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Manaslu Circuit Trek

- Duration: 14 Days Days
- Max Altitude: 5,213 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights of Manaslu Circuit Trek

The Manaslu Trek is a spectacular, less-crowded alternative to the Everest and Annapurna regions. The highlights of this awe-inspiring trek are encapsulated in a concise, point-wise manner:

- **Breathtaking Mountain Views:** Witness panoramic vistas of majestic peaks, including Manaslu (8,156m), the eighth-highest mountain in the world.
- **Cultural Immersion:** Encounter diverse ethnic communities, such as the hospitable Gurungs and Tamangs, and explore their unique traditions, customs, and monasteries.
- **Untouched Landscapes:** Traverse through pristine valleys, lush forests, terraced fields, and serene alpine meadows.
- **Larke Pass:** Conquer the challenging Larke Pass (5,160m), the trek's highest point, offering unparalleled mountain vistas.
- **Remote Wilderness:** Experience the tranquillity of remote Himalayan wilderness with fewer trekkers, providing a sense of seclusion.
- **Hot Springs:** Rejuvenate in natural hot springs at Tatopani, a rewarding treat for weary trekkers.
- **Annapurna Conservation Area:** Part of the trek passes through the Annapurna Conservation Area, home to diverse flora and fauna.
Engage with the Tibetan culture of the Nuri people.

The Manaslu Trek offers a perfect blend of natural beauty, cultural immersion, and adventure, making it a memorable journey for trekkers seeking a unique Himalayan experience.

Overview

The Manaslu Circuit Trek in Nepal is one of the most breathtaking and adventurous journeys any avid trekker could embark upon. It presents the beauty of the pristine mountain ranges and untouched

Tibetan culture in all its glory. The trek introduces you to the eighth-highest mountain in the world, Mount Manaslu, and takes you through diverse terrains, challenging trails, remote villages, and ancient monasteries.

Manaslu Circuit Trek Difficulty

The Manaslu Trek trek is typically designed for experienced trekkers. With an average elevation of over 3,500 meters, reaching its highest point at the Larkya La Pass (5,160 meters), the trek offers challenges in the form of steep trails, high altitudes, unpredictable weather, and rugged terrain. Therefore, physical fitness, preparation, and acclimatization are crucial to completing this trek.

When it comes to the Manaslu Trek route, the journey typically starts from Arughat or Soti Khola, from where the trek trail leads you through lush forests, terraced farm fields, and traditional villages. As you ascend, you'll come across various landscapes, from subtropical jungle to the harsh, snow-covered terrains of the upper Himalayan region. The circuit also traverses the stunning Larkya La Pass, the trek's highest point, and offers panoramic views of Manaslu and its neighboring peaks.

The Manaslu circuit trek package encompasses transportation from Kathmandu to the trek starting point, meals, accommodation during the trek, the services of a guide and porter, and necessary permits. The package price generally varies depending on the services included, the trek's duration, and the trekking agency's policy.

Manaslu Trek Permit

A Manaslu Trek permit is mandatory due to the trek's location in a restricted area. The primary permits required include the Manaslu Conservation Area Permit (MCAP), the Annapurna Conservation Area Permit (ACAP), and the Restricted Area Permit (RAP). The permit costs fluctuate depending on the time of year, with prices higher during peak seasons.

Manaslu Circuit Trek Guide

A qualified and experienced Manaslu Trek guide is essential for the journey. A good guide will help you navigate the trail and provide valuable insight into local culture, history, and nature. They are also equipped to handle emergencies and ensure safety throughout the journey. Therefore, selecting a certified guide from a recognized trekking agency is recommended.

The Manaslu Trek is a complete natural beauty, cultural richness, and thrilling adventure. As you trek through the circuit, you'll have the chance to observe the Manaslu region's unique biodiversity and explore the ancient monasteries, chortens, and mani walls. The warm hospitality of the locals in the remote villages of Samagaon, Samdo, and others will make your journey even more unforgettable.

