TREKKING & HIKING

Manaslu Circuit Trek On A Heli

‘an adventure from air and on land around beautiful Manaslu valley’



Trek Short Profile

TOTAL DURATION
12 DAYS, 11 NIGHTS (ARRIVAL TO DEPARTURE)

TREKKING DURATION
7 WALKING DAYS, 1 ACCLIMATIZATION DAY, HELICOPTER IN TO NAMRUNG AND DRIVE OUT FROM DHARAPANI

HIGHEST POINT
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
BREAKFAST, LUNCH AND DINNER ON TREK DAYS. BREAKFAST IN KATHMANDU.

TRANSPORTATION
HELICOPTER FROM KATHMANDU TO NAMRUNG. JEEP FROM DHARAPANI BACK TO KATHMANDU VIA BESISAHAR.

DURATION
12 DAYS, 11 NIGHTS

GRADE
HARD

TRIP TYPE
LUXURY TREK

Trip Highlights

- Fly from Kathmandu to Namrung by helicopter with views of the Langtang, Ganesh and Manaslu ranges
- Cross Larkya La Pass at 5,106 m with views of Himlung, Cheo Himal and Kang Guru
- Walk the high Manaslu valley through Lho, Sama Gaun and Samdo, below Mt. Manaslu (8,163 m)
- Acclimatization hike to Pungyen Gompa, Birendra Tal or toward Manaslu Base Camp

- Visit Tibetan Buddhist monasteries and mani walls on the old salt-trade route
- See the full circuit's high country in 12 days, with extra comforts on the trail

Overview

The Manaslu Heli Trek swaps the long drive to Machha Khola and four days of walking up the lower Budhi Gandaki valley for a helicopter flight from Kathmandu straight to Namrung (2,630 m). From there you trek the best part of the Manaslu Circuit, cross Larkya La Pass at 5,106 m and finish at Dharapani, all in 12 days.

You land in the Tibetan Buddhist part of the valley on day three. You then walk through Lho and Sama Gaun, rest a day below Mt. Manaslu (8,163 m), and climb past Samdo to Dharmasala. The big day is the crossing of Larkya La, then you drop to Bhimthang and Dharapani and drive back to Kathmandu by jeep.

Manaslu is a restricted area, so every trekker needs a licensed guide and special permits, even when you fly in. Since 22 March 2026 solo trekkers can get the permit too. We arrange all of it. See the Manaslu permit guide for details.

This trip suits fit trekkers who are short on time and want comfort on the trail. If you would rather walk the full route from the road, look at the Manaslu Circuit Trek, the Manaslu Luxury Trek or the Manaslu Budget Trek.

This Manaslu heli trek flies you over the lower valley to Namrung and walks you over Larkya La in 12 days. We handle the helicopter, permits, a licensed

guide, lodges and the drive home. You get the high valley and the pass with fewer days on the road.

What Is the Manaslu Heli Trek?

The Manaslu Heli Trek is a 12-day guided Manaslu Circuit that starts with a helicopter flight from Kathmandu to Namrung. You then trek 7 days through Sama Gaun and over Larkya La Pass (5,106 m) to Dharapani. It is moderate to challenging, suits fit hikers short on time, and is best from March to May or September to November.

A helicopter can climb to Namrung in about an hour. On foot, the same climb from the road takes most trekkers four to five days. You save time, but your body gets less time to adjust, so the first two walking days are kept short.

Why Choose the Manaslu Heli Trek

- **Skip the hardest road and the hot lower valley.** No long drive to Machha Khola and no four days of walking in the gorge.
- **Mountain views from the air.** On a clear morning you see the Langtang, Ganesh and Manaslu ranges as you fly west.
- **Still a real trek.** You walk the high Manaslu valley and cross Larkya La on your own feet.
- **Shorter trip.** 12 days arrival to departure, against 14 days for our walk-in Manaslu Budget Trek.
- **Comfort on the trail.** The package includes extras such as an oximeter, a hot water bag at night, unlimited tea and coffee, and a local SIM card with data.

- **Living Tibetan Buddhist villages.** Namrung, Lho, Sama Gaun and Samdo sit on the old salt-trade route to Tibet.

Manaslu Heli Trek vs the Manaslu Budget Trek

Feature	Manaslu Heli Trek	Manaslu Budget Trek
Length	12 days	14 days
Getting to the trail	Helicopter to Namrung	Local bus or shared jeep to Machha Khola
Walking days	7	9
Lower Budhi Gandaki valley	Seen from the air	Walked, with the Tatopani hot spring
Meals on the trek	Breakfast, lunch and dinner included	Pay as you go
Larkya La Pass (5,106 m)	Yes	Yes

