

Manaslu, Annapurna Circuit and Upper Mustang Trek - 33 Days

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

Manaslu, Annapurna Circuit and Upper Mustang Trek Quick Information

Weather -15°C to 20°C	Duration 33 Days	Difficulty Strenuous
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Overland + Flight
Daily Activity Approx. 5 - 6 hours	Religion Buddhism, Bon, Hinduism	Ethnic People Tibetan, Gurung, Thakali
Region of Nepal Manaslu and Annapurna Region	Max Altitude 5416m./17872ft.	Per Person Cost USD 2650
Best Season March, April, May, Sept, Oct, Nov	Geographic Terrain Mountain, Forest, Hills, Village, Waterfall, River, Glacier	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$2,650.00
Group Of 5 - 8	USD \$2,620.00
Group Of 9 - 12	USD \$2,590.00
Group Of 13 - 18	USD \$2,560.00

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, Annapurna Circuit, and Upper Mustang Trek Overview

The Manaslu, Annapurna Circuit, and Upper Mustang Trekking begin in Kathmandu as you drive west from the capital to Arughat. Following the Budhi Gandaki River north, the road trip continues to Soti Khola, where the trek officially begins. The trail takes you to Machha Khola and continues through several Magar villages before you stop at Deng. As you continue in the company of the **Nubri ethnic people**, the trail will head west and take you to Namrung. Then, the next trek takes you to Sama Gaon, and then you head to the Manaslu Base Camp.

After completing the detour to the base camp, you head north towards Dharamshala. Further, the altitude increases to **5,160 meters at the top of Larkya La Pass**—the top grants surreal sights of the vistas in Manaslu, Annapurna, and Cheo Himal ranges. Then, the descent from the pass will take you to Bimthang. Finally, the trek heads to Dharapani and joins the Annapurna route. Further, the walk continues north to settle at Pisang. You will leave trees line behind and walk through an open, wide area to reach Manang. Explore around the village before you head off towards Batase Danda.

Then, the next part of the trek leads you to Yak Kharka. You reach the base of the Thorung La Pass at Thorung Phedi. From the pass, you start the descent and reach Muktinath. Then, you head to **Kagbeni, the gateway to Upper Mustang**. Following the views of the high Tibetan Plateau, you will explore the region of Upper Mustang. **Crossing the challenging and beautiful Lo La Pass (3950m)**, you will arrive in Lo Mangthang. Passing through the quaint villages, you will return to Jomsom and fly back to Pokhara. From the lake city of Pokhara, you will drive back to Kathmandu.

Manaslu, Annapurna Circuit and Upper Mustang Trek Highlights

- Amazing cultural riches of the Gurung and Nubri communities
- Cross the majestic Larkya La Pass (5160m.)
- Explore the manaslu base camp, Pung Gyen Gompa and many other locations
- Cross the Thorung La Pass (5416m), one of the biggest passes in the world
- Enjoy the panorama of the mountains in the Manaslu, Ganesh Himal, Annapurna, Dhaulagiri, and Nilgiri ranges
- Experience the Manangi and Thakali culture and traditions
- Trek across the Annapurna Conservation Area and relish its biodiversity
- Spiritual feeling as you explore ancient caves and monasteries.
- Witness the breathtaking views of Mt. Nilgiri, Mt. Annapurna, Mt. Dhaulagiri, and many more.
- Learn about the culture of the local people and their way of living life near the Nepal-Tibet border.
- Get an insight into the prehistoric village of Lo Mangthang and visit the ancient palace.
- The eye-catching view of landscapes and plateaus in the lap of the mighty Himalayas.

Manaslu Circuit & Tsum Valley Trek Video:

Weather

Best Time for Manaslu, Annapurna Circuit, and Upper Mustang Trekking

Manaslu, Annapurna Circuit, and Upper Mustang Trekking is a 34-day trek in Nepal. So, choosing the best time for the trek is very important. Similarly, **spring and autumn are the best times** to do Manaslu, Annapurna Circuit, and Upper Mustang Trekking. At this time of the year, the temperature of Nepal is moderate.

Similarly, the weather and climate are also stable and suitable. If you travel here during this time, you can travel in a clear sky. Similarly, you can get a panoramic view of mountains like Mt. Nilgiri, Mt. Annapurna, Mt. Dhaulagiri, and many more.