Manaslu Trek Cost

The cost of the Manaslu Trek ranges from \$930 to \$1500, which includes permits, guides, accommodations, and meals. The price may vary depending on the trek's duration, transportation, preferred amenities, and personal preferences. Teahouse lodges are the more affordable options, while deluxe packages provide a more comfortable experience. It's advisable to consider these factors and seasonal fluctuations when planning a budget for the Manaslu Trek.

The Manaslu Trek is a challenging but rewarding journey that offers breathtaking views of the Himalayas, intriguing cultural experiences, and a real sense of adventure. If you are an experienced trekker looking for the next challenge, the Manaslu Trek awaits you. Prepare for the trek diligently, respect local customs and the environment, and you're sure to have a memorable trekking experience.

You may also like:

- [8 Days Annapurna Base Camp Trek](#)
- [Classical Annapurna Circuit Trek](#)
- [Manaslu Tsum Valley Trek](#)

Day 01

Arrival in Kathmandu [1,300m/4,264ft], O/N at 3 Star Hotel (A, D)

Upon landing at Tribhuvan International Airport in Kathmandu, you will be picked up from the airport and driven to the hotel. You can relax or start exploring the city on arrival before staying overnight in the hotel.

Day 02

Drive from Kathmandu to Soti Khola [710m/2,328ft], O/N at Tea House (A, B, L, D)

Today will begin with an 8-9 hour drive along Prithvi Highway, which runs alongside the beautiful Trishuli River towards Soti Khola. You will pass through dense forests, numerous hills, and various old and new settlements. After reaching Arughat, you begin to drive off-road amongst traditional territories until you reach Soti Khola, where you will stay overnight.

Day 03

Soti Khola - Maccha Khola [900m/2,952ft]: 6-7 Hrs.O/N at Tea House (A, B, L, D)

On day 4, we head to Machha Khola, crossing places like Armala, Apubesi, Liding, and Khani Besi. The trail passes through terraced farms along the way to the Sal forests and crosses many waterfalls, which lead to a short walk on the sandy banks of the roaring Budhi Gandaki River. Then, after continuing to walk on the rocky terrain, we arrive in Machha Khola, where we will stay overnight.

Day 04

Machha Khola - Jagat [1,410m/4,625ft]: 6-7 Hrs.O/N at Tea House (A, B, L, D)

The trail we take on day 5, from Machha Khola to Jagat, goes through places like Tatopani, Duman, Dovan, and Thado Bhanjyang. The course can be challenging as it passes through a landslide area beside the Budhi Gandaki River. This route gives you a panoramic view of Ganesh Himal (7422m) before you ascend higher up the stone steps and further through the countryside until you arrive in Jagat, where you

will stay overnight.

Day Day 05

Jagat - Deng [1,804m/5,917ft]: 6-7 Hrs. O/N at Tea House (A, B, L, D)

You will begin the day by walking past the villages of Salleri and Sirdibas, following the upward route of the Budhi Gandaki River. Once we have crossed the suspension bridge, we will continue walking through the terraced farms of Philim, Ekle Bhatti, and Thangurmu. Then, after crossing a few more suspension bridges, walking through bamboo forests, and passing by the village of Nyak, you will arrive at the Gurung village of Deng. Here, you will have a spectacular view of Shringi Himal (7161m) and stay the night.

Day 06

Deng - Namrung [2,630m/8,626ft]: 6-7 Hrs. O/N at Tea House (A, B, L, D)

Start by climbing alongside the Mani walls in Deng, and continue along the route, following the Budhi Gandaki River. The trail passes through several suspension bridges, waterfalls, rhododendron forests, and the villages of Rana, Bihi, and Ghap to arrive in Namrung. A panoramic view of Shringi Himal (7161m) and Ganesh Himal (7422m) can be observed from Namrung, a checkpoint, so remember to keep your permits with you. We will then stay overnight in Namrung.

