14 PEAKS EXPEDITION

Manaslu Circuit Trek – Autumn 2026

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY
Nepal

ACTIVITY
Trekking

ACCOMMODATION
Hotel/Lodges/Teahouse

WALKING
4-6 hrs

MAX ALTITUDE
5,106
m

DURATION
16
Days

DIFFICULTY
Moderate
Difficult

BEST SEASON

Overview

The **Manaslu Circuit Trek** is widely regarded as one of the **most beautiful trekking routes in the Himalayas**, offering an extraordinary journey through the remote landscapes of **Nepal's Manaslu Conservation Area**. Circling **Mt. Manaslu (8,163m)**—the world's eighth-highest mountain—this spectacular trek combines dramatic alpine scenery, pristine forests, glacial rivers, and the iconic **Larke La Pass (5,106m)** to create one of the finest high-altitude trekking experiences in Nepal.

Far from the crowds of the Everest and Annapurna regions, the Manaslu Circuit rewards trekkers with authentic Himalayan culture, traditional Tibetan-influenced villages, ancient Buddhist monasteries, and breathtaking panoramas of **Manaslu, Himalchuli, Ngadi Chuli, Ganesh Himal, and Annapurna II**. As one of Nepal's premier restricted-area treks, it offers a rare combination of wilderness, cultural heritage, and mountain adventure.

With **14 Peaks Expedition**, you'll experience the Manaslu Circuit Trek with experienced Sherpa guides, premium logistics, carefully selected accommodations, and uncompromising safety standards. Whether you're seeking one of the **best treks in Nepal**, an unforgettable Himalayan adventure, or a quieter alternative to Everest Base Camp, the **Manaslu Circuit Trek** delivers an exceptional journey through one of the Himalayas' most spectacular mountain landscapes.

Experts

- Tashi Lakpa Sherpa
- Nima Rinji Sherpa
- Pasang Phurba Sherpa
- Mitenji Sherpa
- Phurkitar Sherpa
- Dinesh Rai

Services

INCLUDES

- **1. Transportation & Logistics** – Your journey begins with private airport transfers between Tribhuvan International Airport and your hotel in Kathmandu. The package includes private ground transportation between Kathmandu and Maccha Khola at the beginning of the trek and Besisahar to Kathmandu upon completion. All necessary trekking logistics are professionally managed by 14 Peaks Expedition to ensure a smooth and comfortable journey.

- **2. Accommodation** – The package includes four (4) nights' accommodation in a carefully selected 5-star hotel in Kathmandu on a bed and breakfast basis. During the trek, comfortable accommodation is provided in the best available mountain lodges and traditional tea houses along the Manaslu Circuit.
- **3. Meals** – Three freshly prepared meals each day (breakfast, lunch, and dinner), including tea and coffee, are provided throughout the trekking period. Our guides carefully select hygienic lodges serving nutritious meals to keep you energized throughout the journey.
- **4. Permits & Government Fees** – All required trekking permits and government fees are included, including the Manaslu Restricted Area Permit, Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), and all required local government entry fees.
- **5. Professional Guides & Trek Support** – Your trek is led by experienced English-speaking licensed trekking guides, supported by professional porters and the 14 Peaks Expedition operations team. All staff salaries, accommodation, meals, insurance, equipment, and wages are fully covered throughout the trek.
- **6. Safety & Medical Support** – Your safety is our highest priority. The trek includes a comprehensive first-aid medical kit carried by your guide, continuous safety monitoring, and full emergency support throughout the journey.
- **7. Sightseeing & Hospitality** – Before your trek, enjoy a guided sightseeing tour of Kathmandu's UNESCO World Heritage Sites, including Swayambhunath (Monkey Temple), Boudhanath Stupa, and Pashupatinath Temple. A welcome briefing will also be provided to prepare you for the adventure ahead.
- **8. Complimentary Expedition Gear** – Each participant receives a complimentary 14 Peaks Expedition Duffle Bag, Expedition T-shirt, Sun Hat, and Neck Warmer as part of the trekking package.

