CAMPING TREK

Manaslu Circuit Camping Trekking

‘enjoy the adventure in a classic and original ways in tented camps’



Trek Short Profile

TOTAL DURATION
17 DAYS, 16 NIGHTS (ARRIVAL TO DEPARTURE)

TREKKING DURATION
12 WALKING DAYS AND 1 ACCLIMATIZATION DAY, WITH 13 NIGHTS IN TENTS

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

ACTIVITY REGION
GORKHA AND MANANG DISTRICTS, GANDAKI PROVINCE, WEST-CENTRAL NEPAL

PERMITS REQUIRED
RAP, MCAP, ACAP

BEST SEASON
SEPTEMBER TO NOVEMBER AND MARCH TO MAY

MEALS	TRANSPORTATION	DURATION
BREAKFAST, LUNCH AND DINNER ON THE TREK, COOKED BY OUR CAMP CREW	4WD JEEP FROM KATHMANDU TO SOTI KHOLA AND FROM THE END OF THE TREK BACK TO KATHMANDU	17 DAYS, 16 NIGHTS
GRADE	**TRIP TYPE**	
HARD	CAMPING TREK	

Trip Highlights

- Walk the full Manaslu Circuit around the world's eighth-highest mountain, the classic camping way
- Sleep in private tents with a dining tent, kitchen tent and your own camp crew
- Cross Larkya La Pass at 5,106 m with views of Himlung, Cheo Himal and Annapurna II
- Rest day at Sama Gaun with a hike toward Birendra Tal or Pungyen Gompa
- Stay near Tibetan Buddhist villages such as Lho, Sama Gaun and Samdo
- Guided Kathmandu sightseeing at Kathmandu Durbar Square and Swayambhunath

Overview

The Manaslu Circuit Camping Trek is the old-school way to walk around Mt. Manaslu (8,163 m). For 13 nights you sleep in tents, eat meals cooked by our camp crew in a dining tent, and pitch camp near the villages instead of sharing busy lodges. You still cross Larkya La Pass at 5,106 m.

The route follows the Budhi Gandaki River from Soti Khola past Jagat, Namrung and Lho to Sama Gaun, then over the pass to Bhimthang, Tilje and Tal in the Marsyangdi valley.

Prefer a lodge bed each night? The same trail runs as our standard Manaslu Circuit Trek package, with teahouse stays. For extra comfort, see the Manaslu Luxury Trek.

Manaslu is a restricted area, so every trekker needs a licensed guide and the right permits. We arrange all of it. See the Manaslu permit guide for details.

This camping trek covers the full Manaslu Circuit in 17 days with your own tents, kitchen and crew. We handle permits, a licensed guide, porters and every meal on the trail.

What Is the Manaslu Circuit Camping Trek?

The Manaslu Circuit Camping Trek is a 17-day guided trek, Kathmandu to Kathmandu, where you sleep in private tents set up by our camp crew instead of teahouses. You cross Larkya La Pass (5,106 m). It is moderate to challenging. Go in spring or autumn. It suits fit trekkers who want privacy and the classic style.

Before teahouses spread across Nepal, every trek was a camping trek. Porters carried tents, food and the kitchen from camp to camp, just as our crew does on this trip.

Why Choose the Manaslu Circuit Camping Trek

- **Your own camp every night.** Two-person sleeping tents, a dining tent with table and chairs, and a kitchen tent run by our cook.
- **Freedom in busy months.** In October, lodges near Dharmasala fill fast. With tents, you always have a bed.
- **Meals cooked for you.** Breakfast, lunch and dinner on the trek, with tea or coffee, made by our camping cook.
- **The full circuit.** From Soti Khola to Tal, over Larkya La (5,106 m), with a rest day at Sama Gaun.
- **Living Tibetan Buddhist villages.** From Namrung onward you pass monasteries, chortens and mani walls on the old salt-trade route.
- **A quieter finish.** You walk on past Dharapani to Tal in the Marsyangdi valley before driving home.

Camping Trek vs Teahouse Trek

	Manaslu Circuit Camping Trek	Manaslu Circuit Trek (teahouse)
Total days	17	14
Nights on the trail	13 in tents	Teahouse lodges

	Manaslu Circuit Camping Trek	Manaslu Circuit Trek (teahouse)
Meals on the trek	Cooked by our camp crew	Ordered from the lodge menu
Larkya La Pass (5,106 m)	Yes	Yes

Want a lodge-based trip instead? Book the Manaslu circuit trek package.

