

Manaslu and Annapurna Circuit Trek - 23 Days

URL: <https://nepalalternativetreks.com/trip/manaslu-and-annapurna-circuit-trek/>

Manaslu and Annapurna Circuit Trek Quick Information

Weather

-20°C to 25°C

Duration

23 Days

Difficulty

Moderate to Difficult

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism, Bon

Ethnic People

Gurung, Magar, Thakali, Tibetan

Region of Nepal

Manaslu and Annapurna

Max Altitude

5416m./17872ft.

Per Person Cost

USD 1390

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, Forest, Hill, Village, Waterfall, Rivers, Glacier

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,390.00
Group Of 5 - 8	USD \$1,370.00
Group Of 9 - 12	USD \$1,350.00
Group Of 13 - 18	USD \$1,330.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Manaslu and Annapurna Circuit Trek Overview

The Manaslu and Annapurna Circuit Trekking begins in the unspoiled and hidden Manaslu Valley, known for its incredible scenery and charming villages. These villages are home to different ethnic communities with their special rituals, cultures, and ways of life. Most local people are of Tibetan origin and speak a unique dialect. As you walk the trails, you'll see many artistic Chortens and long walls made of thousands of stone slabs engraved with deities and prayers.

After visiting the beautiful ethnic villages and Buddhist monasteries, you'll head to Larke La pass, which leads into the Annapurna region. Here, you'll explore the high-altitude Tilicho lake, cross the Thorong La pass, and visit the sacred Hindu temple of Muktinath. You'll also have the chance to see the Tibetan plateau, the Kaligandaki River, and the village of Kagbeni.

Manaslu Circuit & Tsum Valley Trek Video:

Manaslu and Annapurna Circuit Trek Highlights

- Trek around the foothills of Mt. Manaslu (8163 m), the eighth-highest mountain in the world.
- Cross the Larkya La Pass, the longest mountain pass in Nepal.
- Visit ancient Buddhist Gompas (monasteries), including Rachen Gompa.
- Understand the unique lifestyle and culture of the Tibetan and Gurung people.
- Explore the dramatic landscapes and natural beauty of the Manaslu and Annapurna Circuit.
- Cross the Thorong La Pass (5416m), one of the biggest passes in the world
- Enjoy the panorama of the mountains in the Annapurna, Dhaulagiri, and Nilgiri ranges
- Experience the Manangi and Thakali culture and traditions
- Trek across the Annapurna Conservation Area and relish its biodiversity

Weather

Best Time for the Manaslu Annapurna Circuit Trek

Manaslu and Annapurna Circuit Trekking is a long trek. So, you must carefully choose the right time to do the circuit here. Similarly, the perfect time to visit this place is autumn and spring. During this time of the year, the climate, temperature, and weather are stable and suitable for Nepal. Besides, if you travel here during this time of the year, you will thoroughly enjoy the beauty of the surroundings.

Therefore, if you travel here during this time, then it can double the fun and experience. However, this trek also can be done during the monsoon season. Similarly, if you travel here during the off-season, you might be unable to find suitable weather to travel and enjoy the surroundings.

January

-20°C to -6°C

February

-20°C to -5°C

March

-15°C to 0°C

April

-10°C to 10°C

May

-5°C to 15°C

June

0°C to 20°C

July

5°C to 25°C

August

5°C to 25°C

September

0°C to 25°C

October

-5°C to 15°C

November

-15°C to 5°C

December

-20°C to -5°C

Difficulty

Difficulty Level Of Manaslu Annapurna Circuit Trek

The journey to Manaslu and Annapurna Circuit Trekking is a moderate-level trek. It is one of the longest treks in Nepal. It covers a distance of around 180-250 km, depending on your itinerary. Hiking for a longer period is a challenging feat. The trekkers might feel monotonous as they will be walking for 20+ days. The weather in the Himalayas is unpredictable. It might get chilly or receive rainfall or snowfall at any time. The highest point of this trek, Larkya La Pass, is completely closed during winter. This region receives excessive rain.

Altitude sickness is another common concern in this trek. You will be hiking above 4000 meters, with very low oxygen levels. This increases the chances of suffering from altitude sickness. Acclimatization is very necessary when you trek in higher altitudes. Accommodation is another difficulty you should deal with while trekking in this region. Tea Houses and Lodges run by the locals are the only accommodation options. They provide you with pretty basic amenities for your stay.

You should be physically and mentally prepared for this trek. A trekker should have adequate preparation as it won't be easy for anyone to hike up 180+ km at a higher altitude. The options for food and drinks will be limited. Besides these, there are several other difficulties, such as finding the right guide and porter, language barriers, etc.

23 Days Manaslu and Annapurna Circuit Trek Itinerary

Day 1: Drive to Machha Khola from Kathmandu

Your exciting journey starts with a bus drive along the Prithvi Highway from Kathmandu. A smooth drive on a black-topped road takes you to Dhading Besi, from where the road turns upward to Gola Bhanjyang and slopes down to Ankhu Khola. At Arughat, you cross the Budhi Gandaki River and drive further to reach Sotikhola. We continue to drive for two hours to reach Machhakhola. This Ten-hour drive rewards you with scenic villages, rivers, terraced farms, and a good view of Mount Manaslu and Ganesh. Overnight stay at Machhakhola.

Destination:	Accommodation	Altitude:
180km Drive to Machha Khola/10 hours (Average 10 hours)	Everest View Hotel or Larke Peak Hotel	(870m./2871ft.)

