

# Manaslu and Annapurna Circuit Trekking - 23 Days

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

<b>Duration</b> 23	<b>Per Person Cost</b> USD 1390	<b>Difficulty</b> Moderate to Difficult
<b>Weather</b> -20°C to 25°C	<b>Accommodation</b> Lodge	<b>Meals</b> Breakfast, Lunch, Dinner
<b>Religion</b> Buddhism, Bon	<b>Transportation</b> Bus/Jeep	<b>Max Altitude</b> 5416m./17872ft.
<b>Region of Nepal</b> Manaslu and Annapurna	<b>Ethnic People</b> Gurung, Magar, Thakali, Tibetan	<b>Daily Activity</b> Approx. 5 - 6 hours
<b>Best Seasons</b> Sept, Oct, Nov, March, April & May	<b>Geographic Terrain</b> Mountain, Forest, Hill, Village, Waterfall, Rivers, Glacier	

## 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.

<b>January</b>	<b>February</b>	<b>March</b>
<b>-20°C to -6°C</b>	<b>-20°C to -5°C</b>	<b>-15°C to 0°C</b>
<b>April</b>	<b>May</b>	<b>June</b>
<b>-10°C to 10°C</b>	<b>-5°C to 15°C</b>	<b>0°C to 20°C</b>
<b>July</b>	<b>August</b>	<b>September</b>
<b>5°C to 25°C</b>	<b>5°C to 25°C</b>	<b>0°C to 25°C</b>
<b>October</b>	<b>November</b>	<b>December</b>
<b>-5°C to 15°C</b>	<b>-15°C to 5°C</b>	<b>-20°C to -5°C</b>

## Trip Overview

### 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.

Note: You can also check out our

## Background

**Nepal alternative treks** has combined itineraries of Manaslu and Annapurna Circuit trekking to offer something unique package. We have designed this trip in an alternative route to avoid road wherever it disturbs on path . We take you not only to the wilderness, off the beaten track and authentic Buddhist culture but also get great opportunity to visit old Monasteries and high pass Larke la in Manaslu region. After exploring these special areas, you will be taken to world's most popular route Annapurna circuit.

## About Us

At Nepal Alternative Treks and Expedition, we put our efforts to create and operate trips to various parts of Nepal. We have a great team of skilled guides and porters to assist travelers. Thus, we provide our finest people and services to cater to your needs. Also, we allow you to change the itineraries as per your liking easily.

# 23 Days Manaslu and Annapurna Circuit Trekking Day-to-day-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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
180km Drive to Machha Khola/10 hours (Average 10 hours)	Larke Peak Hotel or similar category	(870m./2871ft.)

## Meals

Lunch, Dinner

## Day 2: Trek to Jagat

After breakfast, we prepare to trek 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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
21km Uphills trekking	New Mongolian Cottage	or(1410m./3990ft.)

(Average 07 hours)

Similar category

### **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:**

24km Uphills trekking  
(Average 08 hours)

### **Accommodation**

Windy Valley Guest House or(1960m./6430ft.)  
Similar category

### **Altitude:**

### **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:**

14km Uphills trekking  
(Average 06 hours)

### **Accommodation**

Namrung Guest House or(2660m./7527ft.)  
similar category

### **Altitude:**

### **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(3100m./10230ft.)  
Similar category

**Altitude:****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(3530m./9989ft.)  
Similar category

**Altitude:****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(3530m./9989ft.)  
Similar category

**Altitude:****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(3780m./12402ft.)  
Similar category

**Altitude:****Meals**

Breakfast, Lunch, Dinner

**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 Naike 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(4200m./13780ft.)  
Similar category

**Altitude:****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(4200m./7218ft.)  
Similar category

**Altitude:****Meals**

Breakfast, Lunch, Dinner

**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.

<b>Destination:</b> 16km Uphills trekking (Average 07 hours)	<b>Accommodation</b> Hotel Gurkha's Inn or Similar category	<b>Altitude:</b> (1992m./6535ft.)
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### 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

<b>Destination:</b> 14km Uphills trekking (Average 06 hours)	<b>Accommodation</b> Royal Garden Hotel or Similar category	<b>Altitude:</b> (2710m/8943ft.)
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### 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 Bhrtang. 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.

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

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
15km Uphills trekking (Average 06 hours)	Tilicho Hotel/ Gangapurna or Similar category	Hotel( 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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
Excursion around	Tilicho Hotel/ Gangapurna or Similar category	Hotel( 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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
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.

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

### Meals

Breakfast, Lunch, Dinner

## Day 19: Trek to Throng 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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
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.

<b>Destination:</b>	<b>Accommodation</b>	<b>Altitude:</b>
153km Drive to Pokhara (Average 08 hours)	Hotel Kausi	( 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.