Manaslu Circuit Camping Trek Itinerary: 17 Days at a Glance

Day	Route	Overnight altitude	Time
1	Arrive in Kathmandu, welcome dinner	1,340 m	Airport transfer
2	Kathmandu sightseeing and trek preparation	1,340 m	Half day tour
3	Drive Kathmandu to Soti Khola by 4WD jeep	700 m	About 7 hours
4	Soti Khola to Machha Khola	930 m	About 6 hours
5	Machha Khola to Jagat via Tatopani	1,345 m	About 6 hours

Day	Route	Overnight altitude	Time
6	Jagat to Pewa via Philim and Deng	1,625 m	About 6 hours
7	Pewa to Namrung	2,630 m	About 6 hours
8	Namrung to Lho	3,185 m	About 5 hours
9	Lho to Sama Gaun	3,520 m	About 5 hours
10	Acclimatization day at Sama Gaun (optional hike)	3,520 m	Rest or hike
11	Sama Gaun to Samdo	3,875 m	About 5 hours
12	Samdo to Dharmasala (Larke Phedi)	4,460 m	About 4 hours
13	Cross Larkya La (5,106 m) to Bhimthang	3,590 m	About 8 hours
14	Bhimthang to Tilje	2,300 m	About 7 hours
15	Tilje to Tal via Dharapani	1,700 m	About 5 hours

Day	Route	Overnight altitude	Time
16	Drive Tal to Kathmandu via Besisahar	1,340 m	About 8 hours
17	Final departure		Airport transfer

Altitude and Acclimatization on the Manaslu Circuit Camping Trek

You sleep above 3,000 m for six nights: Lho, Sama Gaun (two nights), Samdo, Dharmasala and Bhimthang. The rest day at Sama Gaun is your main acclimatization stop. Hike up toward Birendra Tal or Pungyen Gompa, then sleep low again. Dharmasala at 4,460 m is the highest camp, and nights there are very cold.

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 morning and evening and adjusts the plan if needed.

Your highest camp, Dharmasala at 4,460 m, sits about 650 m below Larkya La. Go to bed early there: pass day starts before dawn.

How Difficult Is the Manaslu Circuit Camping Trek?

It is moderate to challenging. You need no climbing skills, but you need good fitness. Camp nights are colder than lodge nights, so rest and warm layers matter more.

- **Hardest day:** Day 13, from Dharmasala over the pass to Bhimthang. You start before dawn and walk about 8 hours.
- **Long days:** Day 14 to Tilje is about 7 hours, mostly downhill on tired legs.
- **Best preparation:** two to three months of long hikes with a 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 · 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-leg. 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 TREKKING PREPARATION DAY AND SIGHTSEEING IN KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA

Overnight: Kathmandu · 1,340 m / 4,396 ft · Hotel · Meals: Breakfast

Moring after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the

valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Manaslu Circuit Camping Trek.

DAY 03 KATHMANDU TO SOTI-KHOLA BY DRIVE

Overnight: Soti-Khola · 700 m / 2,297 ft · 7 hours drive by private vehicle · Tented camp · Meals: Breakfast, lunch & dinner

Depart for the wonderful Manaslu Circuit Camping Trek by private vehicle. The 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 Soti-Khola for an overnight halt in a tented camp not far from the village.

Soti-Khola a small farming area slowly growing into a town, as the motorable road has been connected.

DAY 04 TREK TO MACHHA-KHOLA

Overnight: Machha-Khola · 930 m / 3,051 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours. Meal Included: Breakfast. Lunch & Dinner

Start the first-day trek of the adventure, heading due north following the Buri Gandaki upstream. The morning walk leads to a short climb for a few hours past smaller farm villages then end the day at Machha Khola.

A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

The camp is set before or after not far from the village.

DAY 05 TREK TO JAGAT

Overnight: Jagat · 1,345 m / 4,413 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours

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. The camp is set before or after not far from the village.

