

Manaslu Short Trek - 9 Days

URL: <https://nepalalternativetreks.com/trip/manaslu-short-trek/>

Manaslu Short Trek Quick Information

Weather

-10°C to 20°C

Duration

9 Days

Difficulty

Moderate

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Jeep/Bus

Daily Activity

06 hours walk

Religion

Buddhist

Ethnic People

Gurung, Tibetan, Tamang

Region of Nepal

Manaslu Region

Max Altitude

5106m./16849ft.

Per Person Cost

USD 850

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, village, fountain, Rivers, Waterfall, Terrace, hills, Lakes

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$850.00
Group Of 5 - 8	USD \$830.00
Group Of 9 - 12	USD \$810.00
Group Of 13 - 18	USD \$790.00

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.

9 Days Manaslu Short Trek Overview

Manaslu Short Trek is one of the well-known off-the-beaten trails in the Gorkha region, primarily used by the Gurung. It allows us to explore the isolated nature of the entire Gorkha district via the historic salt trade route to Tibet. Also, the Short Manaslu trip will help us explore the diversity of the entire region, from lower settlers to high Sherpa occupants.

An 8-day hike from Soti Khola to Dharapani takes us to the highest point at Larkye La Pass (5123M), passing by glaciers, the Himalayas, and rivers. This restricted area encompasses both the Annapurna Conservation Area and the Manaslu Conservation Area. In addition to Mt. Manaslu and Mt. Annapurna, trekkers will enjoy magnificent views of Kang Guru, Nemjung, Himlung Himal, Gyaji Kang, and Cheo Himal. The journey also includes a visit to the ancient monastery at Sama Gaun.

In addition to their animal-oriented agricultural lifestyle, the settlers' culture, religion, lifestyle, and traditions are shaped by their diverse backgrounds. However, biodiversity should always be the primary consideration. Walking through the trek, which begins amid farmland, you will encounter rivers, valleys, waterfalls, temples, monasteries, and mountains.

More About Short Manaslu Trek

The Manaslu short trek is the short version of the actual Manaslu Circuit Trekking. Those of you who have limited time can try the Manaslu Trek. For hikers who prefer fewer hikers and are constrained by time, the Short Manaslu Trek is the ideal trail. This trek is isolated because of its nature, isolation, and protected area.

What's More on Trek

Trekkers will be able to realize their ambition of traveling the most desirable track in a short amount of time with the aid of the short Manaslu Trek, which is only an 8-day journey from Soti Khola to Dharapani and takes us to the highest Larkye La Pass (5123m), glacier, Mountains, rivers, etc. Also, extending the plan by one day will enable us to visit Manaslu Base Camp (4900m).

Due to its wildness and additional special requirements set by the Nepalese government, the Manaslu trail is infrequently used. Because of this, the Manaslu journey is less traveled and has a new trail, although it is doable for all hikers.

The Manaslu trip also features two eight thousand (ers), Larkye Pass, and two conservation zones simultaneously, namely the Annapurna Conservation Area and the Manaslu Conservation Area.

It is a great option for those looking to experience the beauty of the Manaslu region of Nepal but with limited time. The trek starts with a drive from Kathmandu to Arughat, followed by a hike from Soti Khola to Machha Khola, crossing a suspension bridge over the Budi Gandaki River.

The trek takes you through charming villages and lush forests and across the Larkya La Pass, which offers stunning panoramic views of the Himalayas, including Himlung Himal and Annapurna II. Along the way, you can also visit the serene Birendra Lake and stay at cozy tea houses, which provide a comfortable resting place after trekking. This trek is a perfect way to experience the beauty of the Manaslu region in a shorter amount of time.