January

-15°C to 5°C

February

-10°C to 8°C

March

-5°C to 12°C

April

-0°C to 15°C

May

5°C to 18°C

June

5°C to 20°C

July

8°C to 20°C

August

8°C to 20°C

September

5°C to 18°C

October

0°C to 15°C

November

-5°C to 10°C

December

-10°C to 5°C

Difficulty

Manaslu, Annapurna Circuit, and Upper Mustang Trek Difficulty

Manaslu, Annapurna Circuit, and Upper Mustang Trekking is a long trek. But, it unequivocally has some difficulties for rookie and inexperienced trekkers. So, we highly recommend you hire an experienced guide for your journey. **Some difficulties traveling at such altitudes for a long time include high altitude sickness, steep and long trails, climate and weather**, accommodation, and guides.

The high passes you will have to cross, Larkya La and Thorong La, can threaten acute mountain sickness (AMS). Altitude sickness is the most common challenge trekkers face at Manaslu, Annapurna Circuit, and Upper Mustang Trekking. So, it is crucial to acclimatize correctly before the trek. This trekking journey is long so you might face some steep trails.

In addition, if you travel here during the peak season, you find booking hotels, lodges, and guest houses difficult. **Similarly, it would be best if you pre-booked guides and porters.** Otherwise, having experienced guides with you will be hard because other trekkers might have already hired them.

33 Days Manaslu, Annapurna Circuit and Upper Mustang Trek Itinerary

Day 1: Drive to Machha Khola from Kathmandu

Your exciting journey starts with a drive along the Prithvi Highway from Kathmandu. A smooth drive on a black-topped road takes you to Dhading Bensi from where the road turns upward to Gola Bhanjyang and then slopes down to Ankhu Khola. At Arughat, you cross the Budhi Gandaki River and drive further to reach Sotikhola. We continue to drive two hours to reach Machhakhola. This Ten-hour long 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 Machhakhola (Average 10 hours)	Larke Peak Hotel or similar category	(690m./2277ft.)

Meals

Lunch, Dinner

Day 2: Trek to Jagat

After breakfast, we prepare to trek to Jagat. First, we trek along the bank of Budhi Gandaki River and ascend through dense forests of Sal. 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 to trek on the banks of Budhi Gandaki again to reach Jagat. Overnight in Jagat.

Destination:	Accommodation	Altitude:
22 km Hills trekking (Average 07 hours)	New Mangolian Cottage hotel 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 is through the forests, which is shelter to 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.

Manaslu Trekking Video Guide:

Destination:	Accommodation	Altitude:
24 km Uphills trekking (Average 07 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 continue to 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:
14 km Uphills trekking (Average 05 hours)	Namrung Guest House or Similar category	(2660m./7527ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Lho Gaon

As we gain altitude, we start seeing a change in the vegetation and culture as well. 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 reach Lho. Overnight in Lho.

Destination:	Accommodation	Altitude:
12 km Uphills trekking (Average 05 hours)	Majestic Guest House or Similar category	(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 is challenging, and also we gain altitude today. We trek for about five hours to reach Sama Gaon. Overnight in Sama Gaon.

Destination:	Accommodation	Altitude:
13 km Uphills trekking (Average 05 hours)	Mount Manaslu Hotel or Similar category	(3530m./9989ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Acclimatization day/ Exploring around

Trekking to the 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, where we can enjoy the beautiful view of the Manaslu and other mountains around it. In the evening, you can interact with the locals and try local foods. Overnight in Sama Gaon.

Destination:	Accommodation	Altitude:
Excursion around	Mount Manaslu Hotel or Similar category	(3530m./9989ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Samdo

After a day of rest and breakfast in Sama Gaon, we start our trek. 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 and 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:	Accommodation	Altitude:
10 km Uphills trekking (Average 04 hours)	Zambala Guest House or Similar category	(3780m./12402ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Samdo Ri and Rui La Pass:

Samdo is an ideal place to add an extra acclimatization day before crossing Larkya La Pass. You can choose a [side hike to Samdo Ri](#) or Rui La Pass for wider Himalayan panoramas, Tibetan-border landscapes, and a deeper mountain experience beyond the standard trail.

Read details about the Samdo Ri and [Rui La Pass add-ons](#) to understand the route, elevation gain, and how these hikes fit into your overall itinerary.

Day 9: Trek to Dharmashala

Today, you have the option to climb Samdo Ri (5000m./16500ft.) for the amazing view and sun rise or you continue head toward Dharmashala.

Trail 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 and 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:

10 km Uphills trekking
(Average 04 hours)

Accommodation

Larke Peak Guest House or
Similar category

Altitude:

(4200m./13780ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Bimthang

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 the 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 Larkya, Mansiri, Cheo, and Himlung Himal range. Later, you descend from the pass with a panoramic view of the mountains and glaciers. Overnight in Bimthang

Destination:

18 km Uphills trekking
(Average 08 hours)

Accommodation

Punker Cottage House or
similar category

Altitude:

(4200m./7218ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Ponkar Lake:

Trekkers who want a slower and more rewarding mountain experience can spend another night in Bhimtang and hike to Ponkar Lake. This scenic glacial lake sits above the village and offers peaceful trails, alpine landscapes, and excellent views of nearby peaks.

