

Overview

Manaslu Circuit Trek **Summary**

The Manaslu Circuit Trek, a very popular but yet less crowded trek unlike Annapurna Base Camp, is an excellent trekking tour that encircles the mighty (**Mount Manaslu (8,163 m or 26,781 ft)**), the eighth-highest peak in the world in northern Gorkha district, Nepal. Join our life-changing Manaslu Circuit Trekking with an **11-day Manaslu Trek short itinerary** and inclusive tour price with complete services including a local guide, permit, and all the necessities for the years **2025 and 2026**.

Manaslu Circuit Trek starts from Soti Khola, at an altitude of 700 meters above sea level, and is a charming village on the bank of the Budhi Gandaki River. From lush rice paddies terraced fields with water buffalo and thatched huts, we walk north along the incredible, mountain-capped high route, through sprawling Gurung villages perched on high, terraced hilltops covered in rhododendron, to reach Kutang, or lower Nubri. Here, the ethnically Tibetan inhabitants speak their dialect, partly Tibetan and partly Gurung, and live a lifestyle that spans Nepal and Tibet.

Trekking to Manaslu Circuit is ever higher to upper Nubri, purely Tibetan culture and tradition; we share the trails with yak caravans. Here, trade with Tibet continues as it has for centuries, and Tibetan villages have been forged from the wilderness by Tibetan refugees. Inspiring mountain panoramas, dominated by Manaslu itself, are a highlight of the trek, as are day hikes to Pun Gyen Gompa, **Manaslu Base Camp** from Samagaun, and Rui La, a traditional trade route to Tibet at the Nepal-Tibet border from Samdo Village, the valley above Samdo near the border of Tibet, and the epic crossing of the snow-covered Manaslu Larke Pass to Bimtang and Manang regions of the Annapurna circuit. This rapid Manaslu Circuit Trek program is planned for those fit and strong people already acclimatized in the Alps or the Himalayas with previous trekking experience that allows them to experience the marvelous Manaslu region in a short period. If you are looking for a relaxing and leisurely Manaslu trek, we recommend you choose our **13 Days around Manaslu Trek** program, which allows you to have a proper acclimatization process and trek without rush, or the **Manaslu Trek with Tsum Valley** which requires a minimum of 18 days to complete the trek.

What makes Manaslu Circuit Trek special?

According to trekking professionals, the Manaslu Circuit Trek is the best among all the treks in Nepal. Although it's recently grown in popularity, the Manaslu Trek remains remote and less crowded compared to the well-established teahouse treks in Nepal. The trek takes you through unique Nupri culture, villages, and a gorgeous mountain trail that leads to Manang through **Larke Pass (5135 meters high)**.

The main features of Manaslu Trekking are:

- It is a popular trek but still less trekked compared to peers at [Annapurna Circuit](#) or [Everest Base Camp](#). The word is getting out about Manaslu, but there are still about 10 times fewer trekkers on the Manaslu Trail.
- Manaslu Circuit is a **restricted area** where foreign trekkers must be accompanied by a registered guide as per state law. **Solo trekking** and either **without a guide** are not permitted
- The hike around Manaslu offers wild and wilderness experiences with authentic local culture and people, but it is no longer a camping trek.
- Manaslu Circuit Trekking is a tea house trek (lodge-to-lodge trek), so it doesn't require any camping gear.
- easily accessed, and no stressful domestic flights are required.
- The first part of the trail follows the Buri Gandaki, a deep, long river gorge with many suspension bridge crossings.
- This trek fulfills all the taste of Nepal: you'll walk from the subtropical jungle at lower altitudes through the Himalayan foothills to the alpine zone, the cold and daring Larkya Pass above 5100 meters (17,000 ft).

How do get to the Manaslu Circuit?