DAY 06 TREK TO PEWA

Overnight: Pewa · 1,625 m / 5,331 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours. Meal Included: Breakfast. Lunch & Dinner

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. The camp is set before or after not far from the village.

DAY 07 TREK TO NAMRUNG

Overnight: Namrung · 2,630 m / 8,629 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours. Meal Included: Breakfast. Lunch & Dinner

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 setting up camp, enjoy the grand views of Mt. Manaslu North Face with an array of peaks. The camp is set before or after not far from the village.

DAY 08 TREK TO LHO-GAON

Overnight: Lho-Gaon · 3,185 m / 10,449 ft · 5 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 05 hours.

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having good 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.

Our tented camp is set before or after not far from the village.

DAY 09 TREK TO SAMA-GAON

Overnight: Sama-Gaon · 3,520 m / 11,549 ft · 5 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk Approx. 05 hours. Meal Included: Breakfast. Lunch & Dinner

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.

Our tented camp is set before or after not far from the village.

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

DAY 10 ACCLIMATIZATION DAY AT SAMA-GAON

Overnight: Sama-Gaon · 3,520 m / 11,549 ft · Tented camp · Meals: Breakfast, lunch & dinner






Walk approx. Day Hike either Manaslu Base camp, Birendra 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 11 TREK TO SAMDO

Overnight: Samdo · 3,875 m / 12,713 ft · 5 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 5 hours. Meal Included: Breakfast. Lunch & Dinner

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.

Our tented camp is set before or after not far from the village.

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

DAY 12 TREK TO DHARMASALA/PHEDI

Overnight: Dharmasala/Phedi · 4,460 m / 14,633 ft · 4 hours walk · Tented camp · Meals: Breakfast, lunch & dinner



Walk approx. 4 hours.

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.

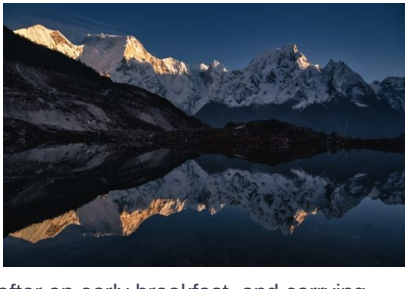
Our tented camp is set before or after not far from the village.

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 13 TREK TO BHIMTHANG VIA LARKE-LA PASS

Overnight: Bhimthang · 3,590 m / 11,778 ft · High point 5,106 m · 8 hours walk · Tented camp · Meals: Breakfast, lunch & dinner





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.
Our tented camp is set before or after not far from Bhimthang settlement.

DAY 14 TREK TO TILJE VILLAGE

Overnight: Tilje Village · 2,300 m / 7,546 ft · 7 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 7 hours. Meal Included: Breakfast. Lunch & Dinner

A long but mostly downhill walk from Bhimthang to Tilje village. It is easier than 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 lunch stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River. Stopping at Tilje for an overnight setting camp close to the village.

DAY 15 TREK TO TAL BESI VILLAGE

Overnight: Tal Besi village · 1,700 m / 5,577 ft · 5 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 5 hours. Meal Included: Breakfast. Lunch & Dinner

From Tilje camp, the last day walk leads to short climb over a bridge.
Then reaching Dharapani village. Located on the famous and popular Annapurna and Manaslu Circuit route.

From Dharapani for possible lunch stop, walk leads following the Masrsyangdi River downstream. Walk leads to more down and on gradual easy trail with few short ups to Tal Besi, a nice village.

Overnight in tented camp for last night, Tal Besi is the end of Manang district, enjoy the party night among members and trekking staff.

DAY 16 FROM TAL TO KATHMANDU VIA BESISAR TOWN

Overnight: Kathmandu · 1,340 m / 4,396 ft · 8 hours drive on private vehicle · Hotel · Meals: Breakfast, lunch

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having good breakfast, board your private vehicle.

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.