Read details about the [Ponkar Lake add-on](#) to see how this optional day hike extends your trek.

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:

15 km Uphills trekking
(Average 06 hours)

Accommodation

Hotel Gurkha's Inn or similar
category

Altitude:

(1992m./6535ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Chame

Leaving Dharapani, Following the pristine mountainous river takes you through lush forests towards Danaque. The trail continues going north towards Koto village, where you'll enjoy your lunch. Afterward, you'll continue walk 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:

14 km Uphills trekking
(Average 05 hours)

Accommodation

Royal Garden Hotel And
Restaurant 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 Marsayangdi River towards Telekhu village. The trail starts to climb through lush forested ridges towards Bhratang. A short hike will bring you to Dhukur Pokhari from where you'll begin climbing along the Marsayangdi River towards Lower Pisang village. A short climb above Lower Pisang will bring you to Upper Pisang village. Overnight in Upper Pisang.

Destination:

14 km Uphills trekking
(Average 05 hours)

Accommodation

Mandala Hotel And Organic
Café or similar category

Altitude:

(3400m./11220ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Trek to Manang

Enjoy breakfast at Upper Pisang while enjoying the beautiful view of Marsayangdi 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 styled settlements at Ngawal. From here, the trail continues through Ghyaru, Humde, and Braga villages towards Manang. Overnight in Manang.

Destination:

16 km Uphills trekking
(Average 06 hours)

Accommodation

Tilicho Hotel/ Hotel
Gangapurna or Similar
category

Altitude:

(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 located 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 get to see the fantastic views of mountains like Annapurna and Gangapurna. From here onwards, the trail is easy, and you arrive at Tilicho Base Camp . Overnight at Tilicho Base Camp.

Annapurna Trekking Video Guide:

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

Meals

Breakfast, Lunch, Dinner

Day 17: Visit Tilicho Lake - Reverse to Base camp - 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 then descend to Shree Kharka for the overnight stay

Destination:	Accommodation	Altitude:
14 km Lake visit and retrace to Shree kharka (Average 05 hours)	Himalayan hotel & restaurant 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, which then leads you to Yak Kharka. You will continue ascend another 45 minutes to Ledar. Overnight in Ledar.

Destination:	Accommodation	Altitude:
10 km Uphills trekking (Average 05 hours)	Dhading Laxmi hotel or similar category	(4,020 m./1366ft.)

Meals

Breakfast, Lunch, Dinner

Day 19: Trek to Throng Phedi

Leaving Yak Kharka, you'll begin climbing uphill through Chauri Ledar village and make 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 make your way towards Thorong Phedi . Spend the rest of the day acclimatizing for the upcoming climb of Thorong La Pass.

Destination:	Accommodation	Altitude:
06 km Uphills trekking (Average 03 hours)	Thorong Phedi Base Camp Lodge or similar category	(4450m./14685ft.)

Meals

Breakfast, Lunch, Dinner

Day 20: Trek to Throng La Pass-Muktinath

Leaving Thorong Phedi, the trail begins to climb upstream along the Marsayangdi stream. You'll encounter thick snows as you approach the top of the pass. Once at Thorong La Pass situated (5,416 m), you can enjoy the majestic view of the surrounding mountains in Annapurna and Gangapurna range along with the desert-like landscape of Mustang. Mountains as far as in 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.

Upper Mustang Trek Video:

Destination:	Accommodation	Altitude:
18 km Uphills trekking	Town house hotel or similar	(3800m./12540ft.)

(Average 10 hours)

category

Meals

Breakfast, Lunch, Dinner

Day 21: Trek to Kagbeni

The day begins with an exciting tour around Muktinath Temple. Located at an altitude of 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. It is the gate of Upper Mustang. Overnight at Kagbeni.

Destination:

06 km Uphills trekking
(Average 03 hours)

Accommodation

Hotel Nilgiri/ Yac MacDonald
or similar category

Altitude:

(2713m./8952ft.)

Meals

Breakfast, Lunch, Dinner

Day 22: Trek to Chele

After having breakfast at Kagbeni, you will start the trek towards Chele. The trail includes walking alongside the bank of Kaligandaki River as you follow the trail with some ups and downs. Continuing the 5-hour trek, you will approach old stupas and some caves. Then, you will ascend the cliff to reach Chele. Overnight stay at a lodge.

Destination:

14 km Uphills trekking
(Average 05 hours)

Accommodation

Hotel Mustang Gate or similar
category

Altitude:

(3050m./10004ft.)

