview

- **Duration:** 14 Days (Kathmandu to Kathmandu)
- **Max Altitude:** 5,106 meters / 16,752 feet (Larkya La Pass)

- **Difficulty Rating:** Strenuous / Moderate to Challenging
- **Starting / Ending Point:** Machha Khola / Dharapani (Overland ground transfer from Kathmandu)
- **Required Permits:** Restricted Area Permit (RAP), MCAP, and ACAP
- **Group Requirement:** Solo Trekkers Allowed (1 Trekker + 1 Licensed Guide)
- **Accommodation Type:** Traditional teahouses and local mountain lodges
- **Best Seasons:** Autumn (September – November) and Spring (March – May)

Key Highlights of the Route

- **Solo Travelers Welcome:** First, single foreign trekkers can legally obtain permits when accompanied by our licensed guide.
- **Circuit Around the 8th Highest Peak:** Additionally, you will circle Mount Manaslu (8,163 m) along quiet, uncrowded mountain trails.
- **Conquer Larkya La Pass:** Furthermore, you will cross a thrilling high-altitude pass at 5,106 meters with sweeping views of Himlung Himal and Annapurna II.
- **Authentic Tibetan Buddhist Culture:** Moreover, trekkers explore untouched Buddhist heritage in remote Nubri Valley villages like Samagaun and Samdo.
- **Monasteries & Sacred Landmarks:** For instance, you will visit historic gompas, ancient prayer walls, and pristine glacial bodies like Birendra Lake.
- **Uncommercialized Trail Experience:** Consequently, you enjoy an authentic alternative compared to busier routes like the Everest Base Camp Trek.

Why Choose This Journey Over Other Routes?

- **Uncrowded Trails:** The restricted area permit naturally limits total visitor numbers. Consequently, you will enjoy peaceful trails compared to the busier Annapurna routes.
- **Authentic Heritage:** The remote Nubri valley preserves ancient Tibetan traditions. Furthermore, trekkers can explore centuries-old monasteries and sacred mani walls.

- **Diverse Landscapes:** The trail transitions from lush sub-tropical forests to barren glacial terrain. Therefore, every single day offers a fresh scenic perspective.

- **Protected Ecosystem:** Additionally, you will traverse the Manaslu Conservation Area, which shelters rare species like the elusive snow leopard and blue sheep.

Understanding the Updated Restricted Regulations

The Nepal Department of Immigration enforces strict rules to preserve the delicate Manaslu environment.

- **Solo Permits Now Available:** First, single foreign travelers can legally embark on a **Manaslu Trekking** adventure. Consequently, you no longer need to search for a partner or join a large group.

- **Mandatory Licensed Guide:** However, independent, unguided trekking remains strictly prohibited. Therefore, all trekkers must walk with an official government-licensed guide at all times.

- **Registered Agency Application:** Furthermore, individual travelers cannot self-issue restricted permits at checkpoints. As a result, permits must be applied for and processed by an authorized company like Attractive Travels Nepal.

Frequently Asked Questions About Manaslu Trekking

How difficult is Manaslu Trekking?

Manaslu Trekking is rated **moderate to challenging**. Technical climbing skills are not required. However, walking 5 to 7 hours daily over steep terrain and crossing a 5,106m pass demands solid physical fitness.

Can I go on a Manaslu Trekking journey as a solo traveler?

Yes. Under current rules, a single foreign trekker can obtain a restricted permit. However, you must trek alongside a government-licensed guide provided by an authorized agency.

Are teahouses, internet, and electricity available along the trail?

Yes. Most villages along the circuit feature cozy teahouses. Moreover, solar battery charging, hot showers, and Wi-Fi internet access are available at most lodges for a small local fee.

What permits do I need for Manaslu Trekking?

You will need three official permits: the Manaslu Restricted Area Permit (RAP), the Manaslu Conservation Area Permit (MCAP), and the Annapurna Conservation Area Permit (ACAP). Fortunately, our team handles all permit paperwork for you.