Public buses leave every morning between 6 and 7 am from Kathmandu to Arughat-Soti Khola. If you are trekking around the [Dashain festival](#), local buses are overloaded as more than two million people leave Kathmandu Valley for various destinations to celebrate the Dashain festival and visit their families back home in the villages during the holiday. It is hard to get a seat in buses for the last hour of booking if your trek is around a festival that usually falls at the end of September and October. Except around festival time, there are easily available bus seats. If you are in groups 3 to 4 or above and considering renting a **private Jeep**, it is a good choice because it provides way better and more comfortable travel and will cost an extra fee of **USD 195**, which is a shared price among the participants.

The alternative Manaslu Circuit Trek Route & Trail to avoid road

Now, the Nepali army has been constructing the road since 2014, and the government plans to link roads to the Tibet border. So because of road construction, the first part of the Manaslu Trekking Trail has been affected, and trekkers have to walk on unsealed roads for the first 2 days. And soon, in the future, they will build the road even further up to Sama Gaun and then link to China (Tibet). A new alternative trail has been researched through the village of Arughat (600 m), Manbu-Kashi Gaon (1800 m), and Kerauja (2075 m), finally conjoining to the main Manaslu route at Doovan. This new trail has basic logistics and trekking is more aerobic since it involves much up and down, but this "off-beaten trail" rewards with experience of various ethnic groups of Ghale, Magar, and Gurung people, villages and real culture. Trekking through alternative trails will take a couple of extra days so your Manaslu trek will be around two weeks long.

Transportation to Manaslu Trekking?

Local buses are often full of passengers, even in the passages. They stop many times to take people in and drop them off. Usually, local people travel with a basket of vegetables, sometimes chicken, and a bag of rice. Drivers play non-stop music during the journey. You might find less legroom as it is sized for Asian people. Still, many of our Western clients use it. It is good if you want to experience the locals and don't mind doing as the locals do. And, of course, it comes at a cheap cost. And yes, you have a choice to opt to rent a comfortable private jeep, as said above.

What will the Manaslu Circuit Trek cost?

Yes, this question can be the first among many Manaslu circuit trek questions. To answer this question, we need to know your trekking requirements. Our best economically **affordable package price is USD 869** per person on a minimum two-person sharing basis for 11 days. The price includes a guide, porter, meals, lodges, [Manaslu Trekking Permits](#), local bus transportation, and a public shared Jeep after the trek to return to Kathmandu.

The cost varies depending on the following factors:

- If you choose a private vehicle instead of the local bus,
- Group size does affect price; the larger the group, the lower the cost.
- Many people prefer private groups in terms of making the itinerary flexible.
- The duration of the trek and the selection of trekking day matter for the trip cost.
- Camping treks are more expensive than teahouse treks in terms of price.
- Extra services like appetizers, hot table drinks in pots, hot bags, etc. will cost extra.
- Including accommodation, meals, transfers, and sightseeing in Kathmandu.

How long is the Manaslu Circuit Trek?

The **distance of Manaslu Circuit is roughly 177 km (109.983 miles)**, and it differs depending on where you start your trek and where you conclude the tour. On the other hand, Nepal is the only country where trekking distance is measured in days. Typically, the **Manaslu Circuit Trek is 12 to 14 days long**. If you include more side visits, it will take more days. side trip to [Tsum Valley](#) requires an extra time of 5 to 7 days, and there are many other day-long [side trip destinations](#) such as [Serang Gumpa](#), **Kaal Taal (Death Lake)**, **Hinang Gompa**, **Himalchuli Base Camp**, **Manaslu Base Camp**, **Pungyen Gompa**, **Rui La**, etc. Hence, the itinerary is determined according to the time you have, your interest, your previous trekking habit, your physical fitness, etc. Our 11-day pre-set trip is a short version of the Manaslu trek that is primarily designed for fit trekkers traveling on a budget. If you are not happy with this itinerary, for a [customized trip](#), please get in touch with us.

Manaslu Circuit Trek **Itinerary**

We have provided a 10-night, 11-day **Manaslu Circuit Trek itinerary** for fit and young budget trekkers; this includes a two-day drive and a nine-day hike. However, this trek can last up to 21 days, depending on the side visits you include in the trek ([check the best-recommended side trips while doing the Manaslu Circuit Trek](#)), the pace of your walk, and the number of days you need for the trek. Some gentle trekkers tend to begin the trek at a lower altitude for a proper acclimatization process that also varies your trek itinerary.