Meals

Breakfast, Lunch, Dinner

Day 23: Trek to Syangboche

From Chele, you trek towards Syangboche. You will pass through some dry meadows and monasteries. En route, you can catch the sight of Yaks passing by. The trail is a bit tough as you encounter Taklam La Pass (3,624m) and Darjori La Pass (3735m). The 6-hour trek rewards you with astounding views of hills, plateaus, and the Himalayan ranges. Passing through few exciting caves, the trail descends into Samar village and declines further towards the other sharper route to reach Syangboche. Overnight stay at Syangboche.

Destination:

14 km Uphills trekking
(Average 06 hours)

Accommodation

Hotel Nilgiri or similar
category

Altitude:

(3475m./11467ft.)

Meals

Breakfast, Lunch, Dinner

Day 24: Trek to Ghami

You will trek towards Ghami today. The trail initially follows the inclination route towards the ridge of Syangboche by crossing the tough pass, Yamada La pass (3850m). The trail follows Chortens, some quaint villages, and barley fields. Following the forested trail, you will come across another pass Nyi La Pass (4010m). The trail starts to descend from here until you reach Ghami. Overnight stay at a lodge in Ghami

Destination:

14 km Uphills trekking
(Average 06 hours)

Accommodation

Hotel Lho Ghami / Royal
Mustang hotel

Altitude:

(3520m./11616ft.)

Meals

Breakfast, Lunch, Dinner

Day 25: Trek to Tsarang

After breakfast, you will leave for another exciting village known as Tsarang. You will trek through the slippery pathways to cross the Ghami Khola via a suspension bridge. Proceeding forward, the trail takes you to a long Mani wall. After that, you will come across Choya La Pass (3870m), which offers a beautiful view of the Tsarang village. Following the downward slope, you will approach Tsarang village, where you will get to visit an impressive fortress and a red Gumpa. Overnight stay at a lodge in Tsarang village

Destination:

14 km Uphills trekking
(Average 06 hours)

Accommodation

Hotel Doma or Similar category

Altitude:

(3500m./11480ft.)

Meals

Breakfast, Lunch, Dinner

Day 25: Trek to Lo-Mangthang

Today, the trek starts from Tsarang, accompanied by a great view of the barren plateaus. Crossing a river, you will incline the Lo La Pass (3950m), from where you will get a clear glance at Lo Mangthang village. Lo Mangthang is a beautiful village with a rich history. Home to the ancient palace of Lo, you will get a glimpse of the beautiful mountains such as Nilgiri, Annapurna I, and Bhrikuti Peak. Overnight stay at the lodge.

Destination:

10 km Uphills trekking
(Average 04 hours)

Accommodation

Lotus Holiday Inn or similar
category

Altitude:

(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 27: Explore the Lo-Mangthang

Today is a rest day at Lo- Mangthang village. You will hike to Chhoser and visit the striking Jhong Caves or Sky caves and various monasteries. The cave itself is a wonder to many researchers as the assumption says that the caves were built as a burial ground, hiding place, or for mediation. You will also visit the Namgyal Gompa and Ani Gompa. After exploring the mysterious cave, you will head back to Lo Mangthang. Overnight stay at a lodge in Lo Mangthang

Destination:	Accommodation	Altitude:
Excursion around	Lotus Holiday inn or similar category	(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 28: Trek to Ghar Gompa

After breakfast in Lo- Mangthang, you will leave for Ghar Gompa. You will trek towards the upper route. You may get to see some blue sheep and other wild animals on the way. The epic views of the Himalayas accompany you, making the walk delightful. After following through a few descends, you will arrive at Gyakar village, which houses the ancient Ghar Gompa. Explore the antique rock paintings at Ghar Gompa. Overnight stay in Ghar Gompa

Destination:	Accommodation	Altitude:
14 km Uphills trekking (Average 05 hours)	Lodge in Ghar Gompa	(3810m./12573ft.)

Meals

Breakfast, Lunch, Dinner

Day 29: Trek to Ghiling

After a delightful breakfast, you will leave for Ghiling. With the wind blowing on your face, you will pass through the declined trails followed by a barren plateau and few agricultural farms. After trekking for about 5 hours, you will reach the village of Ghiling. Overnight stay at a lodge in Ghiling.

Destination:	Accommodation	Altitude:
14 km Uphills trekking (Average 05 hours)	Kunga Hotel or similar category	(3806m./12584ft.)

Meals

Breakfast, Lunch, Dinner

Day 30: Trek to Chhusang

After having breakfast and witnessing the amazing views of the mountains such as Dhaulagiri and Nilgiri, you will head towards Chhusang. Walking through the green fields and varied landscapes, you will pass a

few small villages. After walking for about 5 hours, you will reach Chausang. Overnight in Chhusang.