Manaslu Heli Trek Itinerary: 12 Days at a Glance

Day	Route	Overnight altitude	Time
1	Arrive in Kathmandu	1,340 m	Airport transfer

Day	Route	Overnight altitude	Time
2	Kathmandu sightseeing (Durbar Square, Swayambhunath) and trek preparation	1,340 m	Half-day tour
3	Helicopter flight from Kathmandu to Namrung	2,630 m	About 1 hour flight
4	Namrung to Lho	3,185 m	About 4 hours
5	Lho to Sama Gaun	3,520 m	5 to 6 hours
6	Acclimatization day at Sama Gaun (optional hike)	3,520 m	Rest or hike
7	Sama Gaun to Samdo	3,875 m	About 4 hours
8	Samdo to Dharmasala (Larke Phedi)	4,460 m	About 4 hours
9	Cross Larkya La (5,106 m) to Bhimthang	3,590 m	About 8 hours
10	Bhimthang to Dharapani	1,963 m	About 7 hours

Day	Route	Overnight altitude	Time
11	Drive from Dharapani to Kathmandu via Besisahar	1,340 m	8 to 9 hours
12	International departure	-	Airport transfer

Altitude and Acclimatization on the Manaslu Heli Trek

Flying in is the one thing that makes this trip different for your body. Walk-in trekkers spend four or five nights climbing to Namrung. You do it in one flight, from 1,340 m to 2,630 m. That height is usually fine for a first night, but the trip is built so you climb slowly after landing.

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. A short hike to Pungyen Gompa or Birendra Tal helps, as long as you sleep back in the village. Samdo to Dharmasala is a short walk, but you sleep almost 600 m higher, so take it slowly.

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

The fastest way to feel bad at altitude is to rush the day after you land. Drink plenty of water at Namrung, walk slowly to Lho, and tell your guide about any headache early.

How Difficult Is the Manaslu Heli Trek?

It is moderate to challenging. The helicopter removes the long approach, not the hard part. You still walk 4 to 8 hours a day and cross a high, cold pass.

- **Hardest day:** Day 9, from Dharmasala over Larkya La to Bhimthang. You start before dawn and descend a long way on loose ground.
- **Longest walk after the pass:** Day 10 to Dharapani is mostly downhill but takes about 7 hours.
- **Fitness:** two to three months of long hikes with a daypack, stair climbing and leg strength work. Break in your boots before you fly.
- **Health:** 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 · Meals: Welcome dinner in a nice typical nepalese restaurants

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 only

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 Trek on a Heli.

DAY 03 FLY TO NAMRUNG ON A HELICOPTER

Overnight: Namrung · 2,630 m / 8,629 ft · 1 hour flight · Guesthouse / Lodge-Tea House · Meals: Breakfast, Lunch & Dinner

As per the flight time depending upon weather condition, depart from the hotel to Kathmandu domestic airport. After checking in board in a small helicopter with comfortable seating, enough leg rooms. As pilot in the front seat, as the chopper swirls high above Kathmandu city and the valley. Enjoy the breath-taking panorama of Himalayan peaks of Langtang, Ganesh and Manaslu Himalaya range.

The chopper heads west with much closer views of Ganesh and Manaslu Himal, facing Annapurna towards west. Slowly the Helicopter follows the Budi-Gandaki River upstream and above rolling green hills to land at Namrung village.

Landing on a wide farm field, where our guide and team of trekking staff receives you and then transfer to a nice lodge. Afternoon free to explore the village and marvel the views of snow-capped peaks.

DAY 04 TREK TO LO-GAON

Overnight: Lo-Gaon · 3,185 m / 10,449 ft · 4 hours walk · Guesthouse / Lodge · Meals: Breakfast, lunch & dinner

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having goof 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 05 TREK TO SAMA GAON

Overnight: Sama Gaon · 3,520 m / 11,549 ft · 7 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch and 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.

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 06 ACCLIMATIZATION DAY AT SAMA-GAON

Overnight: Sama-Gaon · 3,520 m / 11,549 ft · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch and dinner






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 07 TREK TO SAMDO

Overnight: Samdo · 3,875 m / 12,713 ft · 4 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 08 TREK TO LARKE-PHEDI / DHARMASALA

Overnight: Larke-Phedi / Dharmasala · 4,460 m / 14,633 ft · 4 hours walk · Guesthouse / Lodge-Tea House · Meals: Breakfast, lunch and dinner



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 09 TREK TO BHIMTHANG VIA LARKE-LA PASS

Overnight: Bhimthang · 3,590 m / 11,778 ft · High point 5,106 m · 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 10 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 Masrsyangdi 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 11 DRIVE FROM DHARAPANI TO KATHMANDU VIA BESISAR

Overnight: Kathmandu · 1,340 m / 4,396 ft · 8-9 hours drive by shared jeep or 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.

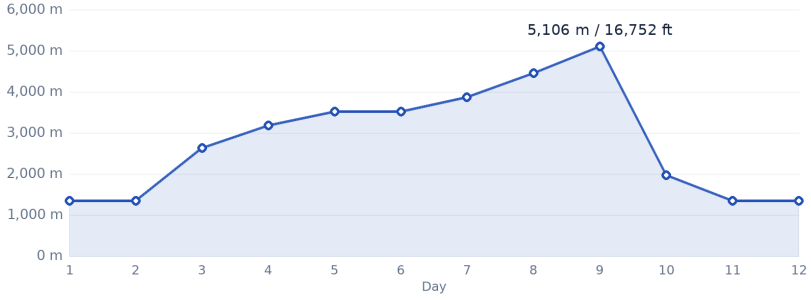
Drive more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on the Manaslu Circuit Heli Trek.