Manaslu Short Trek Highlights

- The Short Manaslu Circuit Trek is a renowned off-the-beaten-path route, offering a beautiful journey.
- Visit the ancient monastery at Sama Gaun.
- Experience the local Gurung culture, religion, way of life, and tradition.
- Experience the remote Bhotia communities, immerse in Tibetan Buddhist traditions, and explore the rich Bon culture along the historic Himalayan trade route.
- Witness different flora and fauna in the two conservation areas, the Annapurna Conservation Area and the Manaslu Conservation Area, both rich in biodiversity.
- Cross Larkya La is one of Nepal's highest and most challenging mountain passes, reaching 5,160 meters above sea level.
- Witness the Views of snow-capped mountains like Manaslu (8156m), Annapurna II (7937m), Himlung Himal (7126m), Cheo Himal (6820m), Nemjung (7140m), Kang Guru (6981m), Gyaji Kang (7074m), etc.
- Visit the beautiful Manaslu Glacier.

Manaslu Circuit & Tsum Valley Trek Video:

Weather

Best Season for Manaslu Short Trek

The best times for the Manaslu Circuit trek are spring (March to May) before the monsoon and autumn (September to November) after the monsoon. During the spring season, you'll encounter new beginnings, blooming flowers, cool weather, and a fresh, pleasant aroma in nature, which makes the trek exciting. Temperatures start chilly but gradually warm up as the season progresses. Spring also offers beautiful views of mountains and reveals hidden off-beaten trails for exploration.

The peak tourism season in Nepal is during autumn, when the weather is ideal for travel across the country. With temperatures rising and daylight stretching longer, there's more time for outdoor explorations and adventures. The weather is wonderfully comfortable, and the mountain scenery offers stunning views of snow-capped peaks. This season, you can experience Nepali culture firsthand and join local communities in celebrating festivals like Dashain and Tihar.

During the monsoon season, rainfall is frequent, resulting in slippery, wet, and muddy forest trails. Mosquitoes, leeches, and bugs are abundant, and there is a high risk of landslides. Consequently, the monsoon is not an ideal season for trekking. During winter, the region experiences heavy snowfall. The trails to Manaslu are fully covered by snow. Nighttime and early morning temperatures can drop as low as -20°C. Trekking in these conditions is rare due to the extreme cold and snow-covered trails.

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

0°C to 15°C

May

5°C to 18°C

June

7°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

-8°C to 5°C

Difficulty

Is Manaslu Short Trek Difficult?

The Manaslu short trek is moderate. To complete the Manaslu Circuit, hikers must navigate challenging terrain. This includes crossing the Larkya La Pass, which stands at 5,160 meters and is often covered in snow. The region's untamed and isolated landscapes necessitate a protracted stroll.

9 Days Manaslu Short Trek Itinerary

Day 1: Drive to Jagat from Kathmandu

Your exciting journey begins with a Jeep drive along the Prithvi Highway from Kathmandu. A smooth ride on a black-topped road leads you to Dhading Besi, where the road ascends towards Gola Bhanjyang before descending to Ankhu Khola. Upon reaching Arughat, you'll cross the Budhi Gandaki River and continue driving to Soti Khola. After another three hours of driving, you'll arrive at Jagat. This ten-hour drive treats you to scenic villages, rivers, terraced farms, and stunning views of Mount Manaslu and Ganesh. Passing through Machhakhola, you'll finally reach Jagat for an overnight stay.

Destination:

190km./10 hours drive

AccommodationNew Mangolian Cottage or
Similar category**Altitude:**

(1410m./3990ft.)

Meals

Lunch, Dinner

Day 2: Trek to Deng

Once our permits are approved, we will start the trek to Deng. Trekking through dense tropical forests, we follow the path alongside the Budhi Gandaki River. This part of the trail meanders through forests, providing shelter to various rare wildlife. Continuing through the forests of the Manaslu region, we encounter several villages, such as Bhatti Khola and Philim. Crossing the bamboo forest over the Budhi Gandaki, we finally arrive at Deng for an overnight stay.

Destination:

22 km Uphill hike

Accommodation

Windy Valley Guest House or

Altitude:

(1960m./6430ft.)

(Av.08 hours)

Similar category

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Namrung

From Deng, we cross a suspension bridge and trek along uneven trails towards Bihi Phedi. Continuing onward, we reach Ghap, navigating through a trail known for its susceptibility to dry landslides. After safely crossing this zone, we pass several Magar villages en route to Namrung, where we spend the night.