Meals

Lunch, Dinner

Day 2: Trek to Jagat

After breakfast, we prepare to trek from Machha Khola to Jagat. First, we trek along the Budhi Gandaki River's bank and ascend through Sal's dense forests. The trail then takes us to Tatopani, which houses natural hot water springs. You can take a dip in the springs if you like. Then, we continue trek on Budhi Gandaki's banks again to reach Jagat. Overnight in Jagat.

Destination:	Accommodation	Altitude:
21km Uphills trekking (Average 07 hours)	New Monglolian Cottage or Similar category	(1410m./3990ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Deng

After our permits are approved, we start the trek to Deng. We first trek through the dense tropical forest and continue to trek alongside the Budhi Gandaki River. The trail of this part runs through the forests, which shelter much rare wildlife. We continue to trek through the forests of the Manaslu region and come across many different villages like Bhatti Khola and Philim. We then cross the bamboo forest over Budhi Gandaki to reach Deng. Overnight in Deng.

Destination:	Accommodation	Altitude:
24km Uphills trekking (Average 08 hours)	Windy Valley Guest House or Similar category	(1960m./6430ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Namrung

From Deng, we cross a suspension bridge and trek through the uneven trails. The trail leads us to Bihi Phedi. We continue from there to reach Ghap. The trail from Ghap is dangerous as it is prone to dry landslides. After crossing the landslide zone, we go past several Magar villages to reach Namrung. Overnight in Namrung.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 06 hours)	Namrung Guest House or similar category	(2660m./7527ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Lho Gaon

As we gain altitude, we also start seeing a change in the vegetation and culture. We slowly enter the Tibetan cultured areas as we trek from Namrung. The trail takes us through the Mani walls and stone houses. On the way, we can also see the beautiful view of mountains like Mt Manaslu (8163m). After trekking for 4 hours, we finally reached Lho. Overnight in Lho.

Destination:

12km Uphills trekking
(Average 04hours)

Accommodation

Majestic Guest House or
Similar category

Altitude:

(3100m./10230ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Sama Gaon

After breakfast in Lho, we start our day with a trek towards Sama Gaon. We trek through beautiful pine and rhododendron forests. The breathtaking view of Mt. Manaslu (8163m) follows us throughout the trail. The trek was challenging, and we gained altitude today. We trek for about five hours to reach Sama Gaon. Overnight in Sama Gaon

Destination:

14km Uphills trekking
(Average 05 hours)

Accommodation

Mount Manaslu Hotel or
Similar category

Altitude:

(3530m./9989ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Acclimatization day/ Exploring around

Trekking to a higher altitude may become dangerous if you do not take proper rest. So, we rest for a day today in Sama Gaon. After breakfast, we explore the village and interact with the villagers. We will then hike to Pung Gyan Gompa, enjoying the beautiful view of the Manaslu and other mountains. You can interact with the locals in the evening and try local foods. Overnight in Sama Gaon.

Destination:

Excursion around

Accommodation

Mount Manaslu Hotel or
Similar category

Altitude:

(3530m./9989ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Samdo

We start our trek after a day of rest and breakfast in Sama Gaon. We first trek through the pine forest, which slowly starts getting sparser. The vegetation disappears, and the land becomes barren. We trek to a remote, isolated part of the trail with the beautiful Mt. Manaslu (8163m) still keeping us company. The trek is about 4 hours along the banks of the reduced Budhi Gandaki River. Overnight in Samdo.

Destination:

09km Uphills trekking
(Average 03 hours)

Accommodation

Zambala Guest House or
Similar category

Altitude:

(3780m./12402ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Samdo Ri and Rui La Pass:

Samdo offers more than just an overnight acclimatization stop before Larkya La Pass. You can extend your stay here with an optional day [hike toward Samdo Ri](#) or Rui La Pass near the Tibetan border. These side hikes open wider mountain views, high-altitude landscapes, and old Himalayan trade trails that most trekkers only pass nearby.

Read details about the Samdo Ri and [Rui La Pass add-ons](#) to understand how these hikes fit into your itinerary and what to expect on the trail

Day 9: Trek to Dharmashala

Today is one of the most important days of the trek as we trek west along with the views of Naika and Pangbuche peaks. After breakfast in Samdo, we cross a suspension bridge and continue through the uneven, rocky trail. You get a beautiful view of mountains in Manaslu and Himal Chuli range on the route to Dharmashala. After five hours of trekking, we reach Dharmashala. Overnight in Dharmashala.

Destination:

10km Uphills trekking
(Average 05 hours)

Accommodation

Larke Peak Guest House or
Similar category

Altitude:

(4200m./13780ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Bimthang via Larke La pass (5160m.)

Today, we trek through one of the most challenging and exciting trails of the trek. We will trek through the barren and remote part of the Manaslu region. The trek provides us with a beautiful view of Mt. Manaslu (8163m), the eighth-highest mountain in the world. The trail ascends to the top of the Larkya La Pass (5160m) across the rough and snowy trails. From the top, you can relish the views of the Larkya, Mansiri, Cheo, and Himlung Himal ranges. Later, you descend from the pass with a panoramic view of

the mountains and glaciers. Overnight in Bimthang.

