

TREKKING & HIKING

Budget Manaslu Trek

'enjoy the adventure on less expenses covering the whole wonderful treks'



Manaslu Budget Trek Quick Facts

ACCOMMODATION

HOTEL IN KATHMANDU
(2 NIGHTS) AND
TEAHOUSE LODGES
ON THE TREK (11
NIGHTS), TWIN SHARE

HIGHEST POINT

AT LARKYA LA PASS
AT 5,106 M / 16,752
FEET

TREKKING DURATION

9 WALKING DAYS, 1
ACCLIMATIZATION
DAY, 2 DRIVING DAYS

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT TO
MANANG AREA

PERMITS REQUIRED

RAP, MCAP, ACAP

BEST SEASON

SEPTEMBER TO
NOVEMBER AND
MARCH TO MAY

MEALS

NOT INCLUDED ON
THE TREK. YOU PAY
FOR MEALS AT THE
TEAHOUSES.

TRANSPORTATION

LOCAL BUS OR
SHARED JEEP FROM
KATHMANDU TO
MACHHA KHOLA AND
FROM DHARAPANI
BACK TO KATHMANDU.
PRIVATE VEHICLE
BOTH WAYS COSTS
EXTRA.

TOTAL DURATION

14 DAYS, 13 NIGHTS
(ARRIVAL TO
DEPARTURE)

DURATION

14 DAYS, 13 NIGHTS

GRADE

HARD

FROM

USD 649

Trip Highlights

- Walk the full Manaslu Circuit around the world's eighth-highest mountain on a budget-friendly plan
- Cross Larkya La Pass at 5,106 m with views of Himlung, Cheo Himal and Annapurna II
- Soak in the Tatopani hot spring and follow the Budhi Gandaki gorge over suspension bridges
- Stay in Tibetan Buddhist villages such as Lho, Sama Gaun and Samdo
- Acclimatization hike to Pungyen Gompa or Birendra Tal below Manaslu
- Local bus and teahouse travel with a licensed guide: the real trail without the extras

Overview

The Manaslu Budget Trek takes you around Mt. Manaslu (8,163 m), the world's eighth-highest peak, on the full 14-day Manaslu Circuit for less money. You ride a local bus or shared jeep, sleep in teahouses and pay for your own meals on the trail, so you only spend on what you eat.

It is the same route as our Manaslu Circuit Trek. You start at Machha Khola and follow the Budhi Gandaki River through Jagat, Namrung, Lho and Sama Gaun, then cross Larkya La Pass at 5,106 m and descend to Bhimthang and Dharapani. The licensed guide, the permits and the scenery are the same. Only the way you travel and pay changes.

Manaslu is a restricted area, so every trekker needs a licensed guide and the right permits. Since 22 March 2026 you can get the permit as a solo trekker, which makes this trip a good fit for independent travellers. We arrange all of it. See the Manaslu permit guide for details.

This trip suits students, backpackers and fit hikers who are happy with simple lodges and long walking days. If you would rather have private transport and every meal arranged, look at the Manaslu Circuit Trek or the Manaslu Luxury Trek instead.

This Manaslu budget trek covers the whole circuit in 14 days on a lean budget. We handle your permits, a licensed guide, lodges and local transport. You keep control of your daily spending.

What Is the Manaslu Budget Trek?

The Manaslu Budget Trek is a 14-day guided version of the full Manaslu Circuit in Nepal that keeps costs low with local buses, teahouse stays and

pay-as-you-go meals. It crosses Larkya La Pass at 5,106 m, suits fit hikers with some trekking experience, and is best done March to May or September to November.

Since 22 March 2026, Nepal no longer requires two trekkers for a Manaslu restricted area permit. Solo trekkers can now go. A licensed guide and a registered trekking agency are still compulsory.

Why Choose the Budget Manaslu Trek

- **The full circuit, not a shortcut.** You walk every stage from Machha Khola to Dharapani and cross Larkya La Pass (5,106 m).
- **You control the food bill.** Meals on the trail are paid as you go, so you spend on what you actually eat.
- **Local transport.** Buses and shared jeeps cut the biggest fixed cost of the trip.
- **Solo friendly.** The 2026 permit rule means you no longer need a second trekker to go.
- **Living Tibetan Buddhist villages.** From Namrung onward you pass monasteries, chortens and mani walls on the old salt-trade route.
- **A hot spring on Day 3.** If time allows, stop at the natural hot spring at Tatopani.