Day 07

Namrung - Samagaon [3,530m/11,578ft]: 6-7 Hrs.O/N at Tea House (A, B, L, D)

As we leave Namrung behind, we ascend to the village of Lihi and then to Sho and Lho. The trail passes through a landslide area, so it is essential to maintain a steady pace. You give by many Chortens and Gompas to reach Sama Gaon, which offers a stunning vista of Manaslu (8156m), Larke (6249m), and Naike (6211m) peaks. We will stay overnight in Sama Gaon.

Day 08

Sama Gaon - Pungyen Gompa - Samagaon: 6-7 Hrs O/N at Tea House (A, B, L, D)

On day 9, we explore Sama Gaon, an idyllic village with a stone gate and Mani stone wall, so it's the perfect place to use this day. To acclimatize, you hike through yak pastures and extensive grasslands to Pung Gyan Gompa, a beautiful Buddhist monastery sitting in the lap of the Himalayas. You can visit the nearby Chorten and spend some time soaking in the breathtaking beauty of Manaslu (8156m) along with the other peaks of the region. Then we will hike back to Sama Gaon for an overnight stay.

Day 09

Samagaon - Samdo [3,860m/12,660ft]: 4-5 Hrs.O/N at Tea House (A, B, L, D)

Today we continue to follow the Budhi Gandaki River upstream. The trail is wide and more accessible than on other days, so you have a nice walk through the alpine vegetation of the region. Pass through large Mani walls encrypted with prayers and decorated with prayer flags as you walk up to the village of Samdo, where we will stay overnight.

Day 10

Samdo - Dharamsala/Larkya B. C. [4,460m/14,628ft]: 4-5 Hrs.O/N at Tea House (A, B, L, D)

Start by climbing down the river before ascending to Larkya Bazar. The trail passes through several Mani walls and stone huts and walks on Syacha Glacier's gorge to arrive at Dharamsala, also known as Larkya Phedi. Larkya Phedi provides an excellent view of Larkya Peak (6249m) and Naike Peak (6211m). There is only one lodge in Larkya Phedi called Larkya Rest House, where we will stay for the night.

Day 11

Dharamsala - Larkya la [5,160m/16,924ft] - Bimthang [3,720m/12,201ft]: 8-9 Hrs O/N at Tea House (A, B, L, D)

You start the trek early in the morning as you have a challenging day ahead. The trail walks through the moraines of Larkya Glacier, making the climb difficult. Continue climbing the steep, icy trail until you reach Larkya La Pass. From the top, you will have a panoramic view of Manaslu (8156m), Annapurna II (7937m), Himlung (7126m), Kang Guru (6981m), Larkya peak (6249m), Ratna Chuli (7035m) among others. You will descend from Larkya La, walking on a grassy moraine and rockfall area, to the village of Bimthang, where you will spend the night.

Day 12

Bimthang - Dharapani [2,300m/6,438ft]: 7-8 Hrs. O/N at Tea House (A, B, L, D)

From Bimthang, you descend to Dharapani, leaving behind the spectacle of the Himalayas. Climb down Yak Kharka and pass through rhododendron forests to reach Kharche. Cross the fields and sub-tropical forests as you pass the Gurung village of Gho en route to Tilije, enjoying the view of Manaslu and the Annapurna ranges. We will then stay overnight in Dharapani.

Day 13

Dharapani - Syange - Kathmandu [1,080m/3,542ft]: 8-9 hrs. O/N at Tea House (A, B, L, D)

Begin the day by climbing down through the steep stone trail to Chamje, the starting village of the Marshyang Valley. As you climb the steep path alongside the Marsayangdi River, you will pass several suspension bridges. Passing Jagat, you will climb down to Syange. From Syange, you will drive to Kathmandu, enjoying the countryside view comprising markets, rivers, bridges, and hills. Upon arrival in

Kathmandu, feel free to explore and enjoy your final stay overnight at the hotel.