Destination:

22km Uphills trekking
(Average 10 hours)

Accommodation

Punker Cottage House or
Similar category

Altitude:

(4200m./7218ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Ponkar Lake:

Instead of descending immediately after crossing Larkya La Pass, you can stay another night in Bhimtang and hike to the beautiful Ponkar Lake. This optional excursion leads through glacial valleys, alpine meadows, and peaceful mountain terrain with excellent views of the Manaslu and Annapurna ranges.

[Read details about the Ponkar Lake add-on](#) to learn how this side trip changes your trekking plan and what the experience is like.

Day 11: Trek to Dharapani

Today is the last day of our trek. After breakfast in Bimthang, we start our trek towards Dharapani. Today's trek is more comfortable compared to the last few days. We will descend through the pine and rhododendron forests of the Manaslu region. On the way, the beautiful view of the snow-capped mountains follows us. Overnight in Dharapani.

Destination:

16km Uphills trekking
(Average 07 hours)

Accommodation

Hotel Gurkha's Inn or Similar
category

Altitude:

(1992m./6535ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Chame

Leaving Dharapani, the pristine mountainous river takes you through lush forests towards Danaque. The trail continues towards Koto village, where you'll enjoy your lunch. Afterward, you'll continue walking upstream towards Chame village. Chame is the headquarters of Manang District, where you can enjoy the majestic sight of Lamjung Himal (6983m) in the distance. Overnight in Chame

Destination:

14km Uphills trekking
(Average 06 hours)

Accommodation

Royal Garden Hotel or Similar
category

Altitude:

(2710m/8943ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Trek to Upper Pisang

Enjoy a delicious breakfast and then embark on the first day of the trek. Leaving Chame, you'll begin trekking upstream along the Marsyangdi River towards Telekhu village. The trail starts to climb through lush forested ridges towards Bhratang. A short hike will bring you to Dhukur Pokhari, where you'll begin climbing along the Marsyangdi River towards Lower Pisang village. A short climb above Lower Pisang will bring you to Upper Pisang village. Overnight in Upper Pisang.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 06 hours)	Mandala Hotel And Organic Café or Similar category	(3400m./11220ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Trek to Manang

Enjoy breakfast at Upper Pisang while enjoying the beautiful view of Marsyangdi Valley. Leaving Upper Pisang, you'll begin to climb uphill through Manang Sadak towards Ngawal village. You can enjoy your lunch and then explore the Tibetan-style settlements in Ngawal. The trail continues through Ghyaru, Humde, and Braga villages towards Manang. Overnight in Manang.

Destination:	Accommodation	Altitude:
15km Uphills trekking (Average 06 hours)	Tilicho Hotel/ Hotel Gangapurna or Similar category	(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 15: Acclimatization/Exploring around

Manang is a town in Manang District surrounded by Annapurna III (7555m) and Gangapurna (6454m). It is home to the ethnic tribes of Tibetan and Magar people. You can spend the day exploring the scenic town and nearby destinations. If you're up for an adventurous hike, you can head to the Gangapurna Lake and Ice Lake in the glaciated region amidst Annapurna massif and Chulu East Peak. Catch the beautiful panoramic sight of Annapurna and Gangapurna ranges on the way. Overnight in Manang.

Destination:	Accommodation	Altitude:
Excursion around	Tilicho Hotel/ Hotel Gangapurna or Similar category	(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 16: Trek to Tilicho base camp

The trek resumes after a hearty breakfast. From Manang, you head west towards Khangsar Khola. The trail gets steeper as you start gaining altitude. Once you cross the river, you reach Khangsar. Then, you ascend again to reach Shree Kharka. En route, you can see fantastic views of mountains like Annapurna and Gangapurna. The trail is easy from here onwards, and you arrive at Tilicho Base Camp. Overnight at Tilicho Base Camp.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 07 hours)	New Himalayan Hotel or Similar category	(4,150 m./13645ft.)

Meals

Breakfast, Lunch, Dinner

Day 17: Trek to Shree Kharka

You wake up to the picturesque views of Tilicho Peak and have your breakfast. You ascend to a steep slope and head to explore the Tilicho Lake. The trail continues along the pastureland, where you can see yaks and deer. After crossing the pastureland, you arrive at the breathtaking Tilicho lake with the Tilicho Peak in the backdrop. You return to the base camp after exploring the lake area and descend to Shree Kharka overnight.

Destination:	Accommodation	Altitude:
08km Uphills trekking (Average 03 hours)	Himalayan hotel or Similar category	(4,060m./13398ft.)

Meals

Breakfast, Lunch, Dinner

Day 18: Trek to Ledar

After cleaning up and having breakfast, you descend back through the trail you took to ascend. As you descend, you arrive at Tare Gumba, an ancient monastery. You can do a quick tour of the place if you want. Then, you head towards [Khangsar village](#), and from there, you head towards Thorong Khola Valley. You ascend to a plateau after crossing Thorong Khola, leading you to Yak Kharka. You will walk an hour to reach Ledar. Overnight in Ledar.

Destination:	Accommodation	Altitude:
13km Uphills trekking (Average 05 hours)	Dhading Laxmi Hotel or Similar category	(4,220 m./14226ft.)

Meals

Breakfast, Lunch, Dinner

Day 19: Trek to Thorong Phedi

Leaving Yak Kharka, you'll climb uphill through Chauri Ledar village and make your way towards Thorong Phedi. The steep trail goes upstream along the Kone River and climbs through the rocky ridges towards Thorong Phedi. Enjoy the scenic sights of Annapurna Massif and Thorong Peak (6144m) as you approach Thorong Phedi High Camp. Spend the rest of the day acclimatizing for the upcoming climb of Thorong La Pass.