Manaslu Budget Trek Itinerary: 14 Days at a Glance

Day	Route	Overnight altitude	Time
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1	Arrive in Kathmandu	1,340 m	Airport transfer
2	Drive to Machha Khola by local bus or shared jeep	930 m	About 8 hours
3	Machha Khola to Jagat	1,345 m	6 to 7 hours
4	Jagat to Pawa via Philim and Deng	1,625 m	About 6 hours
5	Pawa to Namrung	2,630 m	About 6 hours
6	Namrung to Lho	3,185 m	5 hours
7	Lho to Sama Gaun	3,520 m	5 to 6 hours
8	Acclimatization day at Sama Gaun (optional hike)	3,520 m	Rest or hike
9	Sama Gaun to Samdo	3,875 m	5 hours
10	Samdo to Dharmasala (Larke Phedi)	4,460 m	4 to 5 hours
11	Cross Larkya La (5,106 m) to Bhimthang	3,590 m	7 to 8 hours

12	Bhimthang to Dharapani	1,963 m	About 7 hours
13	Drive to Kathmandu by shared jeep and bus	1,340 m	10 to 12 hours
14	International departure	-	Airport transfer

How Much to Budget on the Trail

Meals are not part of this package, so plan for them. Food prices rise as you climb because almost everything above the road arrives by mule or on someone's back. A plate in Samdo costs more than the same plate in Jagat.

As a rough guide, most trekkers spend about USD 20 to 35 a day on three meals and hot drinks. Add a little for showers, charging and snacks. For a line-by-line breakdown, see our Manaslu Circuit Trek cost guide.

- **Eat dal bhat.** Most lodges give free refills, so it is the best value meal on the trail.
- **Treat your own water.** Bring a filter or purification tablets instead of buying bottled water.
- **Eat where you sleep.** Lodges keep room rates low because they expect you to take your meals there.
- **Share a porter.** Two trekkers can split one porter and still keep their packs light.
- **Pick your season.** The restricted area permit costs less from December to August than in autumn.

- **Carry a power bank.** Charging costs more at higher lodges.

Teahouses on the Manaslu Circuit do not take cards and there are very few ATMs on the trail. Change enough Nepali rupees in Kathmandu before you leave.

Altitude and Acclimatization on the Manaslu Budget Trek

You sleep above 3,000 m for six nights on this itinerary: Lho, Sama Gaun (two nights), Samdo, Dharmasala and Bhimthang. The rest day at Sama Gaun is your main acclimatization stop before the pass. Use it for a short hike to Pungyen Gumpa or Birendra Tal, then sleep low again.

The walk from Samdo to Dharmasala is short, but you sleep almost 600 m higher than the night before. Treat it as a slow day, not an easy one.

Watch for these signs of Acute Mountain Sickness (AMS): headache, nausea, dizziness and loss of appetite. Mild symptoms often ease with rest and water. Worsening symptoms mean going down. Your guide checks on you each evening and adjusts the plan if needed.

How Difficult Is the Manaslu Budget Trek?

It is moderate to challenging. You need no climbing skills, but you do need stamina. Walking days run from 4 to 8 hours, and the Larkya La crossing is long, cold and steep.

- **Hardest day:** Day 11, from Dharmasala over the pass to Bhimthang. You start before dawn and descend a long way.
- **Carrying your own pack:** without a porter, keep it to about 8 to 10 kg and leave spare clothes at your Kathmandu hotel.

- **Best preparation:** two to three months of long hikes with a loaded daypack, stair climbing and leg strength work. Break in your boots before you fly.
- **Talk to your doctor first** if you have a heart, lung or blood pressure condition, or any condition that high altitude can make worse.

Itinerary

DAY 01 ARRIVAL IN KATHMANDU

Overnight: Kathmandu · 1,340 m / 4,396 ft · Tourist standard hotel

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet lag. Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02 DRIVE FROM KATHMANDU TO MACHHA KHOLA VIA SOTI KHOLA

Overnight: Machha Khola · 930 m / 3,051 ft · 8 hours drive by local bus or shared jeep · Guesthouse / local lodge

Depart for wonderful adventure Manaslu Circuit Trek on Budget, taking a local standard bus, or coach. For a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Machha Khola for an overnight halt.