<b>Destination:</b>	<b>Altitude:</b>	<b>Meals</b>
200 km Drive to Kathmandu/06(1295m./4273ft.) hours (Average 06 hours)		Breakfast

## Trip Includes

- Tribhuvan International Airport transfer ( Airport - Hotel - Airport) 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 and required porters ( One porter for two persons)
- 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.

## 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.
- Tips for guide and porters.( Highly suggested ).

## Group Discounts Available

No. of Persons	Price per Person
Group Of 2 - 4	<del>USD \$1,590.00 PP</del> USD \$1,390.00PP
Group Of 5 - 8	<del>USD \$1,570.00 PP</del> USD \$1,370.00PP
Group Of 9 - 12	<del>USD \$1,550.00 PP</del> USD \$1,350.00PP
Group Of 13 - 16	<del>USD \$1,530.00 PP</del> USD \$1,330.00PP
Group Of 17 - 20	<del>USD \$1,510.00 PP</del> USD \$1,310.00PP
Group Of 21 - 25	<del>USD \$1,490.00 PP</del> USD \$1,290.00PP

## Route Map

24 Days

# Manaslu and Annapurna Circuit Trekking Route Map



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## Legend

Difficulty Level: Moderate

Main Hiking Route: ———

Secondary Route: ·····

View Point:

Mountain:

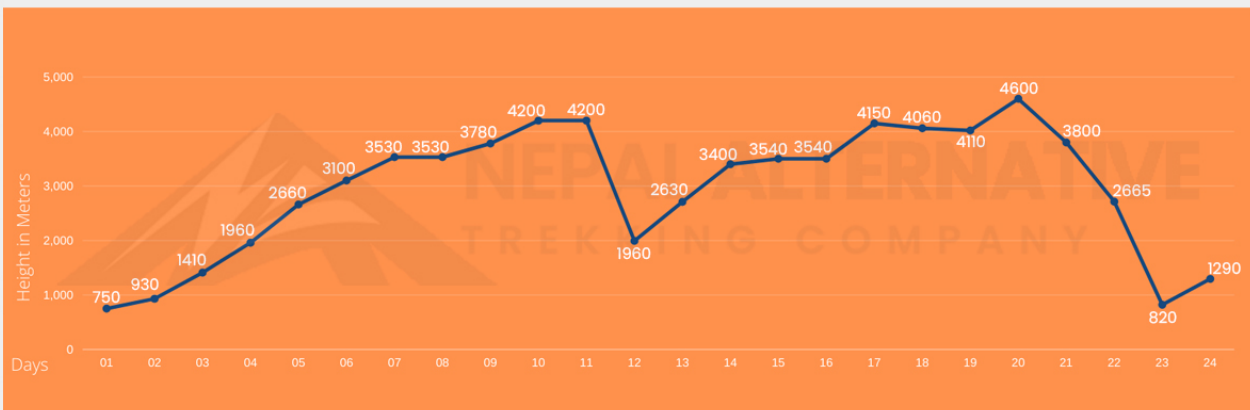
Lake:

Monastery:

Pass:



## Altitude Chart



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[Download Route Map](#)

# **Additional Trip Information**

## **Permit required for Manaslu and Annapurna Circuit**

The [Manaslu Circuit Trek](#) and Annapurna Circuit Trek include three permits. A trekker's Information Management System (TIMS) card is mandatory for trekking in Nepal. This card holds the data and information of a trekker. You can get this card from the Nepal Tourism Board Office or any licensed Trekking Agencies in Nepal. The price of a TIMS card is Rs 2000 for foreign internationals, and it is just Rs 1000 for SAARC nationals. An Annapurna Conservation Area Permit is required to trek in the Annapurna region. The price for this permit is Rs 3000 for foreign internationals. It is just Rs 600 for the visitors for SAARC nationals. You can get that at the entry point of the conservation area, or your travel agency can book it for you.

To trek in the Manaslu region, you need the Manaslu Conservation Area permit and the Manaslu Restricted Area Permit. The price for the Manaslu Restricted Area depends on the season. The cost for a 7-day trek is \$100 during the Autumn season and \$75 during the Spring season. If you stay longer, you must pay an additional \$15 and \$10 daily. The price for an off-season trek is much cheaper, where it just costs you \$25 for a 7-day trek.

Manaslu Conservation Area Permit is compulsory to enter this region. The cost for this permit is Rs 3000 for foreigners. It is just Rs 600 for SAARC nationals. This cost goes for the management of the wildlife in that area. There is no cost for a Nepali citizen in both conservation areas.

## **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**

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**

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?**

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**

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 you 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.

## **Address**

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