Day 14

Final Departure (B)

On your last day, you will be dropped off at Tribhuvan International Airport in Kathmandu for your final departure.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Soti Khola - Dharapani - Kathmandu By local Bus / By jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance (Rescue)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter).
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

How long is Manaslu Circuit Trek?

Manaslu trek is about a 16-day journey from Kathmandu. This includes a day for arrival and departure and another for sightseeing around Kathmandu Valley. On the third and 15th days, you will drive to and from Kathmandu. The trekking days are only 11 days. The very experienced high-altitude trekkers might be able to complete the trek in about eight days. However, it would be best to stroll so that your body gets some time with the increasing altitude.

Other popular routes in Manaslu, i.e., Manaslu TSUM valley, trek a bit longer, demanding about 20

days.

How many feet is Manaslu?

Mount Manaslu's altitude is 8,163 m (26,781 ft). It is the eighth tallest mountain in the world and rests peacefully in the Himalayas. It lies next to the Annapurna and Dhaulagiri range in the Gorkha district of Nepal. Manaslu Circuit trek is conserved within the Manaslu Conservation area of Nepal.

Is Manaslu known as a killer mountain?

The calm and majestic Manaslu always looks beautiful. However, behind that beauty hides the pain of over 60 mountaineers who have lost their lives in the hope of climbing the Manaslu summit. Although regarded as an easy mountain climb due to its long ridges and valley glaciers, Manaslu has taken the lives of a lot of trekkers. This includes the lives of 53 mountaineers between 1956 to 2006. The first climb was only successful in the year 2006. Until now, 300 people have managed to reach Manaslu's top.

Is the Manaslu Circuit trek without a guide possible?

Legally, you can trek to Manaslu without a guide. The Government of Nepal has marked some specific areas as restricted trekking regions and made it compulsory for higher guides in those trekking areas. And, since this is one of those areas, you can attempt Manaslu Circuit Trek Solo.

Having a guide makes your Manaslu Circuit trek extremely easy. Since the population of Nepal in the Himalayas are not familiar with English and the trail moves along the thick forest, having a Manaslu Trek guide makes it easy to find the way. They also help you with bookings hotels in Manaslu and during altitude sickness. The cost of hiring a guide is minimal, and the price is worth their service. MyEverestTrip can help you get a manual for Manaslu Larkya La Pass.

WHEN CAN YOU TREK THE MANASLU CIRCUIT?

The best time to trek the Manaslu via Larke pass is between February and June and August to December. From February to June, the trekking conditions are suitable. The trails are dry, and the weather is also suitable. But if you like to trek in winter and play with snow. You can trek Manaslu between August to December.

Can I return to Kathmandu By Helicopter after Trekking?

Yes, you can trek to Manaslu Larke Pass and fly back to Kathmandu by helicopter. On Day 12 at Dharapani, you can take a helicopter ride to enjoy the view of Manaslu region.

What are the Required Documents to Carry For Trekking?

These are the essential documents that are required while trekking on the Manaslu Larke pass trail:

- A valid copy of the passport
- Passport Size Photo
- Insurance (It must cover helicopter rescue and hospital coverage)
- Flight Details
- Permits (My Everest Trip will be arranged)

Is Permit Required For This Trek?

Yes, Manaslu Larke Pass trekking requires permits

- Manaslu Restricted Area
- Annapurna Conservation Area Permit(ACAP)
- Manaslu Conservation Area Permit(MCAP)

Can You Arrange the Solo Package For Manaslu?

We don't have a solo package for Manaslu, but we can offer joining group departures if you wish. Solo with a guide and porter is available, but the prices may increase slightly.

How Much Does a Porter Carry if We Hire Them?

The porter carries 18kg, but the porter is allocated for two people, so per person, the porter will carry a weight of 9kg. If you wish to hire a porter, you can also do so. Besides this, your extra bags can be kept securely in Kathmandu at the Hotel or our store.

What is the accommodation during the Trek?

The accommodation is lodged during the Trek on a sharing basis of 2 people per room. The room has two single beds. Generally, the toilets are traditional style on higher altitudes but you can expect the western toilets in a few days of Trek.