Itinerary

Day 1: Drive from Kathmandu to Machha Khola

Welcome to the first day of your mountain adventure! Today, our private driver and guide will pick you up early in the morning from your hotel in Kathmandu. First, we will embark on a scenic drive towards the western highway of Nepal.

Along the way, you will enjoy marvelous views of winding rivers, terraced rice fields, and lush green hillsides. Gradually, as we leave the paved highway behind, our vehicle follows the roaring Budhi Gandaki River. Throughout the journey, we will pass through charming Gurung and Magar villages, offering a warm glimpse into local rural life.

Eventually, after a pleasant 8 to 9-hour drive, we will arrive at Machha Khola. This vibrant settlement sits right on the bank of the river. Upon arrival, you can check into your lodge, relax your muscles, and enjoy a warm, wholesome dinner as we prepare for the trekking days ahead.

- Location: Machha Khola
- Elevation: 900 meters / 2,952 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 2: Trek from Machha Khola to Jagat

After a hearty breakfast at the lodge, we officially begin our first day of foot trekking. Today, our path continues following the picturesque course of the roaring Budhi Gandaki River.

First, we will navigate a undulating trail, gently climbing up and descending down several scenic mountain ridges. Along the way, we will cross vibrant suspension bridges draped in colorful prayer flags. Moreover, as we hike higher into the valley, you will pass through small traditional hamlets like Tatopani, famous for its natural hot springs.

Gradually, the valley walls steepen, offering dramatic cliffside views and cascading waterfalls. After a rewarding 6 to 7 hours of walking, we will reach the lovely paved village of Jagat. This historic settlement serves as the official entry checkpoint for the Manaslu Restricted Area. Here, you can relax, soak in the tranquil atmosphere, and enjoy a delicious meal.

- Location: Jagat
- Elevation: 1,340 meters / 4,396 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 3: Trek from Jagat to Pewa

After enjoying a fresh breakfast, we resume our trek along the scenic river gorge. Today, our path leads us deeper into the heart of the region, where rich culture and stunning nature merge seamlessly.

First, we will walk along a rocky riverbed trail and cross a suspension bridge to reach the peaceful village of Salleri. Shortly after, we ascend toward Sirdibas (Setibas). Here, you will pass your first ancient, stone-carved mani walls, signaling our official entry into a region deeply influenced by Tibetan Buddhism. Next, the trail opens up as we walk through Philim, a large and vibrant Gurung settlement complete with terraced fields and a local school.

After a relaxing lunch stop in Philim, we cross the roaring river once again. Furthermore, the trail winds through narrow gorges and lush pine forests alongside dramatic waterfalls. Eventually, after a rewarding 6 to 7 hours of trekking, we arrive at the quiet riverside hamlet of Pewa (or nearby Deng). Here, you can relax, enjoy a hot meal, and unwind for the evening.

- Location: Pewa (or Deng)
- Elevation: 1,860 meters / 6,102 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 4: Trek from Pewa to Ghap

After a warm breakfast at the lodge, we set out on a scenic and refreshing stretch of our trek. Today, the landscape begins to open up into lush alpine greenery and dense bamboo forests.

First, our pleasant walk takes us through fragrant woods before reaching the picturesque village of Deng. From here, our route turns westward as we follow the winding Budhi Gandaki Valley. Along the way, we contour around dramatic canyon walls and gradually descend into the peaceful Shringi Khola Valley.

Next, we navigate several undulating ascents and descents along a well-trodden, rocky trail. As we move closer to Ghap, you will notice distinct Tibetan cultural influences, including carved mani stones, prayer flags, and small chortens along the path. Finally, after a rewarding 5 to 6 hours of walking, we arrive at the charming village of Ghap, surrounded by serene pine forests.

- Location: Ghap
- Elevation: 2,380 meters / 7,808 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 5: Trek from Ghap to Lho

After a refreshing breakfast at the lodge, we resume our journey, entering some of the most culturally rich and biologically diverse sections of the trek.

