

Manaslu Circuit Trek



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Manaslu Circuit Trek

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

Duration

13 Days

Per Person Cost

USD 955

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

- Less crowded trekking route
- Highest pass Larkya La Pass (5106m)
- An authentic culture, tradition, and lifestyle of Gurung natives
- Changing landscapes: sub-tropical-alpine forest
- 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: Unveiling the Untamed Beauty of Nepal

Manaslu Circuit Trek is a dream trek for all adventure lovers seeking to trek on the off-beat trails. The beauty of this trek is that it is less crowded as it falls under a **restricted area**. Expect to trek in the tranquility of the least explored trail, abundant with natural beauty and a backdrop of endless snow-capped mountains.

Appreciate the warm hospitality from the **Gurung natives** while staying at family-operated teahouses/homestays. Interact with the locals and get close to learning about their culture, tradition, 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, Mount [Manaslu](#), and other surrounding peaks from the highest pass, **Larkya La**, are heavenly.

Trekking in remote, restricted land near picturesque trails, and lush green forests with changing landscapes at different altitudes is a surreal experience. A much-needed stay at a beautiful **Sama Gaun** for acclimatization allows one to explore the **13 Days Manaslu Base Camp**. Get amazed by the mules transporting goods comfortably at such elevations. Join us for a better trekking experience in a group during the best seasons of autumn and spring with proper guidance and a professional team from HST. After the Manaslu Circuit Trek 13 days, You can continue to the [Annapurna Circuit Trek](#).

More Travel Blogs/Guides for the Manaslu Circuit trek

[Top 6 Most Restricted and Challenging Treks In Nepal](#)

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)

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

Accommodation in Manaslu Circuit Trek

Accommodation in the Manaslu Circuit Trek is generally in the teahouses/guesthouses. Private rooms with shared bathrooms and basic facilities are typically available throughout the trek. A compulsory sharing of rooms during the peak of seasons at Dharmasala. An additional charge for charging a camera, phones, and a bucket of hot water. A nice idea to have a power bank or solar battery, wipes, and toilet paper for convenience.

Meals in Manaslu Circuit Trek

Manaslu is a remote area. So, expect the meals to be local and simple. Mostly the vegetables are locally grown and organic. "Dal Bhat" with curry is the main dish. A good energy diet for travelers to trek for 7-8 hours. Animals' meat is difficult to find as raising animals is difficult at that altitude. For one's good health, it is advisable to eat vegetarian food. If one wishes to eat meat consult with the guide. Meals in Manaslu circuit are healthy and suitable for trekkers. Pack some energy bars and chocolates as the availability of teahouses may not be at all places.

Drinking water for Manaslu Circuit Trek

Bottled waters are available costing from 1-4\$ as the altitude rises. Most of the trekkers carry their water bottles and fill up the water at the teahouses. Likewise, one can easily refill water from the water sources directly from the mountains. Perform water treatment by using water purifying solutions. So, carry water purifying drops or tablets. If any doubt, pay some charges and get boiled water from the teahouses.

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 of satellite phone for emergency contact is there.

Internet Connectivity

The internet connectivity in the Manaslu region can be only found in a few places. One can get a Wi-Fi facility at Sama Gaun and Samdo by paying extra charges. Likewise, purchase a 4G sim card with an internet package to use the internet facility.

Transport for Manaslu Trek

Manaslu Trekking is adventurous as mostly the trails are off-beat. Public transportation is the best way as there is no means of airways. A drive on a local vehicle from Kathmandu to Arughat. Then on a local jeep from Arughat to Soti Khola. One can also book a private jeep and drive from Kathmandu to Soti Khola.

Reaching the starting point of Manaslu Trek

Soti Khola is a beautiful small village abundant with natural beauty and the flowing Budhi Gandaki River nearby. Soti Khola is the starting point of Manaslu Trek. A ride on a public vehicle from Kathmandu to Arughat and on a jeep to reach Soti Khola. For a comfortable ride, book a private jeep and ride from Kathmandu to Soti Khola.