Is Manaslu Larke Pass Difficult Trek?

The Manaslu Larke Pass trek is difficult, with an elevation of 5,160m/16,924ft. You need to be mentally and physically prepared for the Trekking.

Is Manaslu a Restricted Area?

Yes, Manaslu Circuit Trekking Trail is inside a restricted area, so you require a special permit for trekking in this trail.

Are there networks and wifi during the Trekking?

There is availability of NTC connection stronger compared to Ncell. Wifi is also available in most of the accommodation. We will stay, but they will charge some amount. Besides this, in some places, we need to use satellite phones provided by the lodge.

Can I bring the medicine for the Trek?

Yes, you can bring your medicine if you have some specific problem. Otherwise, we also have a first aid kit in case of any emergency between the trails.

What is the Cancel and Refund Policy?

We offer a cancellation and refund policy. For that, please visit the terms and conditions page.

What is included in your trek package?

The package includes the transportation cost, accommodation cost, guide and porter cost and insurance, 3 Meals a day, permits, government taxes, and so on.

Are there any extra personal expenses in the Larke Pass trek?

The Trek needs extra expenses, like \$10 - \$15 per day. For the hot shower, wifi and phone calls, mineral water, and other personal expenses. They charge for hot showers because of the higher altitudes, and every transportation is done through Himalayan yak, which makes the Trek expensive at higher altitudes.

Should Donations and Tips Be Given To Guide and Porter?

Donations and Tips should be given to a guide and porter as a sign of love and to show that the trek experience was good with them.

Should I Have Travel Insurance for Manaslu Larke Pass Trekking?

Yes, having trekking insurance for the Manaslu Larke Pass Trek is necessary. Ensure you have insurance while coming from your country because most Nepali travel agencies, including us, won't provide you with any insurance service.

What Happens If I Get Acute Mountain Sickness?

If you get acute mountain sickness, our guide is fully authorized to act upon those situations. They will make sure your health condition is normal. Otherwise, we will decline some meters, and also, in emergency rescue, we will send a rescue helicopter (funded by insurance).

Manaslu Circuit Trek Permit

Firstly, you will need your travel visa upon arrival in Kathmandu. There are two other Manaslu Trek permits, i.e., the Manaslu conservation area access and the Manaslu restriction area permit.

Manaslu restricted area permit: The Nepal government has closed a few areas of Nepal as restricted trekking regions, and you shall need a special Manaslu Trekking permit to reach here. This special permit is only issued after you book your Manaslu trek package with a travel agency like MyEveryTrek and hire a licensed guide. You must submit your passports, visa, photos, Manaslu trek itinerary, and insurance to the immigration department in Kathmandu to get this permit.

This is not just about the paper. While you travel to the restricted region, you cannot go for Manaslu Trek solo. You must be in a group of at least two people, accompanied by a guide for your safety. Also, you need to follow other rules without impacting the local culture.

Manaslu Trekking Permit Cost

September to November: USD 100 per person for the first seven days and an additional USD 15 per person per day from the eighth day onwards.

December to August: USD 75 per person for the first seven days and an additional USD 10 per person per day from the eighth day onwards.

Manaslu conservation area permit can either be issued in Kathmandu or while you are on the trek, and this Manaslu trek permit is \$30.

Annapurna Conservation area permit can also be issued in Kathmandu or while you are on the, and this Maanslu Permit costs \$30.

The Manaslu Trek is among the most challenging treks in Nepal. As you reach above 5000m in sea level, the Manaslu trek difficulty is graded as “Moderate to difficult” by the experts of Nepal. It would be best to have excellent physical health and technical climbing skills while the pass was covered in snow.

Manaslu Trek Distance: The total distance of the Manaslu trek is about 180 km/160 meters. Manaslu trek in Nepal, you must cover the longest distance daily. You will have to walk more than 20 km on some days. Walking 6 to 8 hours daily for about a month isn't a piece of cake.