DAY 03 TREK TO JAGAT

Overnight: Jagat · 1,345 m / 4,413 ft · 6 hours walk · Guesthouse / local lodge

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 04 TREK TO PEWA

Overnight: Pewa · 1,625 m / 5,331 ft · 6 hours walk · Guesthouse / Lodge-Tea House

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Upper Manaslu.

Where all foreign visitors need to obtain a special permit to enter Upper Manaslu till Dharapani villages if reached. The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area.

As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng.

From here onwards into strong Buddhism culture, as walk follows higher past the village of Deng. Slowly the long day trek comes to an end on reaching a small village of Pewa, for an overnight stop.

DAY 05 TREK TO NAMRUNG

Overnight: Namrung · 2,630 m / 8,629 ft · 6 hours walk · Guesthouse / Lodge-Tea House

From the small village of Pewa, the climb leads to a forested ridge lined with tall rhododendron, pine, and fir trees.

A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung. After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

DAY 06 TREK TO LHO

Overnight: Lho · 3,185 m / 10,449 ft · 5 hours walk · Guesthouse / Lodge

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. After breakfast, then setting off for the long enjoyable scenic trek to Lo-Gaon. As walk follows to a slow gradual climb, and within cool shade of forest lined with pine and rhododendron trees.

Trek heads high above the Buri Gandaki River, and then on winding up past few summer settlements of cattle herder. Then finally ending the enjoyable pleasant day walk on reaching at nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks.

DAY 07 TREK TO SAMA GAUN

Overnight: Sama Gaun · 3,520 m / 11,549 ft · 5–6 hours walk · Guesthouse / Lodge-Tea House

Enjoy the morning picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Adventure follows on gradual uphill trail around Upper Manaslu through a number of farm villages and Yak herder camps. An interesting walk on high Manaslu valley, enclosed by high rocky cliff and snow peaks.

The view of Mt. Manaslu and Sringi Himal remains constant for some hours as walk finally comes to an end on reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

DAY 08 ACCLIMATIZATION DAY AT SAMA GAUN

Overnight: Sama Gaun · 3,520 m / 11,549 ft · 6 hours walk · Guesthouse / Lodge-Tea House



Day Hike either Manaslu Base Camp, Bhirendra Tal, or Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,520 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a day hike to Manaslu Base Camp.

A long full day walk of more than 6 hours both ways, the best hike is to Bhirendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu.

One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

DAY 09 TREK TO SAMDO

Overnight: Samdo · 3,875 m / 12,713 ft · 5 hours walk · Guesthouse / Lodge-Tea House

Adventure gets more exciting on reaching the high scenic Manaslu valley, from Sama-Gaon walk get interesting.

The route follows windswept terrain where tree lines disappear for high-altitude shrubs and bushes.

The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas.

The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Rest of the afternoon explore this last village of Samdo located on route Larke-La Pass and to the Tibet border.

DAY 10 TREK TO LARKE PHEDI / DHARMASALA AS BASE CAMP FOR THE CLIMB

Overnight: Larke Phedi / Dharmasala · 4,460 m / 14,633 ft · 4–5 hours walk · Guesthouse / Lodge-Tea House



Walk today a short and pleasant day reaching the highest overnight stop. The route leads to the end of Manaslu valley and the last of the Gorkha district at Dharmasala or Larke Phedi. The base of Larke-La pass from the Manaslu side of the valley, a place with few huts that serve as lodge and guest-house.

In high times, of trekking season this place is crowded with trekkers. Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products. At Dharmasala arriving at lunchtime, and for an overnight stop. Rest of the afternoon relax and prepare for the adventure climb to Larke-La Pass.

DAY 11 TREK TO BHIMTHANG VIA LARKYA LA PASS

Overnight: Bhimthang · 3,590 m / 11,778 ft · High point 5,106 m · 7–8 hours walk ·
Guesthouse / Lodge-Tea House



The last final highlight of the adventure, after an early breakfast, and carrying pack lunch for the long day's walk. Start the climb before break of dawn, heading towards a high slope on rocky gravel path above the lodge of Dharmasala.

Climb contours on winding steep uphill path, after hours of strenuous walk reaching on top of Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

Every hard effort rewards you with an astonishing panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

DAY 12 TREK TO DHARAPANI

Overnight: Dharapani · 1,963 m / 6,440 ft · 7 hours walk · Guesthouse / Lodge-Tea House

Enjoy the last final trek of the Manaslu Circuit adventure, although a long walk to end the trek at Dharapani village. But an easy pleasant downhill trek compared to the previous tough day, start early having a good breakfast.

Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Marsyangdi River.

Stopping at Tilje for a possible lunch break, the last phase of the walk with a short climb over a bridge. Afternoon walk to a bridge and then a short climb to our final overnight destination at Dharapani village. Located on the famous and popular Annapurna and Manaslu Circuit route, a lovely village for the last day.

Dharapani offers many good lodges with nice rooms, having a comprehensive food menu to enjoy the last day party.

DAY 13 DRIVE FROM DHARAPANI TO KATHMANDU VIA BESISAR

Overnight: Kathmandu · 1,340 m / 4,396 ft · 10 to 12 hours by shared jeep and bus · Hotel

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long overland journey but interesting winding downhill to low warm farm areas of Lamjung district. As drive stops for short while at Besisar, the headquarters town of Lamjung. From Besisar on a good road, then joining on the main Pokhara and Kathmandu highway at Dumre town.

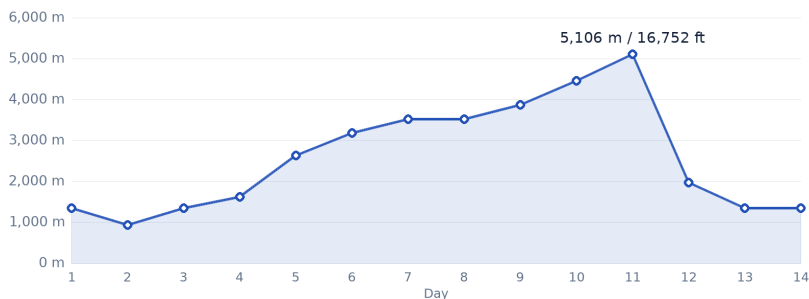
Drive more than four hours from Dumre town on winding uphill to the outskirts of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Manaslu Circuit Trek.

DAY 14 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR HOMEWARD BOUND

1,340 m / 4,396 ft · Meals: Breakfast only

Last day in Kathmandu and Nepal, after a great memorable adventure on Manaslu Circuit Trek. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Altitude Profile of Budget Manaslu Trek



Weather on Budget Manaslu Trek

°C	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Machha Khola (930 m) high	17°	19°	23°	26°	27°	28°	27°	27°	27°	25°	22°	18°
Machha Khola night low	6°	8°	11°	14°	18°	22°	23°	23°	21°	17°	12°	8°
Samagaon (3,520 m) high	-1°	1°	3°	6°	8°	13°	15°	15°	13°	8°	5°	3°
Samagaon night low	-10°	-9°	-5°	-1°	3°	7°	10°	10°	8°	2°	-3°	-8°

Average day highs and night lows (approx.), 2015 to 2024. Source: Open-Meteo, adjusted to each village's altitude.

Service INCLUDED

- Airport pick-up and drop-off by private vehicle
- 2 nights in a 3-star Kathmandu hotel, twin share
- 11 nights in local lodges on the trek, twin share
- Local bus or shared jeep from Kathmandu to Machha Khola and from Dharapani back to Kathmandu
- Manaslu Restricted Area and Manaslu Conservation Area permits
- One experienced licensed guide, with his food, lodging, salary, equipment and accident insurance (cover for all staff)
- Four-season sleeping bag if you need one
- Company duffle bag and T-shirt
- First aid kit with vital medicines
- One company water bottle
- Local taxes

Service NOT INCLUDED

- International flights
- Nepal visa fee (you can get the visa on arrival at Tribhuvan International Airport)
- All meals on the trek and in Kathmandu
- Drinks and snacks
- Porter service (ask us if you want one)

- Personal travel and health insurance, including helicopter evacuation cover
- Tips for guide and staff
- Personal trekking gear
- Hot showers, device charging and Wi-Fi at lodges
- Private vehicle both ways (available at extra cost)
- Optional trips if you extend your stay
- Extra costs from flight delays, strikes, bad weather or other events outside our control

Safety & Guide Information

Guides: Your guide is licensed and government registered, trained in altitude awareness and basic medical response, and knows the trail, the lodges and the villages. English-speaking guides are standard.

