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14 Days Manaslu Circuit Trekking

URL: <https://boundlessadventure.com/manaslu-circuit-trek/>

Duration

14 Days

Per Person Cost

USD 1200

Difficulty

Adventurous

Best Seasons

Mar - May & Sep - Nov

Transportation

Jeep

Max Altitude

5135m

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Hotel

14 Days Manaslu Circuit Trek Highlights

- The 14-day Manaslu Circuit trekking goes via incredible countryside.
- Spectacular and Awe-inspiring views of Mount Manaslu and neighboring peaks like Himlung Himal, Lamjung Himal, Annapurna, and Annapurna II.
- We are offering low-cost guaranteed service for **Larkya-La Pass Trekking**.
- Enjoy various seasonal and unique traditions in the Manaslu circuit trek.
- The Larkya-La pass stands tall at an incredible elevation of 5160m.
- Embark on an exhilarating journey to the base camp of Mount Manaslu.

Trip Overview

Fourteen days of Manaslu Circuit Trekking cover the world's eighth-highest peaks, including Manaslu Base Camp. The trip depends on getting a quick glimpse of Mt. Manaslu and the historical and heritage treasures of the Manaslu Conservation Area.

Trekking in Manaslu is less famous than the Everest Region Treks and Annapurna Region Treks. Consequently, Trekking is among Nepal's few new and less-trafficked hiking paths. Manaslu is not loved and appreciated by many visitors worldwide because it is less crowded.

If you want adventure holidays in Nepal, we highly recommend the Manaslu circuit trek, which will include a lodge/tea house along the trail in 2024 and 2025.

Similarly, the Larkya-La pass is the highest for the Manaslu circuit Trekking trail. It is 5160 meters above sea level. Still, you would like to go to **Manaslu Base Camp**, 4400 meters above sea level.

Similarly, People are trekking through lodges and tea houses these days. Carrying many tents and porters with you is unnecessary for camping and trekking.

You may have a beautiful lodge and tea house with electric lights and WI-FI almost every night. Moreover, Boundless Adventure provides a sleeping bag even though you must trek in Manaslu on request.

In western Nepal, the Mt. Manaslu Trek is an off-the-beaten-path trek around the **Manashree Himalayan range** (Mt. Manaslu (8163 m/26,781ft) 's peaceful and desolate Himalayas.

The adventure Manaslu Lodge trekking is among Kathmandu's most feasible adventure sports. It is the attractive Budi-Gandaki, Nubri, along the Marsyangdi valley. The northern areas of the trail adjoin Tibet and expose Tibetan culture with the Bon religion.

The Manaslu trek in the Forest Reserve features Nepal's crowning glory: Mt. Manaslu, the peak of spirits. Its biodiversity separates it from other hiking paths.

Attraction during the 14 days of Manaslu Trekking

The main attractions of the Mansiri Himalayan chain are Manaslu, Nagadi Chuli, and Himalchuli. Similarly, the peaks include Himalchuli (7,893 meters), Ngadi Chuli (7,871 meters), Shringi Himal (7,187 meters), Langpo (6,668 meters), and Saula (6,235 meters).

While hiking in the [Manaslu conservation area](#), you will notice that because of its accessibility to Tibet, Tibetan culture and way of life significantly affect the Manaslu region in the northwest.

The Tibetan Buddhists welcome you to an isolated and hidden corner of the planet in the rural settlements of Gurung, Ghale, and Bhote.

In 1991, the Nepalese government allowed trekking in the [Manaslu region](#), whereas most portions are restricted and require restricted permits.

Manaslu has much to offer trekkers, including majestic perspectives of the Himalayan range and elevated glacier lakes to a diversified cultural and biological ecosystem.

In the Manaslu Conservation Area, around 2,000 varieties of plants, 39 animals, 201 birds, three reptiles, and 11 butterflies inhabit 11 different forest types.

Endangered animals such as snow leopard, Musk deer, Red fox, Jackal, Brown bear, [Blue sheep](#),

Himalayan Thar, Woolly hare, and Himalayan marmot are among the animals discovered inside the meadows of the Manaslu Conservation Area.