Destination:

12km Uphill hike
(Av.05 hours)

Accommodation

Namrung Guest House or
similar category

Altitude:

(2660m./7527ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Sama Gaon

As we gain altitude, we notice a shift in vegetation and culture, gradually entering Tibetan-influenced areas as we trek from Namrung. The trail leads us past Mani walls and stone houses, offering glimpses of the majestic Mt. Manaslu (8163m).

After a 3-hour trek, we arrive at Lho, where we enjoy lunch before continuing towards Sama Gaon. Trekking through picturesque pine and rhododendron forests, we are accompanied by the awe-inspiring view of Mt. Manaslu. Today's trek is challenging and rewarding as we gain altitude over about 4 hours, reaching Sama Gaon for an overnight stay.

Destination:

22 km Uphill hike
(Av.08 hours)

Accommodation

Manaslu Hotel or similar
category

Altitude:

(3530m./9989ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Samdo

After a day of rest and breakfast in Sama Gaon, we resume our trek. Initially, we trek through dense pine forests, which gradually thin out as we progress. The vegetation diminishes, and the landscape turns barren as we enter a remote and isolated part of the trail. Throughout this short hike, which takes around 4-hours, the magnificent views of Manaslu (8163m) continue to accompany us, providing a stunning backdrop to our journey along the banks of the diminished Budhi Gandaki River. Our day concludes as we reach Samdo for an overnight stay.

Destination:

12km Uphill hike
(Av.04 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 is not only an overnight stop before crossing Larkya La Pass. It also serves as the starting point for [optional hikes toward Samdo Ri](#) and Rui La Pass near the Nepal-Tibet border. If you choose one of these side hikes, you will spend additional time exploring high-altitude viewpoints, old trade trails, and wider Himalayan landscapes beyond the regular trekking route.

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

Day 6: Trek to Dharmashala

Today marks one of the pivotal days of the trek as we journey westward, with stunning views of Naike and Pangbuche peaks accompanying us. Following breakfast in Samdo, we embark on our trek by crossing a suspension bridge and navigating through uneven and rocky terrain. Along the way, we're treated to breathtaking vistas of the Manaslu and Himachuli mountain ranges. After five hours of trekking, we arrive at Dharmashala, where we spend the night.

Destination:

12km Uphill hike
(Av.05 hours)

Accommodation

Larke Peak Guest House or
Similar category

Altitude:

(4200m./13780ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Larke La pass - Bhimtang

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:

18km Uphill hike
(Av.08 hours)

Accommodation

Punker Cottage House or
Similar category

Altitude:

(4200m./7218ft.)

Meals

Breakfast, lunch, Dinner

Optional Day Hike to Ponkar Lake:

Instead of continuing directly toward Dharapani after crossing Larkya La Pass, you can stay an extra night in Bhimtang and take a side hike to Ponkar Lake. This scenic glacial lake sits above the village and offers peaceful trails, alpine meadows, and broad views of the Manaslu and Annapurna ranges.

[Read details about the Ponkar Lake add-on](#) to see how this optional hike changes your itinerary and what to expect during the day.

Day 8: 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:

18km Uphill hike
(Avg. 7 hours)

Accommodation

Hotel Gurkha's inn or Similar
Category

Altitude:

(1992m./6535ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Drive to Besisahar - Drive to Kathmandu

After breakfast in Dharapani, we embark on the jeep that takes us to Besisahar. The drive to Besisahar is about three hours. We drive through beautiful villages and hills. You get a lovely view of terraced fields and typical Nepali houses on the way. After driving for about 3 hours, we arrive at Besisahar and board the private car/jeep to Kathmandu. Driving from Besisahar, we get a splendid view of paddy fields and beautiful settlements. After driving for about an hour, we join the Prithvi Highway and drive alongside the Trishuli River. The drive from here is about four hours. You will be transferred to the hotel in Kathmandu.

Destination:

210km./10 hours drive

Altitude:

(1290m./4273ft.)