Manaslu Trek Height: The highest point of the Manaslu trek is the Larka la pass. Almost all Manaslu Trek routes lie above 40000 meters, adding to Manaslu's difficulty. As you walk at this altitude, the pressure in the air is low, and you suffer greatly from the lack of oxygen. If we develop symptoms such as headaches, vomiting, and shortness of breath, the guide takes us to a lower altitude. In an emergency, helicopter evacuation will be arranged per your insurance policy.

Remoteness: Manaslu's challenging landscape and distinct culture make it one of Nepal's remotest trekking regions, increasing its difficulty. You might not find luxurious hotels and restaurants while on a trek. Be ready to survive with a minimum and carry everything you need for 14 days of Manaslu Larkya La Pass in your bag.

Both physical and mental preparation before the trek is essential to overcome the Manaslu Trek difficulty.

If you have any history of heart, lung, and mental disease, the first thing to do is consult your doctor. After medical permission, you can prepare your body with some physical exercises. Along with Jogging and running, we recommend cardiovascular activities like swimming and cycling. Another great way to organize your body is by practicing high-altitude trekking around your home. Getting Travel Insurance covering high-altitude trek rescue is the most important thing you can do before the Nepal trek.

While trekking, the right gear and comfortable clothes are the keys. Also, you need to avoid altitude sickness with enough sleep, a slower walk, and a hydrated body. Avoid alcoholic products during the trek, carry high-energy foods like chocolates, and drink lots of water.

Best Time For Manaslu Trek?

Manaslu in Spring :

The rays of the sun increase, making it quite hot at midday. The lower region is full of lush flora and

fauna, while the flowers bloom in mid-March. There might be occasional rainfall, but the ambiance is magical, making it the best time for Manaslu Trek.

Manaslu in Summer :

Sometimes, heavy rain may lead to landslides and road blockage. After that, the sky is gradually evident, and the mountains look more elegant. In Summer, the day temperature can go up to 26 degrees Celsius and 10 degrees at night. Most of the farming activities are also done in the summer.

Autumn Season :

Ideally, Autumn is the best time for the Manaslu trek. The day temperature is above 15 degrees Celsius, and the night temperature falls below 5 degrees. As we move to the end of November, the night temperature drops below 0 degrees. The sky is always clear, and the views are just breathtaking. With no chances of rainfall and snowfall, Autumn is an excellent time for Manaslu Trek.

Manaslu in Winter:

These are the most challenging months for trekking. And we don't recommend it, but it's not legally banned. Overcoming the snow and cold might be difficult, but winter trekking isn't impossible with the right gear and guidance. However, you might need extra clothes and other trekking gear.

Accommodation In Manaslu Trek

The accommodation during the Manaslu Larke Pass trek is in a guest house or lounge, which is run by locals living there. We have a shared base room with two single beds throughout the trek. We also get the blanket there, but it can be used as an option in higher altitudes. I prefer sleeping bags for three seasons.

In many places, the toilets aren't attached to the room so that you can find them inside the house or, in some cases, have to go outside. There are western-style toilets within the first few days of trekking; depending upon the gain of altitude, we get traditional-style toilets.

The Manaslu circuit trek route is more relaxed than the Annapurna or Everest region. But During the peak season, finding accommodation is hard, so it's better to contact your trekking agency for a booked room and other facilities.

The Food options are Dal Bhat, Eggs, Noodles, fried rice, Chapati, Curry, pancakes, potato dishes, porridge, pasta, etc. The dining room has the traditional fire in the center of the room. It is found in most of the higher altitude places we trek in, and most of the trekkers love to be in the dining room for long at night as it is cold in other places. In the rainy season, people used to dry their clothes in the dining room.

Start To Plan Your Manaslu Larke Pass Trek.

If you're planning a Manaslu Larke pass trek, we suggest you consult with a trekking agency in Nepal that gives you complete information and briefing online about the trek. This will ensure your doubt and help your mental and physical preparation for the Manaslu Larke pass trek.