Destination:	Accommodation	Altitude:
08km Uphills trekking (Average 03 hours)	Thorong Phedi Base Camp Lodge	(4600m./15180ft.)

Meals

Breakfast, Lunch, Dinner

Day 20: Trek to Muktinath

Leaving Thorong Phedi, the trail begins to climb upstream along the Marsayangdi stream. You'll encounter thick snow as you approach the top of the pass. Once at Thorong La Pass (5,416 m), you can enjoy the majestic view of the surrounding mountains in the Annapurna and Gangapurna ranges, along with the desert-like landscape of Mustang. Mountains as far as Tibet will also be visible from the top. You'll begin descending to the other side and climb down the rocky ridges to reach the monastic destination of Muktinath Temple. Overnight in Muktinath.

Destination:	Accommodation	Altitude:
18km Uphills trekking (Average 10 hours)	Town House Hotel or Similar category	(3800m./12540ft.)

Meals

Breakfast, Lunch, Dinner

Day 21: Trek to Marpha

The day begins with an exciting tour around Muktinath Temple. Located at 3760 meters, Muktinath Temple is one of the most popular pilgrimages in South Asia. Leaving Muktinath, you'll begin climbing downhill with the company of Nilgiri and Dhaulagiri peaks in the distance. You can enjoy your lunch upon reaching Kagbeni village. The trek continues over the dried beds of Kali Gandaki River and goes towards Jomsom, the headquarters of Mustang District. Overnight in Marpha.

Destination:	Accommodation	Altitude:
18km downhill trekking (Average 07 hours)	Hotel Paradise or Similar category	(2713m./8952ft.)

Meals

Breakfast, Lunch, Dinner

Day 22: Drive to Pokhara

In the early morning, Jump on the bus, which will take you to Pokhara via Tatopani – Beni and Nayapul. Upon arrival, you will be transferred to the hotel. Overnight in Pokhara.

Destination:

153km Drive to Pokhara
(Average 08 hours)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 23: Drive to Kathmandu

Enjoy your breakfast overlooking the beautiful Phewa Lake. Afterward, you'll embark on a tourist bus for a half-day journey back to Kathmandu. The scenic journey goes along the massive Trishuli River and crosses numerous colorful towns en route. Upon reaching Kathmandu, you can explore the nearby town of Thamel and shop for souvenirs. Overnight in Kathmandu.

Destination:

200 km Drive to Kathmandu/06
hours
(Average 06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

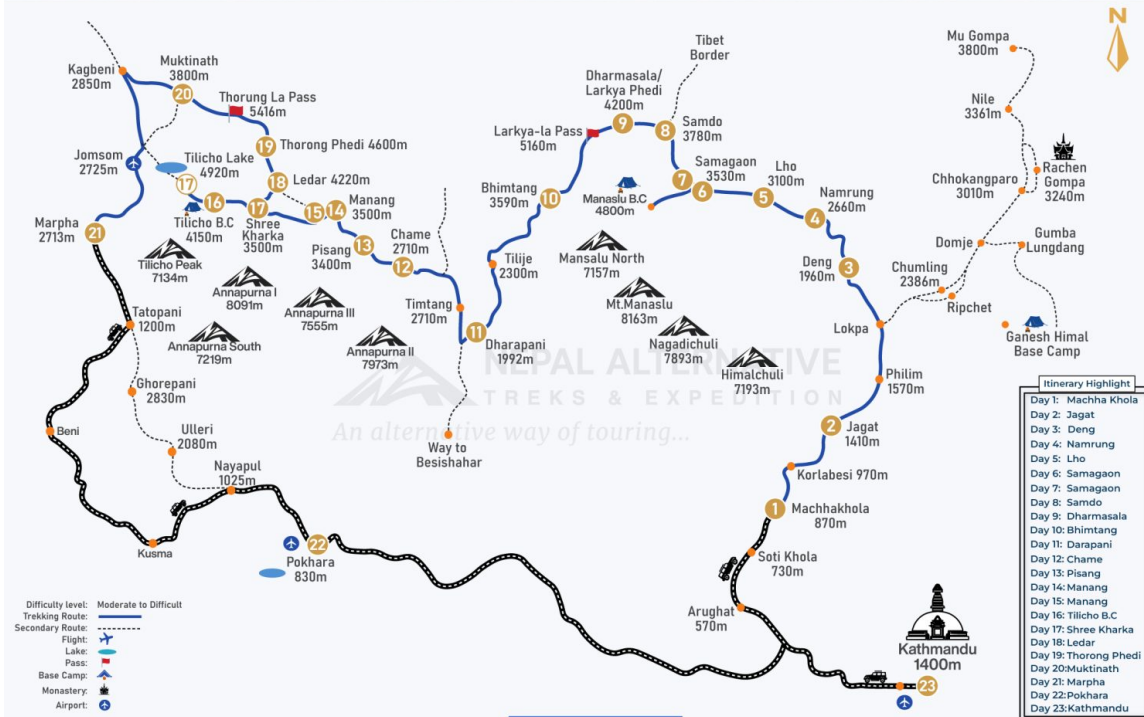
What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- One night hotel accommodation (Twin share base) in Pokhara with breakfast.
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation (Twin share base) during the trekking.
- One experienced, well-trained, fluent English speaking, friendly, specialized in Manaslu /Annapurna trekking region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipment.
- Overland transport as per mentioned in itinerary.
- Manaslu special permit, ACAP (Annapurna conservation area project), MCAP (Manaslu conservation area project) and necessary permits .
- A trekking map, duffel bag, Oxygen saturation check up everyday, Water purification, first aid medical, company t-shirt and trekking company certificate.
- Assistance for emergency rescue evacuation .
- Government tax and service charge.
- Public Liability Insurance.