Meals

Breakfast, Lunch

If Pokhara is your next destination, you can choose to leave the group at Besisahar and continue directly to Pokhara instead. This option is convenient for travelers who do not need to return to Kathmandu immediately or who have onward plans in Pokhara. Please tell us about your preferred drop-off location while booking so the travel arrangements can be made accordingly.

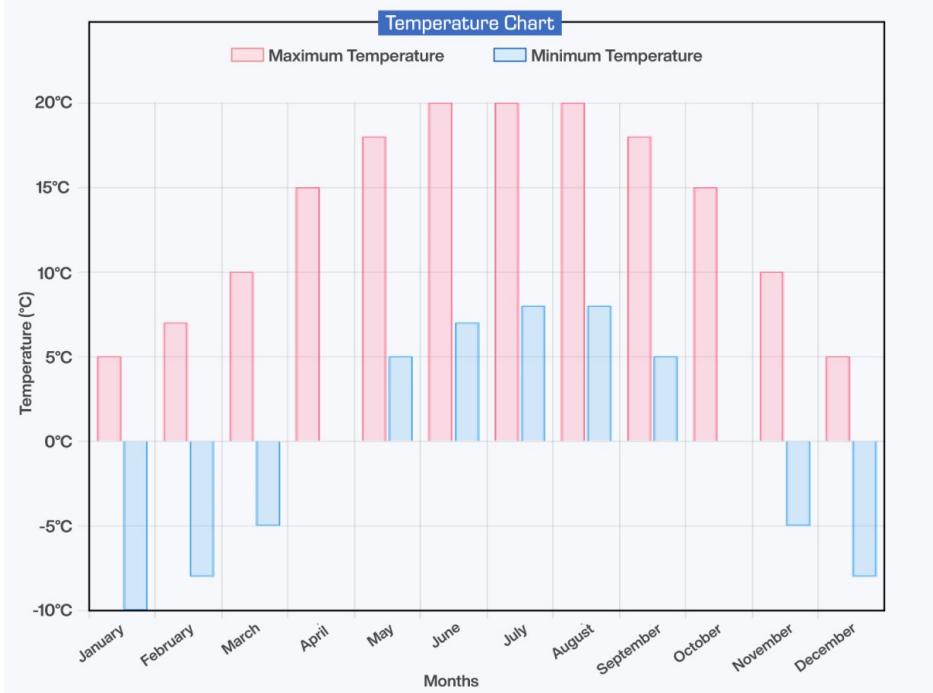
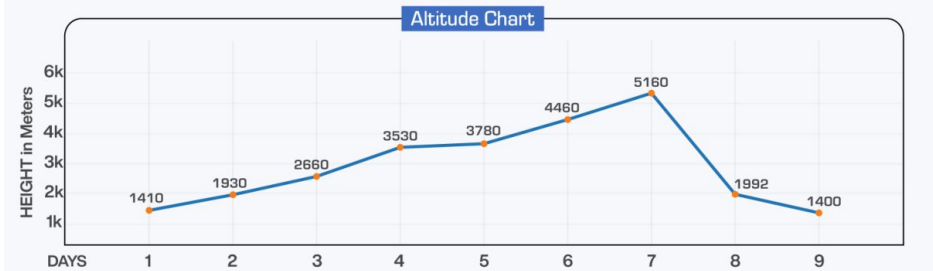
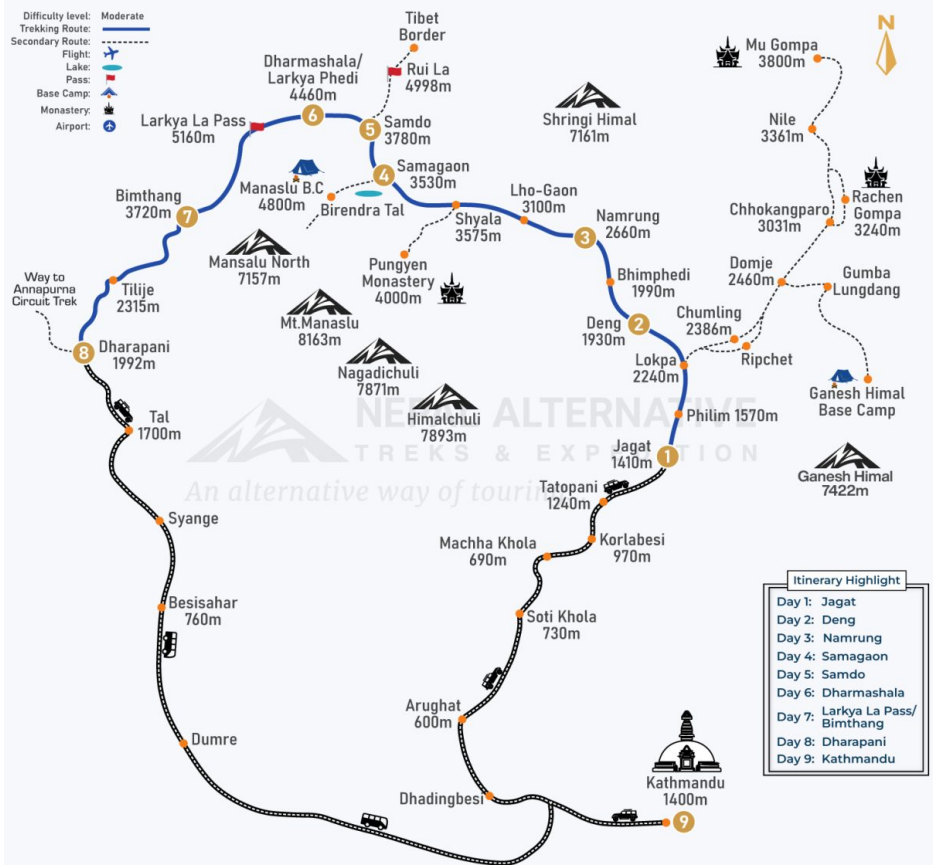
What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation (On a twin share basis) will be provided during the trekking.
- One experienced, well-trained, fluent English speaking, friendly, specialized in Manaslu 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 mentioned in the itinerary.
- Manaslu special permit, ACAP (Annapurna conservation area project), and MCAP (Manaslu conservation area project).
- A trekking map, duffel bag, Oxygen saturation checkup every day, Water purification, first aid medical, company t-shirt, and a 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 Short Trek Route Map