Remember, **Solo Trekkers are strictly banding** in the Manaslu region, but Boundless Adventure safely operates the Manaslu circuit trekking from Kathmandu even though you are a single female.

Best Time to do Manaslu Circuit Trekking

There are two different trekking seasons in the Manaslu conservation area.

- Spring season (From March to May)
- Autumn Season (From September to December)

March to May indicated spring in Nepal, the peak season for trekking in the Manaslu region and Nepal. Generally, the temperature in Manaslu fluctuates from +4 to +15 degrees Celsius during this season.

Flora and fauna are in great abundance during this season of the year. The Rhododendron forest along the path is lovely, and thus, the atmosphere is calm, offering magnificent mountain sights. April is the most significant month for the Manaslu Circuit Trek.

Autumn lasts from September to November and is neither hot nor cold. At the lower elevations of the trek, temperatures range from 8 to 20 degrees Celsius on average. At night, the temperature might decrease to -3 C in high peaks.

Accommodation during Trekking

Tea houses are lodgings on the Manaslu Circuit Trekking in Nepal. They are less modern than the famous Annapurna and Everest Regions Trek. Tea houses have been constructed across the pathway as the area has grown. They mainly provide the most necessary facilities, featuring twin beds with hardly any other furniture.

The bedrooms come with a mattress, pillows, and a blanket. However, the rooms aren't enclosed. You can also carry your sleeping bag with you to avoid catching a cold and keep it hygienic in higher latitudes, including Samdo, where the expense of a room increases. The cuisine is given daily in dining and relaxing spaces with warm heat.

How difficult is the Manaslu Circuit trekking?

The Manaslu Circuit Trekking is the most complex hike in the world. It features off-the-beaten-path parts across the voyage. It delights backpackers with diverse and breathtaking vistas as the world's eighth-highest peak.

Trekkers could encounter problems throughout the trip, including icy roads, local routes, and rocky

trails. Trekking may be challenging and adventurous for just some trekkers. Difficulties may emerge because you must cross the Budi Gandaki River via many bridges. Due to the storm and wet roads, you may experience numerous challenges on your route.

Trekkers should also take care of their physical and mental fitness. Trekking the Manaslu Circuit is not challenging, even though you must climb higher elevations. Ensure your health is good before traveling to the Manaslu region in Nepal.

Manaslu Circuit Trekking Cost

Boundless Adventure is a local trekking and tour company based in Kathmandu, Nepal. We offer reasonable prices for Manaslu Circuit hiking for couples, families, and small groups.

The cost of the Manaslu Circuit Trek ranges from US\$1200 to US\$1480 /—per person, including two nights' accommodation and breakfast in Kathmandu, accommodation during the trek, Permits, ground transportation, meals, and a trekking guide. Don't hesitate to contact us for more information on Manaslu Circuit Lodge / Tea House Trekking by email or WhatsApp at +977 9851033819.

Trip Itinerary

Boundless Adventure Nepal provides a 14-day itinerary of the Manaslu circuit lodge Trekking from Kathmandu airport, but trekking will start from day two until day 12.

We can make a shorter itinerary if you have a shorter time for trekking and would like to cross the **Larkya-La pass** (5135 meters). Let us know your traveling days so that you can be comfortable.

Similarly, at the end of the trip, if you would like to have a private Jeep, we can provide you with Manaslu Circuit Lodge Trekking (A maximum of seven people can travel together at once by Jeep)

However, We can provide a Jeep to the starting point of Manaslu Circuit Lodge Trekking; You may share the Jeep cost. Please let us know if you are trekking to Manaslu in a group. We are happy to discuss the Manaslu Circuit Lodge Trekking cost and itinerary.

Note: *We provide a bus from Kathmandu to Arughat and the ending place of Trekking.* But Still, you may contact us For a Comfortable journey by helicopter or Jeep. Similarly, Day 13 Everest Explore Day by Helicopter is an option.

Day 01: Pick up from International airport

Welcome to Nepal. Boundless Adventure's airport representative will take you to the international airport and transfer you to the hotel by private air-conditioned vehicle.

After a short refreshment at the Hotel, we will meet again to discuss the different schedules and give you an overview of the following days. Overnight at the Hotel.