First, our path winds through dense, enchanted forests of blooming rhododendron, bamboo, and tall fir trees. As the roaring Budhi Gandaki River passes through this lush canopy, the peaceful forest comes alive with the songs of Himalayan birds and wildlife, including langur monkeys.

Gradually, as we ascend, our adventurous trek enters the historic Nubri region. This high-altitude valley is world-famous for its traditional woolen textiles and vibrant cultural heritage. After passing through the stone archway of Namrung village, the valley opens up into broad pastures with stunning mountain vistas. Finally, after a rewarding 5 to 6 hours of walking, we arrive at the beautiful village of Lho, where you will enjoy your first breathtaking, close-up view of Mount Manaslu.

- Location: Lho Gaun
- Elevation: 3,180 meters / 10,433 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 6: Trek from Lho to Samagaun

Day 06: Trek from Lho to Samagaun

Good morning! After a nourishing breakfast at the lodge, we set out on one of the most breathtaking and scenic legs of our trek. Today, the dramatic mountain vistas truly take center stage.

First, as we follow the peaceful river valley, you will enjoy sensational, unobstructed views of Mount Manaslu (8,163 m) and Naike Peak towering right above us. Next, our path leads us through colorful forests before ascending onto the open alpine plateau of Shyala village (3,500 m). Here, we will take a moment to rest and soak in a stunning 360-degree panorama of snow-

capped giants, including Himalchuli, Peak 29, and Manaslu.

Furthermore, as we continue our steady walk across the valley floor, the landscape transforms into broad pastures adorned with ancient stone mani walls and prayer flags. Finally, after a rewarding 6 to 7 hours of walking, we arrive at Samagaun. This vibrant and culturally rich village is home to local inhabitants of Tibetan origin, where traditional stone houses, ancient monasteries, and rich mountain hospitality await.

- Location: Samagaun
- Elevation: 3,530 meters / 11,581 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 7: Acclimatization Day at Samagaun (Explore Birendra Lake & Monasteries)

Today is set aside for vital acclimatization as we reach higher altitudes. Spending a full day exploring Samagaun is widely considered one of the absolute highlights of your entire mountain journey.

First, active acclimatization helps your body adapt safely to the thinner air. Consequently, we can take a gentle, rewarding side hike up to the stunning turquoise waters of Birendra Lake (3,620 m), which sits directly at the foot of Manaslu Glacier. Alternatively, guests seeking a longer excursion can opt for a scenic hike to the ancient Pungyen Gompa, offering unrivaled views of Mount Manaslu's massive east face.

Furthermore, back in the main village, you will have plenty of time to explore local monasteries and stroll past stone-carved mani walls. Spending time with the friendly inhabitants provides a rare, authentic glimpse into the traditional Tibetan mountain lifestyle. In the evening, you can relax by the teahouse stove and enjoy a warm, comforting meal as we prepare for the higher ascent ahead.

- Location: Samagaun
- Elevation: 3,530 meters / 11,581 feet

- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 8: Trek from Samagaun to Samdo

After a warm breakfast at the lodge, we continue our journey further up the valley toward the upper reaches of the Budhi Gandaki River. Today offers a shorter, more relaxed walking day, which is ideal for conserving energy and aiding high-altitude acclimatization.

First, our trail descends back to the main valley bed before gradually ascending along a relatively narrow and rocky path. Along the way, we will pass through alpine juniper bushes, cross several wooden bridges over mountain streams, and pass long, intricately carved stone mani walls. Additionally, keep an eye out for herds of grazing yaks and native blue sheep scattered across the surrounding slopes.

As we near our destination, we cross a final suspension bridge and climb up a gentle ridge to arrive at Samdo. This windswept high-altitude settlement is the highest permanent village in the valley and sits just a few kilometers from the Tibetan border. After checking into your lodge, you can take a peaceful afternoon stroll around the village, explore local yak pastures, and enjoy panoramic views of the surrounding peaks.