Permits for the Manaslu Circuit Trek

Permits are mandatory while trekking in any region of Nepal. Manaslu is a restricted area of Nepal and three permits are required to trek here. Manaslu Conservation Area Project (MCAP) and Annapurna Conservation Area Project (ACAP) both cost USD 30 for foreigners and NPR 1000 for SAARC nations respectively.

Manaslu Restricted Permit is quintessential and the price varies in (Sep-Nov) and (Dec-August) months. For the September to November month, per person is USD 100 for the first week with an additional USD 15 per day individually afterward.

For the months between December and August, per person is USD 75 for the first week with an additional USD 10 per day individually afterward.

Travel Insurance

Travel Insurance plays a key role and acts as a safety shield from unanticipated events. For all travelers/trekkers, a safety net against travel-related expenses. Make sure that an altitude above 4000 meters is covered along with all medical expenses, luggage loss/ theft, flight cancellations, and emergency evacuations. Tie up with a trusted travel insurance company before the travel.

Extra personal expenses during the trek

Trekking in the mountains means dealing with lots of uncertainties. Thus, a high chance of extra expenses during the trek. Also, access to ATMs and banks is difficult here. It is requested 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 services in the mountains.
- Flight cancellation due to extreme weather conditions
- Emergency evacuation cost.
- Souvenirs from the Himalayas, such as medicinal herbs, paintings, and other things.
- Any kind of drinks, energy bars throughout the trek, tips to the guides and porters at the end of the

trek.

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 Manaslu trek difficulty level, the maximum luggage limitation is 66 pounds, which is approx. 20 kg.

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 and are technically competent, friendly in nature, 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 most important piece of advice while traveling to the Manaslu region is to stay on the side of a wall while mules are transporting goods. 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. It's mandatory to hire a guide for the Manaslu Trek and solo travel is prohibited. The guide makes your trip journey smooth and safe. HST is always giving its best to meet the diverse needs of international client

How tough is Manaslu Trek for trekkers having various experience levels?

[Manaslu Trek Nepal](#) is moderately difficult. A perfect adventurous trek for trekkers who love challenges and are passionate to explore and can walk at least 6-8 hours a day. Anyone with good physical fitness, excellent health, and strong determination with a positive attitude can accomplish the Manaslu Circuit Trekking. A trekker with no experience can also complete this trek. Before that, it is suitable to participate in cardiovascular exercises (running, jogging, push-ups, and pull-ups), build core strength, and hike on hills under different weather conditions before a few months of this trip. Inform us before confirming a trip, if one has health-related issues.

Altitude Sickness and Acclimatization at Manaslu Circuit Trek

Altitude sickness is common in the mountains over 3000 meters elevation. Our HST team has strategically planned the acclimatization stopover at Sama Gaon. It helps trekkers to adapt to the high altitude and prevent altitude sickness. Headache, nausea, breathlessness, vomiting, loss of appetite, and in extreme cases hallucinations and unconsciousness are primary symptoms of altitude sickness. Only a few percent of trekkers suffer and a proper caution can let you be safe here. It is advisable to let the guides know if you have any of the primary symptoms. Some key points to avoid altitude sickness are:

- Do warm-up hikes and stretching before starting the journey for the day.
- Drink an adequate amount of water. Keep rehydrating at regular intervals. It is best to drink a liter every hour you've walked then. Set yourself to urinate further throughout the day and night.

- Get plenty of rest & sleep. Don't push yourself too much while walking. The key is to ascend slowly and gradually. You should trek slowly and gradually.
- You need to have an applicable balanced diet throughout the journey. Avoid too-much salty food and alcohol throughout the trek.
- If necessary take the capsules for Altitude sickness by consulting with your guide. If you feel too uncomfortable descend immediately.

Best time For Manaslu Circuit Trek

Manaslu Circuit Trek best time is Autumn (mid-September-October-November) and Spring (mid-March-April-May) are considered the best seasons 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. 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.

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.

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

Nayabazar 16, Kathmandu, Nepal