EXCLUDES

- **1. International Travel & Entry Requirements** – International airfare to and from Kathmandu and the Nepal Entry Visa fee are not included. Visitors can obtain a Nepal visa upon arrival or through their nearest Nepalese Embassy.
- **2. Meals & Accommodation in Kathmandu** – Lunch and dinner during your stay in Kathmandu are not included unless specifically stated in the itinerary. Additional accommodation resulting from early arrival, late departure, personal preference, or itinerary changes is also excluded.
- **3. Personal Travel Insurance** – Comprehensive travel insurance covering high-altitude trekking, emergency helicopter evacuation, medical treatment, rescue, repatriation, trip cancellation, and trip interruption is mandatory. A copy of your insurance policy must be provided before your arrival in Nepal.
- **4. Personal Expenses** – Personal expenses including internet access, telephone calls, laundry services, hot showers, battery charging, snacks, beverages, alcoholic drinks, souvenirs, and any other personal purchases are not included.
- **5. Personal Equipment & Special Permits** – Personal trekking clothing, footwear, sleeping bag, trekking poles, daypack, personal medical kit, and other personal trekking equipment are not included. Fees for professional filming, camera permits, and drone permits are also the responsibility of the participant.
- **6. Staff Gratuities** – Tips for your trekking guide, porters, and support staff are not included. While entirely voluntary, gratuities are greatly appreciated in recognition of their dedication and

service throughout the trek.

- **7. Additional Services** – Any services, activities, transportation, or expenses not specifically mentioned under the "What's Included" section, including costs arising from itinerary changes, flight delays, weather conditions, or circumstances beyond the control of 14 Peaks Expedition, are excluded.

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
-	—	Departure from Kathmandu	—	B	-	
1	29 Sept, 2026	Arrive in Kathmandu (1,400m) & transfer to your hotel	1,400 m	D	Hotel	
2	30 Sept, 2026	Preparation & Gear Check and Rest in Kathmandu	1,400 m	B/D	Hotel	
3	01 Oct, 2026	Drive to Maccha Khola (900m)	900 m	B/L/D	Lodge	
4	02 Oct, 2026	Trek to Jagat (1,410m)	1,410 m	B/L/D	Lodge	
5	03 Oct, 2026	Trek to Pewa (2,080m)	2,080 m	B/L/D	Lodge	
6	04 Oct, 2026	Trek to Numrung (2,630m)	2,630 m	B/L/D	Lodge	
7	05 Oct, 2026	Trek to Lho (2,950m), first stunning views of Manaslu	2,950 m	B/L/D	Lodge	
8	06 Oct, 2026	Trek to Sama Gaon (3,440m), a beautiful mountain village	3,440 m	B/L/D	Lodge	
9	07 Oct, 2026	Acclimatization hike to Manaslu Base Camp (4,800m) or Pungyen Gumba	4,800 m	B/L/D	Lodge	
10	08 Oct, 2026	Trek to Samdo (3,875m), close to the Tibetan border	3,875 m	B/L/D	Lodge	
11	09 Oct, 2026	Trek to Dharmasala (4,470m), base of Larke Pass	4,470 m	B/L/D	Tea House	
12	10 Oct, 2026	Cross Larke La Pass (5,106m), trek down to Bhimthang (3,720m)	3,720 m	B/L/D	Lodge	
13	11 Oct, 2026	Trek to Dharapani, drive to Besisahar	760 m	B/L/D	Lodge	
14	12 Oct, 2026	Drive back to Kathmandu	1,400 m	B/L/D	Hotel	
15	13 Oct, 2026	Free / contingency day in Kathmandu	1,400 m	B	Hotel	

Gear List

Travel Documents
Valid Passport | Debit/Credit Card | PP Size Photos(4 Pieces) | Insurance Paper/Certificate | Emergency Contact Details

Medicine / First Aid Kits
Paracetamol 500 mg | Electrolyte tablets | Loperamide | Oral Rehydration Salts (ORS) | Ibuprofen 400mg | Cetirizine | Omeprazole | Antacid Tablets | Cough Lozenges | Lubricating Eye Drops | Antiseptic Wipes | Blister Plasters | Acetazolamide (Diamox) 250 mg | Dexamethasone 4 mg | Nifedipine 30mg | Aspirin 300mg | Ondansetron 4 mg