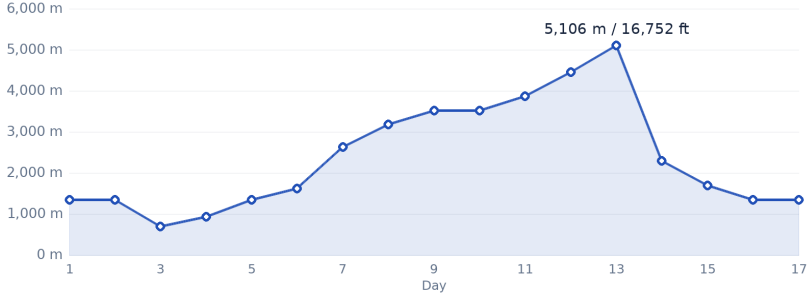
Drive more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Manaslu Circuit Camping Trek.

DAY 17 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 Camping 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 Manaslu Circuit Camping Trekking



Weather on Manaslu Circuit Camping Trekking

°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
- 3 nights in a 3-star hotel in Kathmandu, twin sharing
- 13 nights in twin-sharing tents on the trek
- Guided Kathmandu sightseeing by private vehicle, with entry fees
- **Camping equipment:** sleeping tents, kitchen tent, dining tent with table and chairs, and other camp gear
- 4WD jeep from Kathmandu to Soti Khola and from the end of the trek back to Kathmandu
- Breakfast, lunch and dinner on the trek, with tea or coffee, cooked by our camping cook
- Manaslu Restricted Area Permit, MCAP and ACAP
- One licensed, experienced trekking guide, plus porters and kitchen crew
- Food, lodging, wages, equipment and accident insurance for all staff
- Welcome dinner with a cultural show at a traditional Nepali restaurant
- Four-season sleeping bag, if you need one
- Company duffel bag, T-shirt and water bottle
- First-aid kit with essential medicines

Service NOT INCLUDED

- All drinks other than tea or coffee with meals
- Lunch and dinner in Kathmandu
- Travel and health insurance, including helicopter evacuation cover

- Tips for staff
- Personal trekking and mountaineering gear
- Optional extensions
- International airfare
- Nepal visa fee (available on arrival at Tribhuvan International Airport)
- Extra costs from flight delays, strikes, weather or other events outside our control

Culture Along the Manaslu Circuit

Below Jagat, the trail passes Gurung, Magar and Hindu farming villages. From Namrung onward, the people of the upper valley follow Tibetan Buddhism, and most villages have a monastery, prayer walls and spinning prayer wheels.

Dharmasala, at the foot of Larkya La, was once a trading post called Larke Bazaar on the old salt route between Tibet and Nepal. A Japanese expedition made the first ascent of Manaslu on 9 May 1956.

Safety & Guide Information

Guides and crew: Your guide is licensed and government registered, trained in altitude awareness and basic medical response. A cook, kitchen crew and porters run the camp and carry the gear.

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.

Camp hygiene: Our crew boils drinking water and cooks fresh food each day. Wash your hands with the water bowl provided before every meal.

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.

Best Time for the Manaslu Circuit Camping Trek

Season	Months	What to expect	Verdict
Autumn	September to November	Clear skies, cold mornings, very cold nights at high camps	Best overall
Spring	March to May	Rhododendrons in bloom, longer days, milder nights in tents, cheaper permit rate	Best for camping comfort
Winter	December to February	Freezing camps, snow can close Larkya La	Not recommended

Season	Months	What to expect	Verdict
Monsoon	June to August	Heavy rain, wet camps, leeches, landslide risk	Not recommended

Spring is the kindest season for tent nights. Camps near Dharmasala can drop well below freezing in late autumn.

- **Autumn:** the clearest views. Bring a four-season sleeping bag and warm camp clothes for nights above 3,500 m.
- **Spring:** longer days help on the pass. Expect afternoon cloud and some rain lower down by late May.
- **Winter:** heavy snow can shut Larkya La and make high camps unsafe.
- **Monsoon:** roads to Soti Khola can wash out, and camps stay wet.

Read more: Best Time for Manaslu Trek: A Season-by-Season Guide

Required Permits for the Manaslu Circuit Camping Trek

Manaslu is a restricted area. You cannot walk it without permits and a licensed guide. All permits are included in this trip and we apply for them, 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
Annapurna Conservation Area Permit (ACAP)	After the pass, from Bhimthang to the end of the trek	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 Circuit Camping 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, warm camp trousers
Feet	Broken-in waterproof boots, liner and wool socks, warm camp shoes or down booties, microspikes for icy sections
Camp gear	Four-season sleeping bag (we lend one if you need it), sleeping bag liner, inflatable pillow, headlamp with spare batteries, earplugs
Gear	Trekking poles, 30 to 40 L daypack, water bottles plus a filter or purification tablets, power bank or small solar charger
Documents and money	Passport with visa, insurance with helicopter evacuation cover, passport-size photos for permits, enough Nepali rupees for the whole trek

A hot water bottle inside your sleeping bag makes cold camp nights much warmer. Ask the cook to fill your bottle after dinner.