My Everest Trip also provides you with free consultation about the trekking. We aim to ensure every trekker gets the correct information before starting the trek. Please consult with our trekking expert for free.

What Are Mountains We Can See on Trail

In our Larke Pass trekking route, we can see the amazing mountains, and the sunrise views are always worth it on the Manaslu trek. We saw Mt Manaslu Mountain, Larkya Peak, Cheo Himal, Ratna Chuli, and Himlung Himal. From the mountain's peak, we can also see the Annapurna range.

Do We Need Porter For Manaslu Larke Pass?

Porter is highly recommended for trekking in the Manaslu Larke pass itinerary because we get elevation gain over time, and it isn't easy to acclimatize new trekkers appropriately. Having a porter will carry your 20 kg of load, which helps a lot while trekking in such a challenging trek.

The trail is also an enjoyable trek because of the porter. Sometimes, they share about hard work, motivation, and Nepal's inspiring story, which makes the trek more enjoyable.

We Offer Last Minute Booking For Trek in 2024 / 2025

My Everest trip offers flexible booking terms and conditions, and we have last-minute booking options for the Manaslu circuit trek. There should be at least two people for your departure; otherwise, solo joining departure may take some days. Trekking with our company gives many benefits to you, like safe trekking, knowledgeable guide and porter, accommodation guarantee on peak season, certification of completion, and many more. In any emergency, you can call us during the trekking to provide various precautions needed in the situation.

Helicopter Option in Manaslu Trek

We can arrange your customized itinerary according to your requirements. You can skip the Day 2 Drive to Soti Khola, the Day 3 Trek at Maccha Khola, and the Day 4 Trek to Jagat. We can arrange your helicopter ride on the first day, which will take you to Jagat and start trekking from Jagat to Deng.

We also have an option for Helicopter Return from Manaslu Trek. On Day 12 at Bhimtang to Dharapani, you can take a helicopter ride to Kathmandu for flexibility and comfort.

While you take a heli ride, the pricing will be changed accordingly, and the guide and porter going with you will follow the same trekking route and come to Kathmandu.

Wifi and SIM Availability During The Trekking Route

You can buy the NTC or Ncell SIM card upon your arrival at the Airport, where you can get it for \$2. In Kathmandu Hotel, there is always an option for wifi connectivity, which is free, but for international calls, they may charge you separately from their telephone. At the same time, SIM connectivity is also strong here.

In Soti Khola, there is a wifi availability option, but you have to pay \$3 for connectivity. You can also use your mobile connectivity instead; during the trial, the NTC SIM connectivity is much stronger than Ncell. We recommend you buy NTC Sim.

Maccha Khola has no wifi connectivity, but the NTC SIM connection is strong. You can get good NTC sim connectivity in Jagat, Deng, and Namrung, but wifi services take some charge if needed. In Samagaon and Samdo, you can find only wifi connectivity at some charge, onwards in Dharamsala. There is no

connectivity at all. In other places, we have Vsat phones for telephone purposes.

Bhimtag has no sim connectivity but has wifi and a phone for calls. In our last destination (Dharapani), we can also enjoy wifi and sim connectivity.

Samdo Acclimization Itinerary

You can also have an acclimation itinerary at Samdo. On that day, we can take an easy hike to the route of Tibet. On this route, we can get panoramic views of Semarang, Himchuli, Ngadi, cheo, and Larke Peak, between the trails.

Another route is a whole-day trek to Gya La, North of Samdo. Nepal and Tibet frequently use it for Trade Purposes. As the route takes a whole day, we won't recommend it.

In our current itinerary, we have an acclimation day at Sama Gaon. On this day, we have a short hike to Pungyen Gompa.