Upper Body
Thermal Base Layer | Gore Tex Jacket | Wind Proof Jacket | Cotton T-Shirt | Dry-Fit Tshirt | Light Down Jacket

Lower Body
Thermal Base Layer | Gore Tex Pant | Mid Weight Pant | Trekking Pant | Under Wear | Down Pant | Fleece Trouser | Gaiters for Trekking Boots

Foot Wear
Normal Socks | Summit Socks | Trekking Shoes | Sport Shoes | Slippers

Hand
Thin Fleece Gloves | Wind Stopper Gloves

Head
Sun Cap | Desert Cap | Balaclava | Fleece Hat/Warm Hat | Neck Gaiter

Sun Stuff
Sunscreen | Lip Guard (SPF) | Moisturizer

Eating & Drinking
Water bottle | Thermos

Toiletries
Toothbrush | Towel | Wet Wipes | Toothbrush | Shampoo | Body Lotion

Sleeping Stuffs
Inflatable Pillow | Sleeping Bag

Bag Packs
Dry Bags | Rucksack 35L-50L | Duffle Bag

Miscellaneous
Nail Cutter | Pocket Knife | Umbrella/Rain Coat | Hot Water Bag | Pee Bottle | Tenacious Tape Repair | Altimeter Watch | GPS Tracker | Power Bank | Camera

Climbing Equipment
Trekking Pole | Head Light | Tape Sling | Unlock Carabiner

Gallery





FAQs

What is the Manaslu Circuit Trek?

The Manaslu Circuit Trek is a stunning Himalayan adventure that circles Mt. Manaslu (8,163m), the world's eighth-highest mountain. It offers dramatic landscapes, remote villages, Buddhist culture, and the challenging Larkya La Pass (5,106m)—one of Nepal's most scenic high-altitude crossings.

How long is the trek and what is the best season?

Duration: Typically 16 days, starting and ending in Kathmandu. Best Season: Spring (March–May) and Autumn (September–November), when the skies are clear and temperatures moderate.

How difficult is the Manaslu Circuit Trek?

This is a moderately challenging trek requiring good fitness and previous trekking experience. You'll encounter steep trails, river crossings, suspension bridges, and a high-altitude pass. With our expert guides and luxury logistical support, it's manageable for trekkers with a strong adventure mindset.

Do I need a special permit for the Manaslu region?

Yes. The Manaslu Circuit Trek is in a restricted area, so you'll need: • Manaslu Restricted Area Permit (RAP) • Manaslu Conservation Area Permit (MCAP) • Annapurna Conservation Area Permit (ACAP) (for exit through Annapurna region) All permits will be arranged by 14 Peaks Expedition.

What makes the Manaslu Circuit special compared to Annapurna or Everest?

• Less crowded, more remote • Authentic Tibetan Buddhist culture • Stunning views of Mt. Manaslu, Himalchuli, and Ganesh Himal • Wilderness experience with fewer trekkers • High-end logistics by 14 Peaks Expedition including premium camping setups and optional helicopter exit flights

Is altitude sickness a concern on the Manaslu Circuit?

Yes, as with any high-altitude trek. Our itinerary is carefully designed with gradual acclimatization days and includes oxygen cylinders, pulse oximeters, and access to high-altitude medical experts. You'll be guided by experienced Sherpas trained in mountain first aid.

What kind of accommodation can I expect?

We offer a luxury trekking experience, providing the best available local tea houses combined with premium tents and personalized services in more remote areas. We focus on your comfort, safety, and hygiene.

Can I customize the trek or add helicopter transfers?

Absolutely. We specialize in creating customized luxury experiences. You can: • Shorten your trek with a helicopter pick-up after the pass • Add additional days for acclimatization or cultural tours • Request a private trek with a dedicated crew and exclusive logistics

Is Wi-Fi and phone network available on the trek?

Wi-Fi and network signals are limited but available in some lower villages. For safety, we carry satellite communication devices and local SIMs for emergency contact and daily updates.

Why trek with 14 Peaks Expedition on Manaslu Circuit?

• Sherpa-led team with decades of expertise • Safety-first approach with world-class logistics • High-end camping options and personalized care • Own rescue-ready helicopter services • Small-group, premium experience tailored to discerning trekkers