Note: You can get a local SIM card and exchange it near the Get No. 1 of the International airport.



View from Kathmandu airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

15 m

Food:

No

Day 02: Drive to Machha Khola

Per the itinerary of Boundless Adventure, your journey towards Manaslu Circuit begins with a short drive towards Machha Khola. Early morning, you'll drive west from Kathmandu, taking the Prithivi highway.

You will get to Galchhi after 2 2-hour drive from Machhapokhara Buspark. The bus continues to drive till Malakhe, takes a right, and you'll move towards Arughat. Passing through the stunning hills and villages, including **Arkhet Bazar**, Keurinipani, Soti Khola, and Lapubesi, you'll get to Maccha Khola at an elevation of 930m after moving from Arughat Bazar.

The distance from Arughat to Maccha Khola is 15km, taking approximately 2-3 hours of drive via beautiful landscapes. The journey from Kathmandu to Machhakhola divides into two different road conditions; from Kathmandu to Arughat, the road is blacktop, whereas, from Arughat to Machha Khola, are gravel and even rocky—lunch along the way, Dinner and overnight at Machha Khola.



Machha Khola Village in Manaslu Budget Hiking

Destination:

Machha Khola

Accommodation

Hotel

Transportation:

Jeep

Duration:

6 hrs

Food:

Breakfast, Lunch, Dinner

Day 03: Trek to Jagat

After spending a pleasant night at the tea house of Maccha Khola, you'll have a hearty morning meal that you can have while enjoying the view around. With breakfast, you'll be ready for the trekking journey. From day three, you'll trek towards Jagat, 1410m above sea level.

You'll walk along the Budhi Gandaki River, leaving Maccha Khola. Passing two suspension bridges from Maccha Khola, you'll get to Khorlabesi, and an easy walk from Khorla Besi takes you to Tatotapni. Tatopnai is the natural hot spring where most trekkers take a bath to cure a skin disease or any other problem in the human body.

After passing a suspension bridge after Tatopani, you'll reach another beautiful village, Dobhan. Passing several suspension bridges, steep uphill stone staircases, and walking over a ridge, you'll get to Jagat after Dobhan.

The distance from Maccha Khola to Jagat is 22km, taking approximately 5-6 hours—lunch at Tatopani, dinner, and overnight at Jagat.



Jagat Village Manaslu Trekking

Destination:

Jagat

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

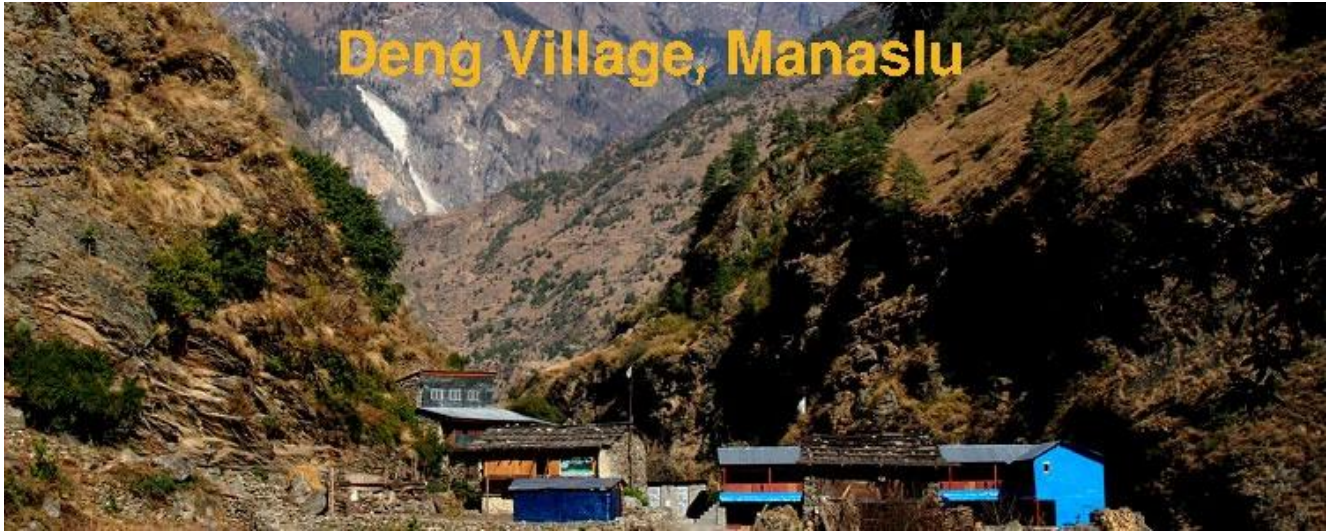
Day 04: Trek to Dyang

Following breakfast at Jagat's tea house, you'll walk towards Dyang via Stony Ridge. By leaving Jagat, you'll get to Salleri after crossing the suspension bridge twice.

You'll be accompanied by the view of Shringi Himal from Salleri. Walking through a path of Budhi Gandaki and Mani walls, you'll cross another suspension bridge to get Philim. Visiting monasteries of the Philim, you'll continue your walk towards Ekle Bhatti, where you'll have lunch.

After lunch, you'll continue your trek towards Nyak; afterward, you'll walk through pathways of Pewa Khola and get to your day's destination, Dyang, at an elevation of 1800m. Before getting to Deng, you'll pass through beautiful waterfalls, rhododendrons, and bamboo forests.

The distance between Jagat and Dyang is approximately 20km, taking 5 hours of walking. You'll have dinner and sleep soundly at the tea house and Dyang.



Dyang Village, Manaslu

Destination:

Dyang

Accommodation

Lodge

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 05: Trek to Namrung

With a view of stunning snow-capped mountains, you'll extend your trekking journey towards Namrung after having breakfast at Dyang. Following the riverside of Budhi Gandaki River, you'll move northward from Dyang.

Over the Budhi Gandaki River, you'll cross the suspension bridge from Dyang and get to Ranagaon, Bihi, and Prok. Passing through several chortans and mani walls from Prok, you'll get to Ghap.

You'll reach your day's destination, Namrung, at an elevation of 2660m, after passing through three suspension bridges from Ghap and the rhododendron forest. Gapsya and Nedung are the small settlements between the Namrung and Ghap villages.

Upon reaching Namrung from Dyang, you'll cover a 19 km distance. However, the trekking time depends upon your pace. Your lunch will be at Ghap, and dinner and overnight stay at the same tea house of Namrung.



Namrung Bridge

Destination:

Namrung

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 06: Trek to Samagaon

You'll have breakfast at Namrung's tea house with a view of the Manaslu Mountain range. You'll set your foot for Samagaon at an elevation of 3530m via a forested area after breakfast. The journey from Namrung to Samagaon is a beautiful part that involves walking through different monasteries and chortens, showcasing the cultural significance of the region.

Ligaon, Syogaon, Lhogaon, and Shyalagaon are the beautiful settlements you'll see and visit during the trek to Samagaon from Namrung. The trek to Samagaon involves passing several suspension bridges.

The distance between Nmarung and Samagaon is 17.7 km, taking approximately 5-6 hours. At Samagaon, you'll have lunch, a night stay, and dinner at Samagaon's tea house.



Samagaon in Manaslu

Destination:

Samagaon

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 07: Acclimatization day

As you reach Samagaon, you have gained some altitude, and you're above 3500m, so you must provide your body rest time to adjust to the changed temperature. As Samagaon is at a higher altitude, it is an ideal point for acclimatization.

As day seven is your acclimatization day, you can utilize this day for rest.

On acclimatization day, you can visit the nearby areas of the Smagaon and get involved with local people there. Trekkers have options either to trek up to Birendra Tal (3450m) or to trek up to Manaslu Base Camp (4400m); however, we suggest you trek Birendra Tal as it offers better views than Manaslu Base Camp.

After exploring your preferred area, you'll be at the tea house in Samagaon and take advantage of the remaining time to interact with locals and learn about their culture—overnight and dinner at Samagaon.



Manaslu Base Camp

Destination:

Samagaon

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 08: Trek to Samdo

After relaxing on Samagaon on the seventh day, you'll continue your journey towards Samdo on the seventh day with breakfast at the tea house of Samagaon. Reaching Samdo from Samagaon is adventurous as you have to walk through an isolated trail and ascend steeply.