For a full list, see what to carry for the Manaslu Circuit Trek.

Accommodation & Food

Tents: You sleep in two-person tents, twin sharing, pitched by our crew near each village. A dining tent with table and chairs and a kitchen tent travel with the group.

Kathmandu: 3 nights in a 3-star hotel, twin sharing, with breakfast.

Meals: Breakfast, lunch and dinner on the trek are included, with tea or coffee. Our camping cook prepares a mix of Nepali and Western dishes such as dal bhat, noodles, pasta, soups, curries and fresh vegetables. Lunch and dinner in Kathmandu are not included.

Special diets: Tell us early if you are vegetarian, vegan, gluten-free or have allergies, so the cook can plan and buy supplies.

Drinking water: The kitchen boils water for the group. Bring a filter or purification tablets for refills during the day.

Power: There is no charging in camp. Bring a power bank, or pay a small fee to charge at lodges in the villages.

Why Camp Around Manaslu With Us

Classic Camping Trek
Trek the way it was first done, sleeping in a spacious tented camp, not crowded lodges.

Our Own Camp Crew
A cook and camp staff set up camp and prepare fresh meals each day.

Pick the Best Spots
Camping lets us stop in quiet places with the best views, not only where lodges are.

Licensed Local Guides
Your guide handles permits, pace and safety around the whole circuit.

Over Larkya La
Cross the 5,106 m pass with your camp team moving ahead of you.

24/7 Support
Our team stays on call for your whole trek, including emergency evacuation coordination.

FAQs

How long is the Manaslu Circuit Camping Trek?
It takes 17 days from arrival in Kathmandu to departure. You spend 13 nights in tents on the trail, with 12 walking days and 1 acclimatization day at Sama Gaun.

What is a camping trek?

On a camping trek you sleep in tents, not teahouses. Our crew carries the tents, kitchen and food, sets up camp near each village and cooks every meal on the trail.

Why choose camping instead of teahouses on the Manaslu Circuit?

You get privacy, your own dining tent and meals cooked for you. You also always have a bed, even in October when lodges near Dharmasala fill up.

Are meals included on the camping trek?

Yes. Breakfast, lunch and dinner on the trek are included, with tea or coffee, cooked by our camping cook. Lunch and dinner in Kathmandu are not included.

Is the camping trek colder than a teahouse trek?

Yes, especially at Samdo and Dharmasala. Bring a four-season sleeping bag and warm camp clothes. We lend a sleeping bag if you need one.

How difficult is the Manaslu Circuit Camping Trek?

It is moderate to challenging. Most days are 5 to 7 hours of walking, and the Larkya La crossing takes about 8 hours. You do not need climbing skills.

Can I do the Manaslu camping trek solo?

Yes. Since 22 March 2026 you can get the Manaslu restricted area permit as one person. You still need a registered agency and a licensed guide.

What permits do I need?

You need the Manaslu Restricted Area Permit, the Manaslu Conservation Area Permit and the Annapurna Conservation Area Permit. All three are included and we apply for them.

What is the highest point of the trek?

Larkya La Pass at 5,106 m (16,752 ft). Your highest camp is Dharmasala, also called Larke Phedi, at 4,460 m.

How much cash should I carry?

Carry enough Nepali rupees for drinks, snacks, charging, hot showers in villages and tips. There are very few ATMs on the trail, so change money in Kathmandu.

When is the best time for a Manaslu camping trek?

March to May and September to November. Spring gives milder nights in tents. Autumn gives the clearest views but colder high camps.

How is this different from your Manaslu Circuit Trek package?

The route and pass are the same. The camping trek is 17 days with tents, a camp crew and a Kathmandu sightseeing day, and it ends at Tal. The package is 14 days with teahouse stays.

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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