Additional Trip Information

Optional Day Hike During Short Manaslu Circuit Trek

You can extend your Manaslu Circuit Short Trek with optional acclimatization hikes to Ponkar Lake, Samdo Ri, and Rui La Pass. These side hikes require one extra day either at Bhimtang or Samdo and provide a deeper mountain experience beyond the standard trekking route.

An Extra Day in Bhimtang for Ponkar Lake Hike

Staying one more night in Bhimtang and hiking to Ponkar Lake changes the pace of your Manaslu Circuit Trek from a quick descent after Larkya La Pass into a slower and more rewarding alpine experience. Instead of heading straight toward Dharapani, you spend another day exploring glacial landscapes, alpine meadows, and quieter mountain terrain above Bhimtang. The trail begins gradually through yak pastures and open valleys before entering rougher moraine and glacial terrain. Compared to the busy main route, this side trail feels quieter and more remote. As you gain elevation, hanging glaciers, rocky cliffs, and snowy ridges begin to dominate the landscape.



Group Of Trekkers Near Ponkar Lake



Trekker Exploring Ponkar Lake

Ponkar Lake sits below the glaciers connected to the Larkya region and collects icy meltwater flowing down from the mountains. Depending on the weather and sunlight, the lake changes shades from bright blue to darker tones. The peaceful surroundings, combined with dramatic mountain scenery, make it one of the hidden highlights of the Manaslu region. This optional day hike is especially rewarding for trekkers who want more time in the high Himalayas instead of descending immediately after crossing the pass.