Emergencies: If someone has serious AMS, an injury or an illness, we organize a descent to a safe altitude. If needed, we arrange a helicopter evacuation to Kathmandu. Evacuation costs are your responsibility, so travel insurance with helicopter evacuation cover is essential. Make sure it covers you up to at least 5,200 m.

Trekking without a porter: On a budget trek many people carry their own bag. Keep it light, take the long descents slowly and use trekking poles. You can add a porter at any time before the trek.

Communication: Mobile coverage exists along much of the route but is unreliable in deep valleys and bad weather.

Seasons to avoid: Heavy monsoon rain from June to August brings landslides and road closures in the lower Budhi Gandaki valley. Snow can close Larkya La from late November, so we advise against crossing it after mid-November.

Best Time to Trek

Season	Months	What to expect	Verdict
Autumn	September to November	Clear skies, cold mornings, short days	Best overall
Spring	March to May	Rhododendrons in bloom, longer days, afternoon cloud, cheaper permit rate	Best value
Winter	December to February	Very cold, few trekkers, many lodges closed, pass can close	Experienced trekkers only
Monsoon	June to August	Heavy rain, landslide risk, roads can close	Not recommended

Budget tip: the Manaslu restricted area permit costs USD 75 for the first 7 days from December to August, against USD 100 in autumn. Spring gives you the lower rate and good trekking weather.

- **Autumn:** sunny days are normal, but it gets dark early. Mornings and evenings are cold, and light snow is possible above 3,000 m. Lodges near Dharmasala fill up, so book early.

- **Spring:** longer days help on the pass. Expect cold mornings, afternoon cloud and wind, and some rain lower down by late May.
- **Winter:** most high lodges close and heavy snow can shut Larkya La.
- **Monsoon:** local buses and jeeps to Machha Khola and from Dharapani may be cancelled when roads wash out.

Read more: [Best Time for Manaslu Trek: A Season-by-Season Guide](#)

Required Permits for the Manaslu Budget Trek

Manaslu is a restricted area. You cannot walk it without permits and a licensed guide. We apply for every permit, so you only send your passport copy, visa details, passport-size photos and insurance information.

Permit	Where it applies	Fee for foreign trekkers
Manaslu Restricted Area Permit (RAP)	From Jagat, where permits are checked, through the upper valley	September to November: USD 100 for the first 7 days, then USD 15 per extra day. December to August: USD 75 for the first 7 days, then USD 10 per extra day.
Manaslu Conservation Area Permit (MCAP)	The protected Manaslu area	NPR 3,000

Permit	Where it applies	Fee for foreign trekkers
Annapurna Conservation Area Permit (ACAP)	The final section after the pass, because the trek ends at Dharapani	NPR 3,000
Chumnubri Rural Municipality fee	The Chumnubri section of the trail	NPR 1,000

Rules to know:

- A licensed guide is required for every trekker.
- Only a registered trekking agency can apply for the restricted area permit. You cannot apply yourself.
- Solo travellers can now apply alone. The old two-trekker rule was removed on 22 March 2026. The guide and agency rules did not change.
- Fees are set by the government and can change. We confirm the current figures before you travel.

Last checked: October 2026. Read our full Manaslu trekking permit guide.

Manaslu Budget Trek Packing List

Head and hands	Sun hat, warm fleece hat or beanie, UV sunglasses, liner gloves and warm waterproof gloves
Upper body	Quick-dry T-shirts, thermal base layer, fleece jacket, waterproof shell jacket, down jacket

Lower body	Trekking pants, thermal base layer pants, waterproof shell pants
Feet	Broken-in waterproof boots, liner and wool socks, camp shoes or sandals, microspikes for icy sections
Gear	Four-season sleeping bag (we lend one if you need it), headlamp, trekking poles, daypack (30 to 40 L if you carry your own bag), water bottles plus a filter or purification tablets, power bank
Documents and money	Passport with visa, insurance with helicopter evacuation cover, passport-size photos for permits, enough Nepali rupees for the whole trek

You do not need to buy everything new. Most gear can be rented cheaply in Thamel, Kathmandu, and most hotels store spare luggage for free. For a full list, see what to carry for the Manaslu Circuit Trek.

Accommodation & Food

Lodges (teahouses): Rooms are simple and clean. Most are twin share with shared bathrooms. Hot showers cost extra in most villages.