Destination:

14 km Uphills trekking
(Average 06 hours)

Accommodation

Brikuti Guest House or similar
category

Altitude:

(2900m./9570ft.)

Meals

Breakfast, Lunch, Dinner

Day 31: Trek to Marpha

Today is the day you bid a bittersweet goodbye to the region of Upper Mustang and descend to the Lower part of Mustang. After breakfast, you start your 6-hour trek towards Marpha. You will stop for lunch at Kagbeni, and have a contemplating glance at the gorgeous Kaligandaki gorge. Overnight stay at a lodge in Marpha.

Destination:

18 km Uphills trekking
(Average 07 hours)

Accommodation

Hotel Paradise or similar
category

Altitude:

(2700m./8856ft.)

Meals

Breakfast, Lunch, Dinner

Day 32: Drive to Pokhara

Enjoy the pristine Himalayan sights of Annapurna and Dhaulagiri range as you leave for the airport. The early morning jump to jeep/bus, it will take you to Pokhara through world's deepest kaligandaki gorge, most beautiful rupse waterfall and natural hot spring - Tatopani along the way. Overnight in Pokhara.

Destination:

158km Drive to Pokhara
(Average 06 hours)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 33: Drive to Kathmandu**Destination:**

200km Drive to Kathmandu
(Average 06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

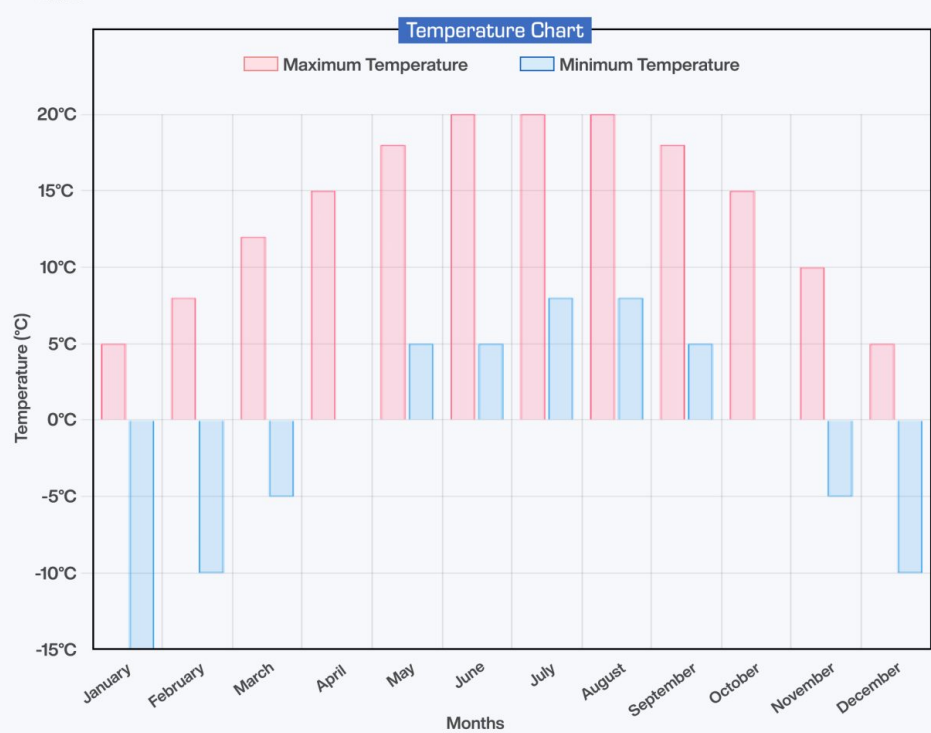
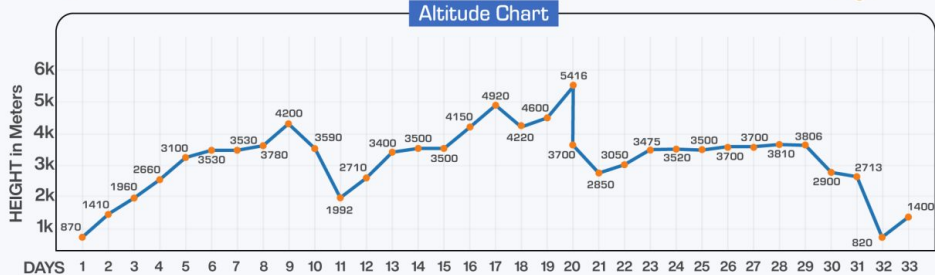
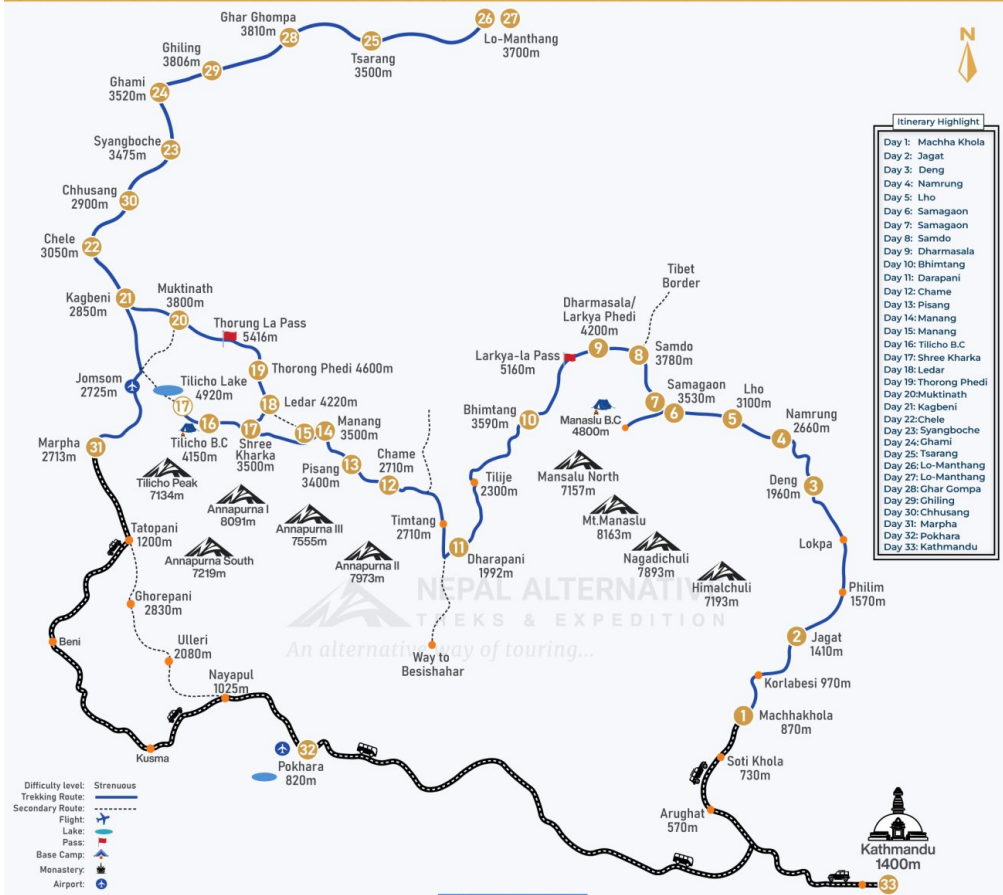
What's included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- One night hotel accommodation (Hotel Kausi) in Pokhara with breakfast.
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Manaslu, Annapurna and Mustang 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 and Upper Mustang permit, ACAP (Annapurna conservation area project) and MCAP (Manaslu conservation area project).
- 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 Fee
- Tips for guide and porters.(Highly suggested).