Quick facts on this day hike:

- **Extra day required:** +1 day in Bhimtang
- **Maximum elevation:** Around 4,100 m at Ponkar Lake

- **Walking time:** 5 to 7 hours round trip, with time to rest near the lake
- **Difficulty:** Moderate (non-technical trail but includes rocky moraine sections and high-altitude walking)
- **Trail:** Gradual alpine trail from Bhimtang, followed by rocky glacial terrain near the lake
- **Facilities:** No teahouses or shops on the route
- **Starting point:** Bhimtang village
- **Best for:** Trekkers with an extra day in their itinerary, photographers, mountain landscape lovers, and anyone who prefers a quieter Himalayan experience away from the main trail

A glimpse of your Ponkar Lake day:

- Start after breakfast from Bhimtang
- Walk through alpine meadows and glacial valleys
- Climb gradually toward Ponkar Lake
- Enjoy peaceful mountain scenery and lake views
- Spend time exploring and taking photos near the lake
- Return to Bhimtang for overnight stay
- Continue trekking toward Dharapani the following day



Ponkar Lake View

An Extra Day in Samdo for Rui La Pass Day Hike

The hike toward Rui La follows an old Himalayan trade route once used to move goods between Nepal and Tibet. Even today, you may still notice yak trails, stone shelters, and traces of the historic mountain trading path as you leave Samdo behind. As you gain elevation, the landscape gradually changes. The narrow valley begins opening into broader and drier high-altitude terrain, while Manaslu and nearby peaks appear behind you from different angles. Near the higher viewpoints close to Rui La, the scenery starts to resemble the Tibetan plateau.



Rui La Pass Trekker



Trekker Enjoying Snowy Rui La Pass View

On clear days, the route offers wide mountain views toward both Nepal and Tibet. Unlike the regular trekking trail, this side hike feels more remote and adventurous while also helping your body acclimatize before crossing Larkya La Pass. Since you return to sleep at Samdo after reaching higher elevation, the hike follows the recommended “climb high, sleep low” acclimatization method.

Quick facts on this day hike:

- **Extra day required:** +1 day in Samdo
- **Maximum elevation:** Around 4,900–5,000 m, depending on the final viewpoint reached
- **Walking time:** 5 to 7 hours round trip, including rest stops
- **Difficulty:** Moderate to challenging due to high altitude, steady ascent, and exposed terrain
- **Trail:** Old Himalayan trade trail with dry and exposed high-altitude sections
- **Facilities:** No teahouses or shops on the route
- **Starting point:** Samdo village
- **Best for:** Trekkers preparing for Larkya La Pass, hikers interested in Tibetan-border landscapes, and anyone wanting a more adventurous acclimatization hike

A glimpse of your Rui La Pass day:

- Start after breakfast from Samdo with a light daypack
- Follow the old trade route toward the Tibetan border
- Gain elevation steadily with expanding mountain views
- Reach high viewpoints near Rui La
- Rest, take photos, and enjoy the scenery
- Return to Samdo for dinner and overnight stay



Trekker Group In Rui La Pass

An Extra Day in Samdo for Samdo Ri Hike

Samdo Ri is the ridge that rises directly above Samdo village and offers one of the best panoramic viewpoints on the Manaslu Circuit Trek. The climb starts just behind the village and gradually gains elevation along rocky and dusty trails. As you continue upward, Samdo appears smaller below while the Budhi Gandaki Valley stretches far into the distance. Snowy ridges, Manaslu, Simnang Himal, and nearby Himalayan peaks slowly reveal themselves as you climb higher.



Samdo Ri Route



Livestock In Samdo Ri

From the top viewpoint, you can look back toward Samagaun, ahead toward Larkya La Pass, and across toward the Tibetan side. Prayer flags flutter in the wind, and on clear days the views feel incredibly open and expansive. Although shorter than the Rui La hike, Samdo Ri still reaches impressive altitude and works very well for acclimatization. Since you return to the same lodge in Samdo, it helps your body adjust before crossing the high pass.