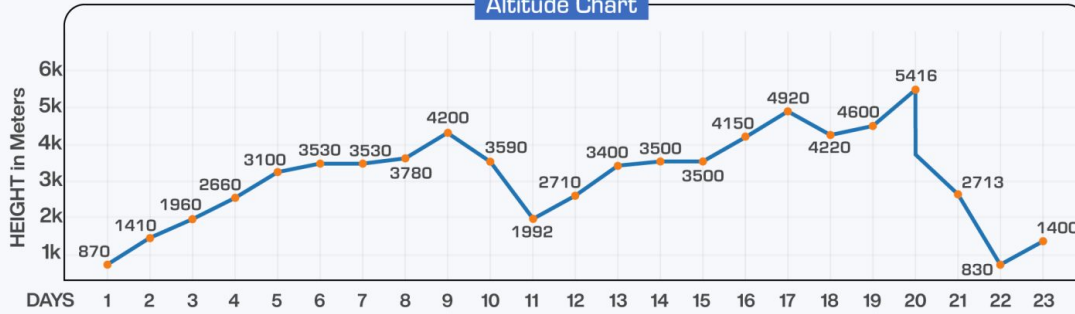
What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, battery charge, boiled water , phone bill and laundry. .
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters.(Highly suggested).

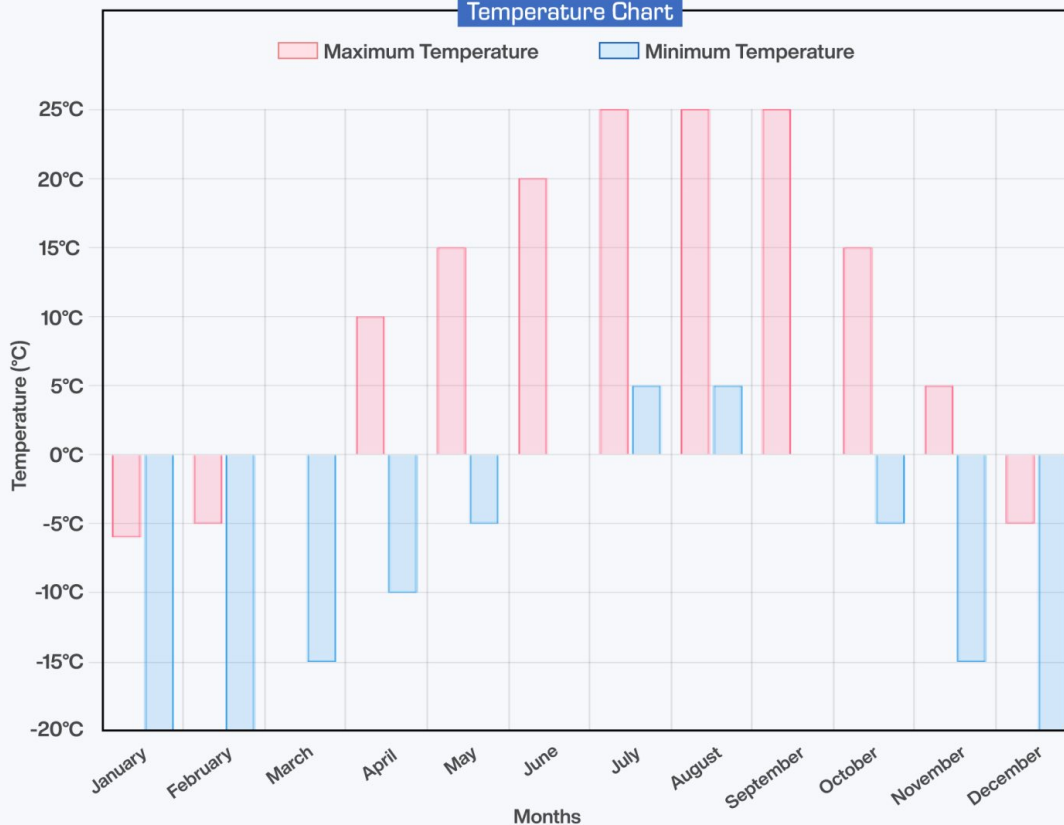
Manaslu and Annapurna Circuit Trek Route Map



Altitude Chart



Temperature Chart



Traveler Reviews

This combined Manaslu and Annapurna journey became the trip of a lifetime

Never forget

I completed of Manaslu, Annapurna Circuit, ABC and Mardi Himal combined trekking with the guide Dilal by Nepal Alternative Treks & Expeditions. Dilal is an experienced and strong man who made the whole trip is smoothly. I really enjoyed the trip even though it was hard and long. Highly recommended!

Rating: 5/5

Kin On Li

Hongkong

Manaslu and Annapurna Circuit 23 Days

The whole trip was amazing from start to finish. It all started when our guide, Nauser Ghale, picked us up from our hotel in Kathmandu. Right away, he explained the plan for the trip.