- Location: Samdo
- Elevation: 3,875 meters / 12,713 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 9: Trek from Samdo to Larkya Phedi (Dharamsala)

After a relaxing breakfast at the lodge, we embark on a short but vital leg of our trek. Today's journey takes us to Larkya Phedi (also known as Dharamsala), the final high-altitude shelter sitting right at the base of the Larkya La Pass.

First, we set off along a gentle, wide, and comfortable rocky path that gradually winds through open alpine terrain. Along the way, we cross old glacial streams and pass through desolate yak pastures surrounded by soaring snow-capped summits. Because the trail is comfortable and broad, we will maintain a steady, relaxed pace to conserve our strength and help your body continue to adapt to the thin air.

Eventually, after a pleasant 3 to 4 hours of walking, we arrive at Larkya Phedi. Upon arrival, we will check into our teahouse and enjoy a hot, nourishing lunch. The remainder of the afternoon is dedicated entirely to resting, staying warm, and packing our gear for tomorrow's big pass crossing. We will turn in for an early sleep tonight, as our summit climb begins before dawn!

- Location: Larkya Phedi / Dharamsala
- Elevation: 4,460 meters / 14,632 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 10: Cross Larkya La Pass (5,106 m) and Trek to Bimtan

Today is the big day and the undisputed crown jewel of your entire Manaslu Trekking expedition! We will wake up around 3:00 AM, enjoy a hot drink and light breakfast, and set off under a blanket of starlight using our headlamps.

First, our trail climbs steadily up a high alpine ridge toward the pass. Because the route at this elevation is narrow, steep, and sloped, we will maintain a gentle, steady, and cautious pace. As dawn breaks, the morning light illuminates stunning glaciers and towering peaks around us. After 4 to 5 hours of careful climbing, we reach the summit of Larkya La Pass (5,106 m) draped in vibrant prayer flags. From the top, you will enjoy breathtaking panoramas of Mount Manaslu, Himlung Himal, Cheo Himal, and Annapurna II.

After taking celebratory photos and soaking in the view, we begin our long descent toward the

valley floor. Because the trail heading down can be loose and rocky, we will continue to walk gently and carefully. Gradually, the steep glacial moraines give way to lush alpine meadows. Finally, after a challenging yet deeply rewarding 8 to 9 hours of total trekking, we arrive at the peaceful, broad valley of Bimtang to rest and celebrate our achievement.

- Location: Bimtang (Bhimthang)
- Elevation: 3,720 meters / 12,205 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 11: Trek from Bimtang to Gho

After a relaxing night's sleep in the valley, we begin our pleasant descent toward lower altitudes. Today's journey is exceptionally scenic, peaceful, and rich in natural beauty as we leave the alpine tundra behind and re-enter lush greenery.

First, we set off from Bimtang and continuously descend along a well-trodden trail for about 6 to 8 hours. Along the way, we cross crystal-clear glacial rivers, bubbling mountain streams, and fresh natural springs flowing from the high ridges. Furthermore, our path winds through enchanting, dense pine, rhododendron, and oak forests teeming with native birds and wildlife.

As we trek lower, the air becomes warmer and noticeably richer in oxygen. Eventually, we pass through charming agricultural settlements surrounded by terraced fields before reaching the tranquil village of Gho. Here, you can check into your cozy lodge, take a warm shower, and relax after a fulfilling day on the trail.

- Location: Gho
- Elevation: 2,550 meters / 8,366 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 12: Trek from Gho to Dharapani

After enjoying a relaxing breakfast at the lodge, we embark on the final trekking stretch of our journey. Today's walk is short, comfortable, and descending, allowing you to fully soak in the lush surroundings.

First, our path winds gently along the bank of the river, where the cool breeze and rushing water create a tranquil atmosphere. As we continue downwards, we pass through scrub forests, bamboo groves, and open rhododendron woods. Furthermore, the trail offers views of local farmlands and small traditional hamlets as we merge onto the main trail.