The trek from Samagaon to Samdo includes walking through the forest with pine, Juniper, and Birch. As you become closer to the Samdo village, you'll be welcomed by Mount Manaslu, Ngadi Chuli, Simnang Himal, Manaslu icefall and glacier, and other surrounding mountains.

To get Samdo from Samagaon, you must pass a wooden suspension bridge twice, one at Lela Kharka and another at Kyonggma Kharka. You'll also pass visiting the Mani walls before reaching Samdo at an elevation of 3690m. The distance you'll cover upon reaching Samdo is 9km, taking 4 hours for lunch, dinner, and overnight at Samdo.



Samdo village Manaslu

Destination:

Samdo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 09: Trek to Dharmashala

Daharmashala, also called the Larke Phedi at an elevation of 4090m, is your eight-day destination. Right after your breakfast, you'll head towards Larke Bazar from Samdo.

The journey to Dharmashala is short, so you can walk slowly to your destination, allowing your body to adapt to the changing temperature. Although the journey is short, you'll gain some altitude. Samdo is at a high altitude, but Dharamshala is even higher, so taking care of your body throughout the journey is necessary.

The spectacular view of Manaslu and Syacha Glacier will cheer you for Dharmashala. The distance between Samdo and Dharmashala is 8 km, a 3-4 hour trek.

As you get to the Dharmashala, views of Jarkya Himal, Nysing Himal, and Lamjung Himal, along with Fukang Glaciers, Larkya Glacier, Syacha Glacier, Yamnang Glacier, and Manaslu Glacier, will be smiling at you—lunch, dinner, and overnight at the teahouse of Dharmashala.



Overnight stay at the Dharmasala Hotel.

Destination:

Dharmashala

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 10: Larkya-La pass and Bhimthang

The Restricted area will end up from the top of the Larkya-La pass.



Manaslu Larkey Pass

Day tenth is the most awaited day on the journey on the Manaslu Circuit trek, as on that day, you'll pass the highest pass on the trek.

After having breakfast at Dharamshala and having a packed lunch, you'll move towards Larkya La Pass.

To get to the top of Larkya La Pass, you'll first climb Cho Chanda, then gradually climb up the high snow-covered pass.

Reaching the top of Larkya La Pass, at an elevation of 5160m, you'll be surrounded by towering mountain peaks.

Mountains, including Manaslu, Himlung, Annapurna, Kang Koru, Ganesh Himal, Cheo, Gyagi Kung, and Annapurna II, are some of the peaks that provide a spectacular view of the surroundings.

After appreciating the views from the Larkya La Pass and feeling a sense of accomplishment, you'll descend to Bhimthang Phedi at an elevation of 3720m.

The day will be adventurous and exciting, providing you with a sound sleep—dinner and overnight at Bhimthang.



After Larkya-La pass Bhimthang

Destination:

Bhimthan

Accommodation

Hotel

Transportation:

Hiking

Duration:

10 Hours

Food:

Breakfast, Lunch, Dinner

Day 11: Trek to Tilje

From the 11th day, you'll descend and begin the return journey after getting to the highest point on the trek. You'll be pleased with the stunning sunrise view over the mountain peaks, including the mountains of Lamjung Himal, Mount Manaslu, Phungi, Himlung, and Cheo Himal, early in the morning.

With a tasty breakfast at Bhimthang, you'll start packing your stuff to descend Tilje at an elevation of 2300m. The trail from Bhimthang to Tilje involves ascending and descending, passing through different forests, including rhododendrons and pine forests. As you walk from a higher to a lower elevation, your

knee may get some issues, so it is recommended to descend slowly.

Hampuk, Puktu Kharka, Karche, and Gho are well-known traditional villages you'll explore before getting to Tilje. You'll pass several suspension bridges along with Karche Pass to reach Tilje.

The distance from Bhimthang to Tilje is approximately 20 km, and it takes 6 hours in general—lunch at Karche, dinner, and overnight at Tilje.



Tilje Village, Manaslu

Destination:

Tilje

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch, Dinner

Day 12: Trek to Dharapani and drive to Kathmandu.