The daily routine was great. After breakfast, we started our trek to the next destination. We usually had lunch along the way, and the food was always very good. Once we arrived at our accommodation, we had some time to relax, enjoy the views, and recover from the day's hike.

What really made the trip special was our guide, Nauser. Every evening, he went through the plan for the next day, explaining the route and the mountains we would see. He was always happy to answer questions and shared a lot of useful information throughout the trek.

Nauser was friendly, professional, and really helpful. He also had a great sense of humor, which made the long trekking days even more enjoyable. Thanks to him, everything went smoothly and we felt well taken care of throughout the entire journey.

Overall, this was a 10/10 experience, and I would do it again without hesitation. I highly recommend this trek, especially with Nauser Ghale as your guide.

Rating: 5/5

Elija S

Switzerland

Additional Trip Information

Optional Day Hike During Manaslu and Annapurna Circuit Trek

The Manaslu and Annapurna Circuit Trek can be extended with optional side hikes to Ponkar Lake, Samdo Ri, and Rui La Pass. These hikes require one extra day at either Samdo or Bhimtang and allow you to experience the region beyond the standard trekking route.

An Extra Day in Bhimtang for Ponkar Lake Hike

Adding an extra night in Bhimtang gives you time to explore one of the hidden alpine highlights of the Manaslu region. Instead of continuing directly toward Dharapani, you follow a quieter trail toward Ponkar Lake through glacial terrain, yak pastures, and rocky moraine landscapes. The trail gradually climbs above Bhimtang through wide alpine meadows where yaks often graze during the warmer months. As you continue higher, the landscape changes into rough glacial terrain with scattered rocks, icy streams, and open views toward the surrounding Himalayan peaks. Compared to the main trekking route, this section feels far quieter and more remote.

Ponkar Lake sits beneath the glaciers below Larkya Peak and collects icy meltwater flowing from the surrounding mountains. The lake changes shades throughout the day depending on sunlight and weather conditions. The area remains peaceful, with hanging glaciers, snowy slopes, and dramatic mountain scenery surrounding the lake.



Ponkar Lake View During Manaslu Circuit Trek



Trekker Group Near Ponkar Lake

Many trekkers choose this side hike not only for the scenery but also to slow down after crossing Larkya La Pass. Instead of immediately descending into lower valleys, you get another full day to enjoy the high mountain environment, take photographs, rest your body, and experience a less-visited corner of the Manaslu region. This optional hike is ideal for trekkers who prefer a slower and more immersive mountain experience before entering the Annapurna region.

Quick facts on this day hike:

- **Extra day required:** +1 day in Bhimtang
- **Maximum elevation:** Around 4,100 m
- **Walking time:** 5 to 7 hours round trip
- **Difficulty:** Moderate
- **Trail:** Alpine pasture, moraine, and rocky glacial terrain
- **Facilities:** No teahouses along the route
- **Starting point:** Bhimtang village

- **Best for:** Nature lovers, photographers, and trekkers with additional time

A glimpse of your Ponkar Lake day:

- Begin after breakfast from Bhimtang
- Walk through alpine landscapes and glacial valleys
- Reach Ponkar Lake and enjoy the mountain scenery
- Spend time around the lake and nearby viewpoints
- Return to Bhimtang for overnight stay
- Continue trekking toward Dharapani the next day



Group of Trekkers Near Ponkar Lake

An Extra Day in Samdo for Samdo Ri Hike

Samdo Ri rises directly above the village and provides one of the best panoramic viewpoints in the Manaslu region. The trail climbs steadily along a ridge behind Samdo, gradually revealing wider views of the Budhi Gandaki Valley and surrounding Himalayan peaks. The climb begins just outside the village and quickly gains elevation on dusty and rocky trails. As you continue higher, the small settlement of Samdo starts to look tiny below, while snowy mountain ridges begin appearing one after another across the horizon. Prayer flags, grazing yaks, and distant Himalayan valleys add to the high-mountain atmosphere of the hike.



Livestock In Samdo Ri



Samdo Ri Route

From the top, you can see Manaslu, Simnang Himal, Naike Peak, and distant ridges stretching toward Tibet. The viewpoint also helps trekkers prepare physically for the altitude of Larkya La Pass. Unlike the longer Rui La hike, Samdo Ri is shorter and easier to fit into the itinerary while still reaching impressive elevation. Since the hike returns to the same village lodge, it works well as an acclimatization day without changing the overall trek structure.

Quick facts on this day hike:

- **Extra day required:** +1 day in Samdo
- **Maximum elevation:** 4,800-5,000 m
- **Walking time:** 4 to 5 hours round trip
- **Difficulty:** Moderate
- **Trail:** Steep and rocky ridge path
- **Starting point:** Samdo village
- **Best for:** Panoramic mountain views and acclimatization

A glimpse of your Samdo Ri day:

- Begin hiking after breakfast in Samdo
- Climb gradually along the ridge above the village
- Enjoy expanding views toward Manaslu and the surrounding valleys
- Reach the viewpoint and spend time at the top
- Return to Samdo for lunch and overnight stay



Trekker Enjoying Samdo Ri View

An Extra Day in Samdo for Rui La Pass Day Hike

The route toward Rui La follows an ancient Himalayan trade trail once used between Nepal and Tibet. This side hike from Samdo gives you the chance to walk beyond the regular trekking route into remote high-altitude terrain close to the border. After leaving the stone houses of Samdo behind, the trail slowly climbs across dry hillsides and yak grazing areas. Along the way, you may notice old caravan routes, scattered stone shelters, and prayer flags marking sections of the historic trade path. The scenery gradually changes from deep Himalayan valleys into a broader and more open landscape that resembles the edge of the Tibetan plateau.