Meals: On this budget package, meals on the trek are not included. You order from the teahouse menu and pay in cash. Most trekkers spend about USD 20 to 35 a day on food and hot drinks. Dal bhat is the best value, because most lodges give free refills.

Menus: Small villages serve mostly dal bhat, noodles, eggs and potatoes. Bigger stops such as Jagat, Namrung, Sama Gaun and Dharapani add more choice.

Drinking water: Lodges sell boiled or filtered water, and bottled water gets expensive higher up. Bring a filter or purification tablets and refill from taps.

Power and Wi-Fi: Charging and Wi-Fi cost a small fee and signal drops in the high valleys.

Above Samdo: Lodges around Dharmasala (Larke Phedi) are basic and fill up in peak season. Bring a sleeping bag liner in every season.

There are very few ATMs on the trail. Carry enough Nepali rupees from Kathmandu for meals, showers, charging, snacks and tips.

Why Trek Manaslu on a Budget With Us

The Full Circuit, Lean Budget

All 14 days of the Manaslu Circuit at a lower price, with nothing important cut.

Pay-As-You-Go Meals

You choose what to eat and keep control of your daily spending.

Local Bus Travel

Travel like locals on the bus to the trailhead and back.

Solo Trekkers Welcome

Since March 2026 you no longer need a second trekker for the Manaslu permit.

Permits and Guide Sorted

We arrange your restricted area permit, conservation permits and a licensed guide.

Acclimatization Hike

A rest day at Sama Gaun with a hike to Pungyen Gumpa or Birendra Tal.

FAQs

How long is the Manaslu Budget Trek?

The trip runs 14 days from arrival in Kathmandu to departure. You walk on 9 days, rest and acclimatize for 1 day at Sama Gaun, and spend 2 days driving to and from the trail.

How much does the Manaslu Budget Trek cost?

The package price covers your guide, permits, local transport, Kathmandu hotel and teahouse rooms. On top of that, plan for meals on the trail, drinks, travel insurance, tips and your Nepal visa. Most trekkers spend about USD 20 to 35 a day on food. See the price box on this page for current rates.

Are meals included on the budget trek?

No. Meals on the trek are not included in this package. You order from the teahouse menu and pay for what you eat. This keeps the package price low and lets you control your spending.

How is this different from your standard Manaslu Circuit Trek?

The route, the guide and the permits are the same. The budget trek saves money by using local buses and shared jeeps, leaving trail meals out of the package and making the porter optional.

Can I trek the Manaslu Circuit solo on a budget?

Yes. Since 22 March 2026 you can apply for the restricted area permit as one person. You still need a registered agency and a licensed guide. Joining a group departure is the cheapest way to go solo, because you share the guide's cost.

Do I need a porter on the Manaslu Budget Trek?

No, a porter is optional. Many budget trekkers carry their own pack of about 8 to 10 kg. If you would rather walk light, we can add a porter at extra cost, and two trekkers can share one.

How difficult is the Manaslu Budget Trek?

It is moderate to challenging. There is no technical climbing, but walking days run from 4 to 8 hours, you sleep above 3,000 m for six nights, and the Larkya La Pass crossing at 5,106 m is a long day.

What permits do I need for the Manaslu Budget Trek?

You need a Manaslu Restricted Area Permit, a Manaslu Conservation Area Permit and an Annapurna Conservation Area Permit. A small local fee for Chumnubri Rural Municipality may also apply. We handle the paperwork for you.

What is the highest altitude on this trek?

The highest point is Larkya La Pass at 5,106 m (16,752 ft). The highest place you sleep is Dharmasala, also called Larke Phedi, at 4,460 m.

How much cash should I carry on the Manaslu Circuit?

Carry enough Nepali rupees for meals, drinks, showers and charging for the whole trek, plus a reserve. There are very few ATMs on the trail and teahouses do not take cards, so change money in Kathmandu before you leave.

When is the best time for the Manaslu Budget Trek?

The best times are September to November and March to May. Autumn gives the clearest skies. Spring brings rhododendron blooms and a cheaper permit rate. The monsoon from June to August is not recommended.

Is the Manaslu Budget Trek safe?

Most trekkers finish safely with steady pacing, good acclimatization and an experienced guide. Altitude is the main risk. Your guide watches for symptoms, and worsening symptoms mean going down. Insurance with helicopter evacuation cover is essential.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to

do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance company before flying to Nepal.

Photos



Bookings

For all trekking enquiries and bookings

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