The 12th day is the end of your Manaslu Circuit trekking journey; on this day, you'll have a shorter walking schedule and more bus drive. With breakfast at Tilje's tea house, you'll start descending to Dharapani early in the morning.

The trail from Tilje to Dharapani follows the Marsyangdi riverside with an uphill and downhill section to walk. Upon reaching Dharapani, you'll catch a bus to Besisahar. At Besishara, you'll rest, have lunch, and catch a bus to Kathmandu. The bus drive from Besisahar to Kathmandu is scenic, passing through different landscapes of Nepal.

The drive from Besisahar to Kathmandu takes approximately 6 hours, depending on the road and traffic conditions. You will see the hills, rivers, and traditional villages beautifully. At several points, the bus may stop for relaxation, where you'll have lunch.

As you arrive in Kathmandu, you'll drop by your hotel. Dinner and overnight at Kathmandu's hotel.

Note: *If you want a private Jeep from Dharapani to Kathmandu, it will cost you extra.*



Hotel in Kathmandu

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Jeep

Duration:

6 hrs

Food:

Breakfase, Lunch.

Day 13: Kathmandu explore day (options)

You will have a free day in Kathmandu to shop or explore independently. But Breakfast and Accommodation are included.

Note: Besides Exploring in Kathmandu, let us know if you are still looking for further adventure activities like one-hour [Everest Base Camp](#) exploration by plane or 3 to 4 hours helicopter.

Thank you for letting us serve you during your adventure trekking in Manaslu Circuit trekking Overnight at your hotel.



Mount Everest Base Camp Helicopter tour

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Helicopter

Duration:

3- 4 hrs

Food:

Breakfast

Day 14: Departure.

The representative of Boundless Adventure will drop you off at the international airport at your scheduled time.

Thank you for letting us serve you during your adventure trekking on Manaslu Circuit Trail. Check-out time at the Hotel will be at Noon.



Airport of Kathmandu

Destination:

Onwards

Transportation:

Car

Duration:

15m

Food:

Breakfast

Trip Includes

- Picks up and drops off from the international airport by private a/c vehicle.
- Two nights accommodation in Kathmandu. (three stars hotel)
- One Breakfast in Kathmandu.
- Three meals a day during the trekking (Breakfast, Lunch, and Dinner) with neat and clean lodges.
- Bus drive from Kathmandu to Machha Khola.
- Manaslu Restricted Trekking Permits
- Manaslu conservation permits.
- Annapurna conservation permits
- From Dharapani- Beshishahar by sharing a 4WD Jeep.
- From Beshahishar- to Kathmandu by Bus.
- A professional trekking guide
- Salary for the guide, insurance, food, accommodation, and transportation
- Per person, a trekking map.
- Duffel bag for trekking (if required)
- Government tax.
- Per person, one Sleeping Bag
- Down Jacket per person
- Purifier drinkable water.

Trip Excludes

- Lunch and Dinner in Kathmandu.
- Porter to carry your trekking bag.
- Chocolates and energy bars
- Hard and soft drinks
- Tips for the crew (expected)
- Anything extra (e.g., extra accommodation, food, and drinks) is not included in the list above.

Frequently Asked Questions

Where is Manaslu Trekking Destination?

Manaslu trekking destination is located in the northwestern part of Nepal, which begins from Soti Khola, a 7-8 hour driving distance from Kathmandu.

What is the Cost of Manaslu Circuit Trek ?

The Manaslu Circuit Trek starts in Kathmandu and ends at Machha Khola. Most of the route is gravel and narrow. The cost ranges from US\$1200/- to US\$1480/—per person, which includes a guide, ground transportation by bus, trekking permits, lodging, and flooding.

What permits do I need to obtain for trek to Manasalu?

You need three types of permits for the Manaslu Trek: Restricted Area Trekking Permit, Manaslu Conservation Area Entry Permit, and Annapurna Conservation Area Project Entry Permit.

What is the highest elevation of Manaslu Trek?

The highest point of the Manaslu circuit trekking is the Larkya-La pass (5135m).

Where can we get Manaslu Trekking Map?