Extra Day Hike To Rui La Pass



Rui La Pass Trekker

As the trail climbs gradually, the valley becomes wider and drier, with broad views opening behind you toward Manaslu and Samdo Peak. Near the upper viewpoints close to Rui La, the landscape begins to resemble the Tibetan plateau. On clear days, the higher viewpoints provide wide views toward both the Nepalese Himalayas and the Tibetan side. The route feels less like a standard trekking trail and more like a journey into a remote mountain frontier. Besides the mountain views, this hike is also useful for acclimatization before crossing Larkya La Pass. Since you return to sleep at Samdo, it follows the recommended “hike high, sleep low” approach.

Quick facts on this day hike:

- Extra day required: +1 day in Samdo
- Maximum elevation: Approximately 4,900–5,000 m
- Walking time: 5 to 7 hours round trip
- Difficulty: Moderate to challenging
- Trail: Old trade route with exposed high-altitude sections
- Facilities: No teahouses on the route
- Starting point: Samdo village
- Best for: Acclimatization and Tibetan border landscapes

A glimpse of your Rui La Pass day:

- Start after breakfast with a light backpack
- Follow the traditional trade route beyond Samdo
- Gain elevation steadily with expanding mountain views
- Reach viewpoints near Rui La Pass
- Rest and enjoy the scenery before descending
- Return to Samdo for overnight stay



Trekker Enjoying Snowy Rui La Pass View

Permit required for Manaslu and Annapurna Circuit

This combined Manaslu with Annapurna Circuit trek uses two different permit systems: **one for the Manaslu Restricted Area and one for the Annapurna Conservation Area**. In total, you usually need **three permits: Manaslu Restricted Area Permit (RAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP)**. *A TIMS card is not required for Manaslu, and it is no longer enforced for the Annapurna Circuit since 2023.*

1. Manaslu Restricted Area Permit (RAP)

Manaslu is a restricted area, so the RAP is the main permit. It can only be issued through a registered Nepali trekking agency, and you must trek with a licensed guide. From 22 March 2026, one person can get a Manaslu RAP. The old “minimum two trekkers” rule no longer applies, but you still need a licensed guide.

The cost of the Manaslu Restricted Area Permit for September to November (peak season) is:

- USD 100 for the first 7 days
- USD 15 per person per extra day after the first week

The cost of the Manaslu Restricted Area Permit for December to August (off-season) is:

- USD 75 for the first 7 days
- USD 10 per person per extra day after the first week

2. Manaslu Conservation Area Permit (MCAP)

The Manaslu region lies inside the Manaslu Conservation Area. Thus, a Manaslu Conservation Area Permit is compulsory to enter the Manaslu Conservation Area. The MCAP fee supports local conservation

work, trail maintenance, wildlife protection, and community projects in villages along the trek. Without this permit, you are not allowed to enter the conservation area.

You can get it from the Nepal Tourism Board (NTB) office in Kathmandu or Pokhara, or through your registered trekking agency, which usually arranges it together with your RAP before the trek starts. It costs NPR 3,000 for non-SAARC nationals and NPR 1,000 for SAARC nationals.

3. Annapurna Conservation Area Permit (ACAP)

After Dharapani, the Manaslu-Annapurna combined route enters the Annapurna Conservation Area. ACAP is required to enter and travel inside this protected area. The fee helps manage trails, forests, and wildlife, and supports local communities and conservation projects in the Annapurna region.

You can obtain the Annapurna Conservation Area Permit from the Nepal Tourism Board (NTB) office in Kathmandu or Pokhara, or at the Annapurna Conservation Area entry checkpoint (for example, in the Besishahar/Dharapani area). Your trek agency arranges it in advance so you don't have to stop at the counter. It costs NPR 3,000 for non-SAARC nationals and NPR 1,000 for SAARC nationals.

Travel Insurance For Manaslu and Annapurna Circuit Trekking

Travel insurance is compulsory when you go climbing. Furthermore, your travel insurance covers your injury, medical expenses, repatriation expenses, rescue mission, loss of property, etc. Most importantly, check with your insurance company that your adventure and climbing above 3000m are covered. If you haven't taken an insurance policy, then it would be difficult for us to operate your rescue mission.

Meals and Accommodation During Manaslu & Annapurna Circuit Trek

In Kathmandu, we usually provide a 3-star hotel with the facility of breakfast, lunch, and dinner, but you can upgrade it as per your wish. Similarly, while climbing, we provide the most comfortable tea houses with hot showers, toilets, western food, and private rooms. Likewise, the tea houses provide you with their local foods. They also provide you with breakfast, lunch, and dinner facilities if you wish. Most importantly, they also provide food in sufficient quantities.

Likewise, the local food at higher altitudes is cheaper than the western foods because most local dishes are produced from local farms. Meanwhile, Western food has to be imported from the cities, which adds to the cost of the food. Western foods are slightly expensive. Furthermore, as you go higher up the altitude, the price of the meals also increases. Hard and soft table drinks such as tea/coffee, mineral water, Coke, Fanta, alcoholic drinks, hot shower, laundry, phone bill, bar bill, hot water, etc are not provided. But, it can be adjusted according to our consumers' wishes. But, at higher altitudes, Nepali and Western foods differ in price. Meanwhile, Western food is more expensive than local food.