Manaslu, Annapurna Circuit and Upper Mustang Trek Route Map



Additional Trip Information

Optional Day Hike During Manaslu, Annapurna Circuit, and Upper Mustang Trek

You can extend your trekking experience in the Manaslu region with optional day hikes to Ponkar Lake, Samdo Ri, and Rui La Pass. Each side hike adds an additional day at Samdo or Bhimtang while improving acclimatization and offering quieter mountain landscapes.

An Extra Day in Bhimtang for Ponkar Lake Hike

A side trip to Ponkar Lake allows you to spend more time in the high alpine section of the Manaslu region before descending toward the Annapurna trail. The route passes through glacial valleys, rocky terrain, and grazing meadows beneath hanging icefalls. As you leave Bhimtang behind, the trail becomes quieter and more open. You walk through yak pasturelands, small streams fed by melting glaciers, and rocky moraine paths with impressive views of the surrounding snow-covered mountains. Since this route is outside the main trekking trail, you often encounter fewer trekkers and a more peaceful mountain atmosphere.



Trekker Group Near Ponkar Lake



Trekker Exploring Ponkar Lake

The lake itself sits below the glaciers connected to the Larkya region and reflects the surrounding snow-covered peaks. The peaceful setting and limited foot traffic make it one of the quieter experiences along the entire trek. Depending on the weather and sunlight, the lake changes color throughout the day, adding to the beauty of the landscape.

This additional day also gives your body more time to recover after crossing Larkya La Pass while allowing you to enjoy another full day in the alpine section of the Manaslu Himalaya.