Upon your arrival in Nepal, we will provide a detailed trekking map of the Manaslu. You don't have to get another map. Still, reaching every corner of the Thamel would be best.

How long is this trek?

The usual itinerary suggests 12 days of trekking in the mountain region. However, we have added arrival dates to departure dates within 14 days.

What is the highest elevation we sleep?

Dharmashala (4450 meters) is the highest elevation your sleep. Then, you cross the Larkya-La pass on the following day.

Where does Manaslu trek start from?

Manaslu Trek begins from Soti Khola (750 meters) and ends at Dharapani (2550 meters). Similarly, You need to start up in Kathmandu.

Essential Information

Food in Trekking

Manaslu Circuit Trek has been modified from a tented trek to a teahouse trek by establishing a simple teahouse and lodge. You won't be camping or have an expert chef to serve your unique food; instead, you'll have to lean on the meals available in every teahouse along the trekking trail. Most teahouses engage skilled kitchen staff.

The cuisine at the teahouse contains a broad range of meals. Yet, it cannot equate to well-known Trekking like Annapurna and Everest.

Food is less expensive in the lower areas of the trek and becomes even more costly as you continue the tour. Since there's no refrigerated storage room for meat and raw veggies, the choice of items in the restaurant may be limited as you ascend.

Drinking water

We are local; we know every Manaslu Circuit Lodge Trekking hotel, and they also know us—similarly, one of our trekking crew at Manaslu Circuit Trekking, who had been with you.

They'll provide fresh drinking water from the kitchen in your bottle to use in the chlorine. We have proven that chlorine kills bacteria and is safe for drinking water.

Of course, you can get mineral and Hot water along the Manaslu Circuit Lodge Trekking trail. If you prefer to buy warm and mineral water at Manaslu, Trekking would be your choice.

Internet Connectivity en route

Internet is available across the trekking path, although this isn't as speedy or effective at higher elevations as at lower heights. You will have access to advanced internet between Kathmandu and Jagat.

Unfortunately, connectivity becomes even more unstable and inconsistent whenever you start climbing in elevation. If needed, Wi-Fi is offered cheaply in the many tea houses in Samagaun, Samdo, and Lho.

Furthermore, if you can acquire a data package for 3G/4G coverage, you could use mobile networks (GPRS). Yet, your internet might not work correctly, and the battery runs out quickly due to the high altitude. Therefore, we recommend you enjoy trekking rather than getting engaged on your mobile phone.

Travel Insurance for Trekking

Travel insurance is mandatory if you come to a different nation or an elevated location, such as the Manasalu region. Manasalu is a restricted and inaccessible area; transportation is minimal, and there are few health checkpoints along the trek.

The hike reaches more than 5,000 m, so there seems to be a risk of altitude sickness. Because of these issues, it could be hard to get quick treatment for an unexpected accident or illness.

Therefore, you are requested to get travel insurance, which requires a daily trekking itinerary, maximum elevation, the region you are exploring, an emergency contact number, and other similar information regarding your booked trekking agency.

Restricted Manaslu Trekking permits

The Government of Nepal has declared this region a restricted area to control and grow tourism.

As a result, individual backpackers cannot visit Manaslu Circuit Lodge trekking without a well-experienced guide and a government-registered company.

According to government regulations, each group should have a minimum of 2 climbers and a trekking guide. Additionally, Boundless Adventure's trekking agent can provide you with transportation from Kathmandu.

Which has the required authorization for the Manaslu Circuit trekking permits. Similarly, you can't get tickets from freelance guides and individual clients. You must have three different types of licenses with you.

Special Restricted Area Permit for Manaslu (RAP)

Manaslu Conservation Area Permit (MCAP)

Annapurna Conservation Area Permit (ACAP)

Packing list for Trekking

The trek begins to climb up to nearly 710 m at quite a level of almost 5210 m. The weather, elevation, and air supply will shift as the altitude rises.

You may make your expedition enjoyable, but you will require essential hiking equipment and gear. You could become sick during your walk. Without warm clothes, you need to have down Jackets and sleeping bags with you, preventing you from having a wonderful and pleasurable time.

If you feel uncomfortable carrying it, you can rent or repurchase trekking equipment in Nepal.

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