Brief Itinerary

Day 01: Land travel from Kathmandu to Machha Khola (869m/2850 ft) 160 Km, 8 to 9 hours
Day 02: Hike from Machha Khola to Jagat (1340m/4395ft) Walking Distance: 21 km/6 to 7 Hours
Day 03: Jagat to Deng (2095m/6871ft) Walking Distance: 20 Km/7 Hours
Day 04: Deng to Namrung (2900m/9512ft) Walking Distance: 19.4 km/6/7 6/7 Hours
Day 05: Lho Gaun to Samagaun (3500m/11480ft) Walking Distance: 8.5 Km/4 Hours
Day 06: Acclimatization Day at Samagaun, hike to Birendra Lake or Manaslu Base Camp.
Day 07: Samagaun to Samdo (3690m/12103ft) Walking Distance: 8 Km/3-4 Hours
Day 08: Samdo to Dharamsala (4450m/14596ft) Walking Distance: 7 Km/4-5 Hours
Day 09: Dharamsala to Bhimtang (3590m/11775ft) traverse Larkya La Pass (5125m/16812ft) 23Km/8-9 Hours
Day 10: Bhimtang to Tilje or Dharapani (2300m/7545ft) Walking Distance: 20 Km/8-9 Hours
Day 11: Drive from Dharapani to Besisahar to Kathmandu/Pokhara. Long day drive

Highlights

- A scenic ride through charming landscape to Machha Khola from Kathmandu.
- Hike around the world's eighth-tallest peak; [Mount Manaslu \(8163m\)](#)
- **Short and best itinerary** for fit and adventure trekking passionates.
- Manaslu Route; the blend of culture and natural heritages.
- Hike through the Budhi Gandaki River gorge
- Pass through the dramatic Larke Pass that offers a memorizing panoramic view
- A life-changing mountain holiday in Nepal.
- **Value for money and all-inclusive package.**

Outline Itinerary

Day 01 : Drive to Machha Khola (869m) from Kathmandu

Day 02 : Trek to Jagat (1340m).

Day 03 : Trek to Deng (1860m)

Day 04 : Trek to Namrung (2630m)

Day 05 : Trek to Sama Gaun (3520m)

Day 06 : Rest and acclimatization day at Sama Gaun

Day 07 : Trek to Samdo (3860m).

Day 08 : Trek to Larke Rest home aka Dharmasaala (4460m).

Day 09 : Trek to Bimtang (3750m) via Larke Pass (5160m).

Day 10 : Trek to Tilche (2300m)

Day 11 : Drive to Besi Sahar – Kathmandu

Cost Includes

- A government-registered local friendly trekking **Manaslu Trekking Guide**.
- **One sharing porter** between two trekkers to carry your main pack (weight limit 20 kg).
- Fullboard Meals: 10 Breakfasts, 11 Lunches, and 10 Dinners during the trek.
- Hot table drinks: tea three times a day during the trek.
- Manaslu Trek ground transportation by public shared vehicles.
- Group first aid kit and water purifier tablet.
- Accommodation on a twin-shared basis in the teahouses.
- Guide and porter fee with all their other expenses.
- One complimentary Manaslu Trekking Map
- All necessary **Manaslu Trekking Permits**.
- Insurance and trekking gear for guide and porters.
- Manaslu Trek documentation fee and the taxes.
- Renting down sleeping bag (if necessary)
- Rescue operation co-ordination with your travel insurance company in case of any emergency.

Cost Excludes

- Airport shuttles, hotels, and meals in Kathmandu.
- Guided tour and heritage entrance fees in Kathmandu
- Bar and beverages drinks during the trek
- Hot shower, hot water, internet, and phone calls.
- Toiletries and other personal nature expenses.

Manaslu Circuit Trek

- Personal travel insurance and trekking equipment.
- Rescue operation charge in case of emergency.
- Tips for your guide/porter.