Eventually, after a pleasant 3 to 4 hours of hiking, we reach Dharapani. This vibrant hub sits at the junction where the Manaslu Circuit meets the famous Annapurna Circuit. Here, we will check our permits at the official entry post, celebrate the successful completion of our foot trek, and enjoy a comfortable evening at the lodge.

- Location: Dharapani
- Elevation: 1,860 meters / 6,102 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner (BLD)

Day 13: Drive from Dharapani to Kathmandu

Today marks the final leg of our unforgettable journey. After a hearty breakfast at the lodge, we bid farewell to the Himalayas and prepare for our return trip to the capital.

First, we board our vehicle and set off along the scenic overland route. The initial stretch follows the winding mountain roads following the Marsyangdi River down to Besisahar. From there, we join the main Prithvi Highway, following the Trishuli River through vibrant local market towns,

terraced hillsides, and lush rural landscapes.

Eventually, after an 8 to 9-hour drive, we ascend into the Kathmandu Valley and transfer you safely back to your hotel. In the evening, you can enjoy a long hot shower, relax your muscles, and celebrate the incredible success of your Manaslu Trekking adventure with a grand farewell dinner!

- Location: Kathmandu
- Elevation: 1,400 meters / 4,593 feet
- Accommodation: Hotel / City Lodge
- Meal Plan: Breakfast and Lunch (BL)

Inclusions

- **Airport Transfers:** Private vehicle pickup and drop-off at Tribhuvan International Airport for international flights.
- **All Ground Transportation:** All private and local land transportation required throughout the entire itinerary.
- **Kathmandu Accommodation:** Hotel stay in Kathmandu on a Bed & Breakfast (B&B) basis.
- **Trek Accommodation:** Comfortable teahouse/lodge accommodation during the entire trekking period.
- **Trek Meals:** Three full daily meals (Breakfast, Lunch, and Dinner) during the trek.
- **Warm Refreshments:** Hot, nourishing soups provided at high-altitude stops.
- **Professional Staff:**
    - Licensed, experienced local trekking and tour guide.

    - Assistant guide for group sizes exceeding 10 pax.
    - Dedicated porter service (1 porter shared between 2 trekkers).
- **Staff Support & Insurance:** Complete insurance, fair wages, food, accommodation, and equipment for all guides and porters.
- **Permits & Paperwork:** All necessary trekking permits, Restricted Area Permits, TIMS cards, and official paperwork.
- **Taxes & Fees:** All applicable government and local service taxes.
- **Safety & Navigation:**
    - Comprehensive medical first-aid kit carried by staff.
    - Route trekking map matching the itinerary.
- **Souvenirs & Extras:**
    - Official company T-shirt.
    - Traditional farewell dinner in Kathmandu.
    - Official Trip Completion Certificate upon finish.

Exclusions

- **Nepal Entry Visa:** Visa fee upon arrival at Kathmandu Airport (requires cash USD and passport photos).
- **International Airfare:** Flights to and from Kathmandu (Tribhuvan International Airport).
- **City Meals:** Lunch and dinner during your stay in Kathmandu (except for the included farewell dinner).
- **Monument & Sightseeing Fees:** Entrance fees for heritage sites, temples, and monuments in Kathmandu.
- **Travel & Medical Insurance:** Mandatory high-altitude emergency travel, medical, and helicopter rescue insurance.

- **Personal Trekking Expenses:**
    - Hot showers and battery/device charging fees at teahouses.
    - Bar bills, soft drinks, bottled/mineral water, and hot beverages.
    - Personal laundry services.
- **Extra Accommodation:** Additional nights' accommodation and meals in Kathmandu due to early arrival, late departure, or itinerary changes/delays.
- **Tipping:** Gratuities/tips for trekking guides, assistant guides, and porters (customary at the end of the trek).