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
- **Difficulty:** Moderate
- **Trail:** Glacial and alpine terrain
- **Facilities:** None along the route
- **Starting point:** Bhimtang
- **Best for:** Trekkers seeking a quieter mountain day

A glimpse of your Ponkar Lake day:

- Start hiking from Bhimtang after breakfast
- Cross alpine meadows and rocky moraine paths
- Reach Ponkar Lake and enjoy mountain views
- Explore the lakeside area before returning
- Overnight in Bhimtang



Group Of Trekkers Near Ponkar Lake

An Extra Day in Samdo for Rui La Pass Day Hike

The Rui La route follows a historic path once used by traders moving goods between Nepal and Tibet. Today, it offers trekkers a chance to explore dramatic high-altitude terrain beyond the regular Manaslu Circuit trail. As you climb higher above Samdo, the scenery becomes broader and more barren, with mountain ridges stretching toward the Tibetan side. The hike also works well for altitude preparation before crossing Larkya La Pass.



Trekker Group In Rui La Pass



Extra Day Hike To Rui La Pass

Quick facts on this day hike:

- **Extra day required:** +1 day in Samdo
- **Maximum elevation:** 4,900-5,000 m
- **Walking time:** 5 to 7 hours
- **Difficulty:** Moderate to challenging
- **Trail:** Exposed high-altitude trade trail
- **Facilities:** No shops or teahouses
- **Starting point:** Samdo
- **Best for:** Acclimatization and border landscapes

A glimpse of your Rui La Pass day:

1. Begin with a gradual climb from Samdo
2. Follow the old Himalayan trade route
3. Enjoy expanding views toward Tibet and Manaslu
4. Reach viewpoints near Rui La
5. Return to Samdo for an overnight stay



Trekker Enjoying Snowy Rui La Pass View

An Extra Day in Samdo for Samdo Ri Hike

Samdo Ri is a rewarding acclimatization hike directly above Samdo village. The trail climbs a high ridge overlooking the Budhi Gandaki valley and the surrounding Himalayan ranges. From this viewpoint, you can see the snowy peaks around Manaslu, the trail toward Larkya La, and distant Tibetan terrain. The hike is shorter than Rui La but still reaches an impressive altitude.



Samdo Ri Route



Livestock In Samdo Ri

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
- **Difficulty:** Moderate
- **Trail:** Steep ridge path
- **Starting point:** Samdo
- **Best for:** Acclimatization and panoramic mountain views

A glimpse of your Samdo Ri day:

- Hike above Samdo village after breakfast
- Gain elevation steadily along the ridge
- Enjoy wide mountain panoramas
- Rest at the top viewpoint
- Return to Samdo lodge for overnight



Animal Grazing In Samdo Ri Route

Preparation for Manaslu, Annapurna Circuit, and Upper Mustang Trekking

The Manaslu, Annapurna Circuit, and Upper Mustang Trek include crossing two high mountain passes: the Larkya La Pass (5,160 meters) and Thorong La Pass (5,416 meters). You must walk 5 to 6 hours daily while carrying your backpack. This trek is challenging and requires a lot of strength and stamina. So, you need to exercise and build up your physical fitness.

You should focus on workouts like jogging, cycling, running, and squat jumps to strengthen your muscles and improve endurance. These exercises will also help with balance, which is essential for walking on uneven paths. Being fit is crucial for this trek because the terrain can be challenging.

Start with shorter hikes and gradually increase to longer ones to prepare yourself. Mental preparation is

also important because fear and anxiety can arise from a lack of confidence. Before you go to Nepal, research the weather and the route.

Climate and weather During Manaslu, Annapurna Circuit, and Upper Mustang Trekking

The climate of the high altitudes of Nepal is unpredictable. So, you must be very careful when choosing the right time for your trek. If you travel here during the off-season, then it will be very troublesome for you to trek at a high altitude. Similarly, the weather is mostly cloudy and unclear. Therefore, you cannot travel in clear visibility.

However, the climate and weather of this trek are mostly moderate throughout the year. Likewise, the best time to visit this place is spring and autumn. But, this trekking is done at high altitudes. So, it is a bit cold. The average temperature in this place is about 11 degrees Celsius. But if you travel here during this time of the year, you can catch a panoramic view of Mt. Nilgiri, Mt. Annapurna, Mt. Dhaulagiri, and many more. So, carefully study the weather of your trekking area before your journey.

Required Permits for Manaslu, Annapurna Circuit, and Upper Mustang Trekking

Upper Mustang Restricted Area Permit

Upper Mustang is a restricted area, so a special permit is required. You must trek with a licensed guide through a registered Nepali trekking agency. Since March 2026, solo trekkers can obtain the permit in their own name; the previous “minimum two trekkers” rule no longer applies, but a guide remains compulsory.