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, but the steep uphill climb and altitude can make it feel more demanding
- **Trail:** Steep ridge trail with rocky and dusty sections
- **Starting point:** Samdo village
- **Best for:** Trekkers wanting a shorter acclimatization hike, photographers, and anyone interested in panoramic Himalayan views above the Manaslu region

A glimpse of your Samdo Ri day:

- Begin hiking after breakfast in Samdo
- Climb steadily above the village ridge
- Watch the valley and mountains open below you
- Reach the panoramic viewpoint near the prayer flags
- Spend time resting and enjoying the scenery
- Descend back to Samdo for overnight stay



Animal Grazing In Samdo Ri Route

Why Manaslu Short Trek?

The Manaslu Circuit Trek is a short yet captivating journey through diverse landscapes. It offers a unique experience of two conservation areas: Manaslu and Annapurna. This off-the-beaten-path trek features breathtaking views of mountain peaks, including the majestic Manaslu mountain.

You can fully explore the Manaslu area, which is rich in cultural experiences, allowing trekkers to explore traditional Tibetan and Nepalese villages, monasteries, and local traditions. It is ideal for those seeking both natural beauty and cultural immersion in a less crowded setting.

Internet, Communication, Charging Availability During 9 Days Manaslu Short Trek

Wi-Fi, mobile networks, and electricity are available in the Manaslu region. Although the Manaslu Circuit trekking route passes through varied and challenging terrain, you won't be entirely cut off from communication during the trek. Many teahouses along the path have internet access, but you must pay a small fee to use it. As you ascend, the availability of a mobile network may become intermittent, and in some places, it may not be available at all. The network's reliability is dependent on the prevailing weather conditions.

Electricity is accessible throughout the Manaslu Circuit Trek, with solar power being extensively utilized in higher altitudes. However, you'll typically need to pay between USD 2 and USD 3 per hour to use electricity. Bringing a power bank is smart since charging larger batteries can be expensive. It's more convenient and cost-effective.

Food and Accommodation in Manaslu Short Trek

You won't find luxurious lodging on the Manaslu trekking route. Instead, you'll stay in lodges or teahouses run by locals. These teahouses typically have a common area for eating and relaxing. During peak season, lodging at lower altitudes costs between \$3 and \$5 USD, while prices rise to about \$7 to \$10 USD at higher altitudes. In the off-season, accommodations at lower elevations cost \$2 to USD 3, increasing to around \$5 to USD 7 as you ascend.

The Manaslu region offers both vegetarian and non-vegetarian food options. Typically, you'll have breakfast, lunch, and dinner each day. Breakfast is usually provided in the lodge or teahouse, where you stay overnight, with options varying by altitude. Common breakfast dishes include Tibetan bread, cereals, paratha, pancakes, boiled eggs, and bread toast. Lunch is served at a tea shop along the trail, while dinner is provided in the overnight teahouse or lodge. The dishes for lunch and dinner are usually similar, featuring common foods such as dal bhaat, noodles, rice with curry, pasta, potato dishes, and Thenduk.

Required Permits for Short Manaslu Short Trek

Manaslu is a restricted area, so independent trekking is not allowed. All trekkers must go through a registered Nepali trekking agency and be accompanied by a licensed guide. Since March 2026, solo trekkers are permitted, but a guide is still mandatory. Three permits are required for the Short Manaslu Trek: **the Manaslu Restricted Area Permit (RAP), the Manaslu Conservation Area Permit (MCAP), and the Annapurna Conservation Area Permit (ACAP).**

The Manaslu Restricted Area Permit covers the controlled corridor between Jagat and Dharapani (via Sama Gaun and Larkya La). It costs USD 100 per person for the first seven days from September to November, plus USD 15 per extra day; from December to August, it is USD 75 for the first seven days, plus USD 10 per extra day. The fee is based on the number of days spent inside this restricted zone.

The Manaslu Conservation Area Permit (MCAP) is required for the entire Manaslu Conservation Area and costs NPR 3,000 for foreign nationals and NPR 1,000 for SAARC nationals per person, year-round, with no variation based on duration.