Safety and Security During Manaslu & Annapurna Circuit Trek

The Safety and Security of our trekkers are very important to us. Similarly, while your journey at Manaslu and [Annapurna Circuit Trek](#). Likewise, we carefully check every route for the trek. So, don't worry, you will be safe with us. Similarly, we also take good care of the belongings of our trekkers on the lodges and during the trek. Therefore, you feel free and fully enjoy yourself during the trek. You should not worry about yourself and your belongings. We fully take care of that.

What is Acute Mountain Sickness? What happens if we fall sick During Manaslu & Annapurna Circuit Trek?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. Altitude sickness occurs when your body cannot acclimatize adequately to a rapid decrease in oxygen volume. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk slowly and steadily, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can help you with other medical kits (first aid) and health check-ups as necessary.

If you have symptoms of AMS or are feeling sick, you must report it to your guide immediately. You must not ascend further, rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition worsens, we shall coordinate with your insurance company for helicopter evacuation.

Climate and weather During Manaslu & Annapurna Circuit Trek

The climate and weather of Manaslu and Annapurna Circuit keep changing. Similarly, the weather is unpredictable. So, you must be ready for any challenge it bestows on you during the trek. The best time to visit this trek is spring and autumn. You will travel in a clear sky and beautiful weather during this time. A lot of tourists climb here during this time. Similarly, during the spring season, you will find the best value for your trek. However, this can also be done in the monsoon season. If you do this circuit trekking during autumn, you will enjoy the environment, temperature, and weather fully.

During this time, the weather is also very stable for climbers. The Spring season consists of March, April, and May. April is the warmest month of the year. This season is best if you want to travel in pleasant weather and a suitable climate. But it usually gets cold at night due to the drop in temperature. However, the time of spring usually remains warm, and the trail gets moist and clean after the long winter. In addition, spring and autumn provide glorious scenery in the surroundings, adding to the fun of your trek. Similarly, if you visit here at the right time, you will certainly not be a victim of any diseases. Likewise, the journey also gets easier, which reduces the possibility of injury during the trek.

Off-season Trekking in Annapurna and Manaslu Region

Summer and Winter are not ideal trekking seasons in the Manaslu Annapurna region. The monsoons in Nepal fall under the summer season, and there will be heavy rainfall in the lower parts of the Annapurna region. Hiking up towards the Manaslu will be challenging as the rain is unpredictable. Besides that, the chances of Landslides and floods increase, making the trek more difficult. However, the upper region lies in the rain shadow area; trekking is still possible during summer in this region.

Heavy snowfall occurs during winter in the Manaslu region. The trails become slippery, making trekking difficult. The trek's highest point, Larkya La Pass, is closed due to excessive snowfall. Very few teahouses will be available for accommodation during the trek. However, some people trek to this region during

early and late winter.

A typical day in Manaslu and Annapurna Circuit Trekking

Your day on a trek starts from the place where you are staying. You will have three meals per day. Your breakfast will be at the place where you will be staying. A briefing session will be after breakfast, during which your guide will give you brief information about today's hike. Your hike will begin right after your briefing session. You will be hiking for around 6-8 hours a day. Your lunch will be around 12-1 pm. It will be in a tea house or local cafe along the way. You can rest after lunch, but it depends on your remaining distance to be covered. You will be stopping at scenic spots to take pictures and enjoy the majestic views of the Himalayan beauty. Your hike will end at the place where you are staying. You will have dinner at the place where you will stay.

Frequently Asked Questions

Is this trekking route safe for tourists ?

Yes, Manaslu and Annapurna circuit is safe for tourists. Manaslu area has already recovered from the earthquake in 2015 while Annapurna has not been affected by devastating hit. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation in different trekking trails for tourists.

What are the physical fitness and other criteria required for this trek ?

Some of the trails pass through the steep uphill and downhill with high passes as Larke La (5160m.) and Thorong la (5416m.) that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily for a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you with a personal porter with some additional costs.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter. However, we recommend you carry your own water bottles. You can fill them up with filtered water wherever possible and purify them using chlorine or iodine. We shall provide water, purification drops, and tablets. You can fill up safe drinking water stationed in Annapurna Conservation Area.

How long will we have to hike each day ?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

Upon Arrival :

- We need an original passport with Nepal visa to obtain Manaslu special permit .

What kind of toilet facilities are there? Will we be able to take a shower in Mountain ?

Lodges and teahouses on the Annapurna Circuit usually have good infrastructure, including Western-style toilets, and sometimes attached toilets. In the Manaslu region, you are more likely to find Indian squat-style toilets. We recommend bringing your own toilet paper.

We typically arrange your accommodations with proper shower facilities. However, as you go higher in altitude, running showers and hot water may be limited and may cost extra.

Is it possible to recharge batteries and electronics during the trek ?

Yes, you can recharge batteries and electronics during the trek. There are electricity and charging facilities available for a small fee. We recommend carrying solar chargers as a backup. Nepal uses Type D plugs with a voltage of 220-240V, so make sure your devices are compatible or bring adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

Yes, you can communicate with friends and family while on the trek. Mobile networks, internet data, and Wi-Fi are available in some places along the route. You will need a Nepalese SIM card to access the mobile network and access the internet. We recommend buying a NAMASTE SIM card, which we can help you get from local distributors for a small fee.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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