Syange Drive to Kathmandu But How? Car Private

On Day 11, there are two options. From Syange you can go to Kathmandu by bus or private car. Depends upon your customized itinerary and package. For comfort, you can take a private vehicle. It takes 7 -8 hours to drive to Kathmandu from Syange.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

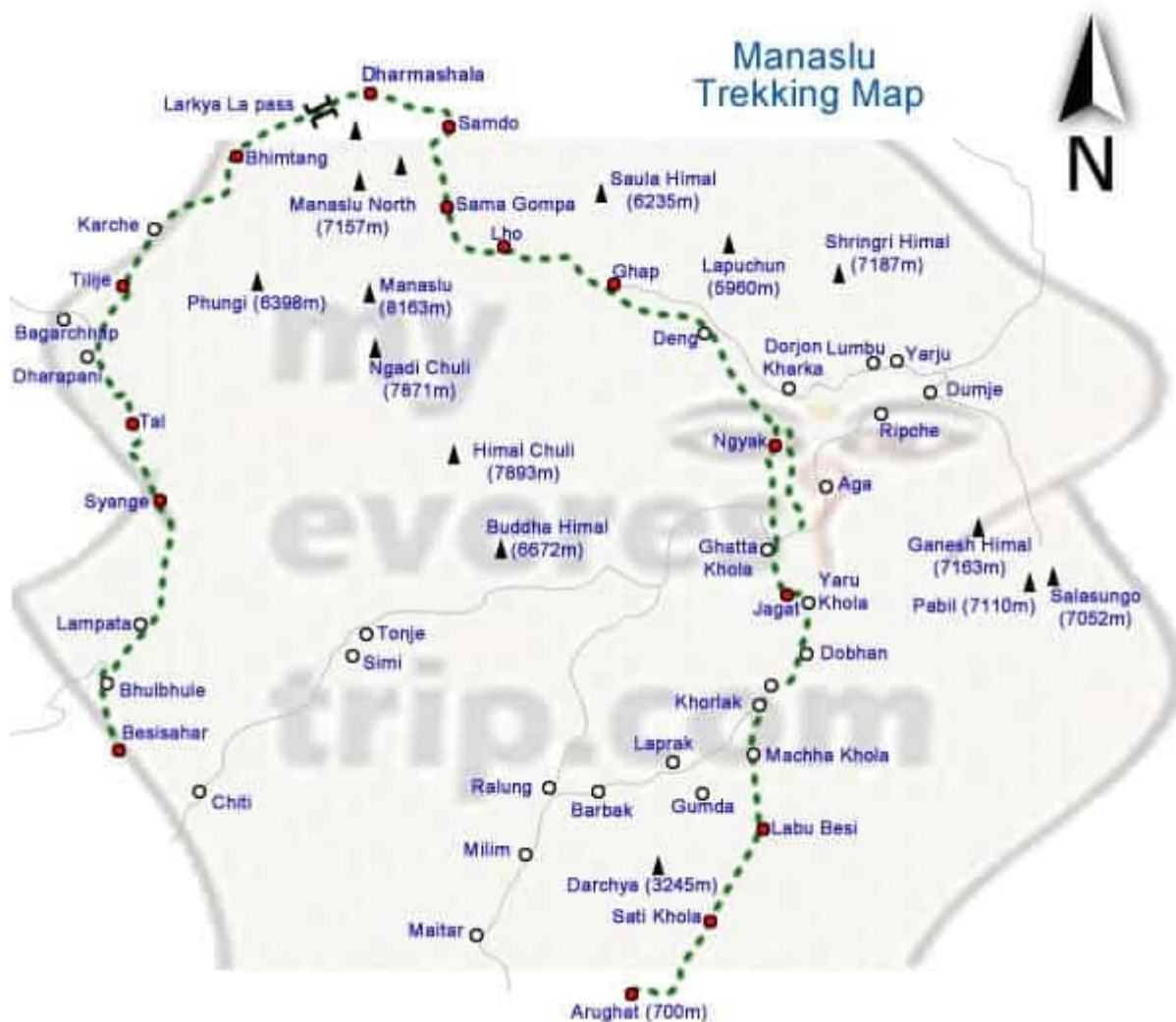
MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the

package has to be discouraged).

- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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