The Annapurna Conservation Area Permit (ACAP) is required because the trail joins the Annapurna Circuit after Dharapani; it costs NPR 3,000 for foreign nationals and NPR 1,000 for SAARC nationals per person and is valid year-round. Your trekking agency typically arranges all permits before departure.

Is Altitude Sickness A Concern During Manaslu Short Trek?

Certainly, the altitude presents one of the primary challenges when crossing the Larkya La Pass. Reaching an impressive elevation of 5,135 meters (16,847 feet), this pass necessitates acclimatization to mitigate the risk of altitude sickness. Adequate acclimatization, attained through a gentle ascent and allowing the body time to adjust to the diminished oxygen levels at higher altitudes, is imperative for a safe and successful journey.

Manaslu Larkya Pass

Larkya La is one of the longest mountain passes in Nepal's Himalayas, reaching an elevation of 5,106 meters above sea level. Larkya La is positioned between Dharmashala and Bimthang. It is the highest point of the Manaslu Circuit Trek.

Crossing the Larkya La Pass is a challenging endeavor, primarily due to its high altitude. Acclimatization is essential to prevent altitude sickness, making a slow ascent crucial for a safe and successful trek. The weather in the Himalayas is unpredictable, with sudden temperature changes and the potential for snowfall even during the trekking season.

Frequently Asked Questions

What is the Short Manaslu Trek?

The Manaslu Short Trek is a popular route through the scenic Manaslu region of Nepal. It is a restricted area where few tourists are allowed to trek, ensuring a more exclusive and untouched experience. The trek offers breathtaking scenery, including majestic mountain views, lush forests, and charming villages.

What is the elevation of the Short Manaslu Trek?

The elevation of the Manaslu Trek varies throughout the journey, beginning from low areas like Arughat, at 941 meters above sea level, and ascending to the highest point, the Larkya La Pass, at 5,160 meters.

Do I need a permit for the Manaslu Short Trek?

You need a special permit to accomplish the Manaslu Circuit trek since it is located in a restricted area. Additionally, trekkers need a TIMS (Trekkers' Information Management System) card and permits for both the Annapurna Conservation Area and the Manaslu Conservation Area. These permits ensure regulated and sustainable tourism while preserving the region's natural and cultural heritage.

How much does the permit cost for the Manaslu Short Trek?

The Manaslu region is a restricted area that requires a special permit. The cost of the Manaslu Short Trek permit is USD 100 per person for the first seven days and USD 15 per person for each additional day.

What kind of guides will I find during the Manaslu Short Trek?

Manaslu Circuit Trek is a trek at the high altitudes of Nepal. So, it is important that you hire a suitable guide for the trek. There are many guides who are capable of doing the Manaslu Short Trek. Therefore, yes, you will find suitable guides for your Manaslu Short Trek.

Do you need oxygen on Manaslu?

From the fourth camp to the summit of Mount Manaslu, the ascent is easy and secure. According to our prior observations, oxygen is used in this section by roughly 60% of climbers. It could be the cause of climbers' perception of an easy ascent. But you don't need oxygen for the Manaslu Circuit, even though it is considered a challenging trek.

How fit should I be for the Short Manaslu Trek?

The moderate Manaslu walk in Nepal's Mountains covers a height of more than 5000 meters; because of the lower oxygen level at such a high altitude, the journey can be challenging. To complete the trail, hikers must put in 6-7 hours per day; however, if we prolong the number of days, the trekking time will be shorter. It depends on how much time we have.

Therefore, it is advised to maintain ongoing physical condition; prior physical preparation is not necessary but is advised if you lack sufficient stamina. Adding an acclimatization day to your trek itinerary will help, too. A strong sense of resolve and a positive outlook on your goal is the sole formula for the full success of Manaslu Trek.

What are the things that I need to take care during the trek?

There are some things that you need to take care of during the Manaslu Short Trek.

- A certified trekking guide must accompany hikers.
- The minimum number of trekkers is 2 people.
- The Manaslu region is off-limits to lone or lone trekkers.

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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