The Upper Mustang Restricted Area Permit is issued by the Department of Immigration (usually via your agency) in Kathmandu or Pokhara. In 2026, the fee is USD 50 per person per day inside the restricted area, with no minimum stay. This replaces the old flat rate of USD 500 for the first 10 days.

Manaslu Restricted Permit

The Manaslu region is also a restricted area, so a Manaslu Restricted Area Permit (RAP/MRAP) is mandatory. You must go through a registered trekking agency and be accompanied by a licensed guide. As of 22 March 2026, the “minimum two trekkers” rule has been scrapped: solo trekkers can now get the RAP individually, but the guide requirement remains.

The permit is obtained via the Department of Immigration in Kathmandu or Pokhara, normally arranged by your agency before departure. For September–November, the cost is USD 100 per person for the first 7 days and USD 15 per person per extra day beyond one week. For December–August, it is USD 75 for the first 7 days and USD 10 per person per extra day.

Travel Insurance

We don't provide you with personal insurance. You should have your insurance with you. So, you ensure that your insurance company covers all your trekking-related facilities, including medical expenses,

repatriation expenses, rescue missions, and property loss.

Likewise, make sure that your insurance does not expire. In addition, make sure that your insurance company has ticked all your trekking-related policies, such as rescue missions, medical expenses, and loss of personal equipment. Furthermore, if you can not provide your original insurance policy, ensure you have a copy because it will help you choose a beneficial policy at the time.

Safety and security

Manaslu, Annapurna Circuit, and Upper Mustang Trekking are long although it is moderate-level trek.

But it can get a little difficult for new trekkers. So, the safety and security of the trekkers are important factors for our company. Similarly, we take full care of our consumer and their property. In addition, our trip constantly operates monitoring every area of our travel. So, you should not worry about your belongings when you are traveling with us. Likewise, the accommodation facility we provide is also very safe for your stay. So, you can fully enjoy yourself.

Meals and accommodation

This circuit trek is very long. Similarly, Manaslu, Annapurna Circuit, and Mustang Trekking are 34 days long. So, your meals and accommodation are vital in adequately executing your trek. Likewise, we provide you with a suitable accommodation facility. In addition, we provide you with a wide range of facilities for hotels, lodges, and guesthouses. Furthermore, we provide twin-share accommodation for lodges during the trek.

All meals, breakfast, lunch, dinner during the trek. So you don't have to worry about Meals and Accommodation. But we don't provide hotel accommodation and meals in Kathmandu. Similarly, we provide you with a comfortable camping facility at the base camp, and for meals, we provide breakfast, lunch, and dinner. Hard and soft table drinks such as tea/coffee, mineral water, Coke, Fanta, alcoholic beverages, hot shower, laundry, phone bill, bar bill, hot water, etc are not provided. But, it can be adjusted according to our consumers' wishes.

Frequently Asked Questions

Is this trekking route safe for trekkers ?

Yes, Manaslu, Annapurna Circuit, and Upper Mustang Trekking are safe for tourists. Manaslu area has already recovered from the earthquake in 2015, as Gorkha was EP center. Also, there is no burst of epidemics viral diseases, or COVID-19 in this region.

What is the role of your guides?

Our government licensed guides speak fluent English, and most of them even speak additional local languages like Tamang or Gurung. They are extensively trained in handling any crisis and accidents along with managing accommodation and have good experience in the safe operation of treks.

Can we change money along the trek?

You can change money in Manang and Jomsom but you may not get a good rate as Kathmandu. We recommend to change money at Thamel. Credit card and foreign currency is not accepted along the route.

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 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 it using chlorine or iodine. We shall provide water, purification drops, and tablets.

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. The hiking duration per day varies for each day depending on the nature of the trek, the difficulty of the terrain, and the elevation of waypoints.

What documents do we need to bring for this trek?

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

Can we hire trekking gear in Kathmandu?

Yes, you can. Plenty of shops around Thamel sell and rent all the necessary gear for trekking, mountaineering, and peak climbing. These shops have great varieties of goods ranging based on their brand as well as price.

Do we need to tip my porter and guide?

It is not mandatory to tip the porters and guides. It ultimately depends on your choice. As your porter and guide play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them.

Can you recharge batteries and electronics during the Manaslu, Annapurna

Circuit, and Upper Mustang Trekking?

Yes, you can recharge batteries and electronics during the trek. Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in Annapurna, Upper Mustang, and lower areas of Manaslu also has electricity and recharging facilities available for a minimal service charge.

Can you communicate with friends and family back home while on trek?

Yes, you can connect with friends and family back home while on trek. There are mobile networks, internet data, and Wi-Fi available in Annapurna and Upper Mustang, and you can connect to your friends and family back home. For mobile network and internet data, you will require a Nepalese SIM-Card.

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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