DAY 12 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 on a Heli. 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 Trek On A Heli



Weather on Manaslu Circuit Trek On A Heli

°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

- 5-star hotel in Kathmandu.
- Helicopter flight from Kathmandu to Namrung.
- **Luxury transport:** 4WD jeep on mountain roads and a tourist vehicle in Kathmandu.
- Bottled mineral water, unlimited tea and coffee, and seasonal fruit on the trek.
- Clean bed sheets and pillow covers carried by our porters from Kathmandu.
- Room freshener.
- Oximeter for daily oxygen checks.
- Hot water bag for your bed each night, filled by your guide.
- Rooms with attached bathroom where available on the trek.
- Hot showers.
- Nepali SIM card with a 16 GB data pack.

Service NOT INCLUDED

- Drinks other than those listed in the inclusions.
- Travel and rescue insurance.
- Tips for your guide and porters.
- Personal trekking and mountaineering gear.
- Optional trips and sightseeing if you extend your stay.
- International airfare and airport departure tax.

- Nepal visa fee (you can get a visa on arrival at Tribhuvan International Airport, Kathmandu).
- Any service not listed under Cost Includes.

Major Information

Types of Helicopter:

In Nepal with two types of helicopters currently operating in the private sector: AS 350 B series of helicopters which are manufactured by Eurocopter, France and are very popular all over the world. It is regarded as one of the most versatile helicopters and is suitable for mountain flying and all types of helicopter missions. Following are its features:

Fail Safe Design, Comfortable Seating Arrangements, 5 seats excluding Pilot, Suitable for all types of helicopter missions, Can fly up to an altitude of 16,000 feet and above 5,000 meter high.

Best Seasons:

The best seasons for Manaslu Circuit Trekking on a Heli, is in spring and autumn, spring begins from March to May. Autumn starts from September to November, the spring season with longer days due to much sunlight hours.

Days are mostly bright with sunshine for clear views and pleasant walking can get cloudy in the late afternoon. Chances of light rains and snowfall around higher elevations sometimes, the temperature drops in the early morning and night times.

During springtime, the hills are bright with wild flowers in bloom especially the rhododendron, the national flower of Nepal.

The next best season is autumn from September to November, days are much clear for views and walks. But days are much short due to sunlight hours, pleasant and peak times for trekking around the Himalayas.

Much colder morning and late afternoon till night time, chances of snowfall on higher elevation sometimes.

Culture, Religion & History:

The lower warm areas of the Gorkha district where Manaslu high valley is located, are of mixed tribes of hill people. Gurung, Magar, Hindu Bharamins, Chettries, and Newars with some Bhot migrated from high Manaslu and Tsum areas.

The culture and religions are mixed with Hinduism and Buddhism around low land to mid-hills till Jagat and Philim villages.

From Namrung villages onwards the native of higher Manaslu valley till Dharapani in Manang are interwoven to strong Buddhism religion. Follows the ancient heritage and culture similar to its Tibetan predecessor, as the border to Tibet is at a mere distance.

The people of higher Manaslu are known as the Bhotia people, which means descendent from Tibet. Most villages around higher Manaslu from Namrung onwards have a monastery, with many rows of prayer walls and spinning wheels.

The Manaslu region, where the ancient Trans Himalaya Salt Trade Route passed to and from Nepal / Tibet. Yaks and pack animals laden with goods from the good side of the country.

The base of Larke-La pass at present known as Dharmasala or Phedi in the early days was called Larke Bazaar. Where traders, merchants from Tibet, Gorkha, and Manaslu as far from Manang use to visit on the market day.

The Manaslu comes from the Sanskrit word meaning Soul or mind of the god or holy spirits. For Manaslu natives calls Kutang means land that has been blessed, to raise livestock and a good farm field.

Mt. Manaslu stands as the world's 8th highest peak at 8,163 m and 26, 781 feet, the first ascent by Japanese Expeditions. Which was conquered on May 9th, 1956 with the support of Nepalese guide Gyalzen Norbu Sherpa.

Since then it remained closed for outside visitors and flung its door open from 1991 onwards. Trekkers can enter and enjoy the walk around Manaslu, on obtaining a special permit, as Manaslu is a restricted region.

Due to its close border with Tibet / China, as well as to control the main flow of trekkers. As well to retain and preserve the country's pristine environment, the area is under the protection of the Manaslu Conservation Area Project.

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. Porters carry no more than 25 kg each, in line with porter welfare guidelines.

Helicopter flights: Mountain flights only go in safe weather. If cloud or wind delays your flight, we wait for the next safe window. We recommend keeping a spare day in Kathmandu at the end of your trip in case of delays.

Altitude checks: Your guide carries an oximeter and checks your oxygen level and how you feel each evening, especially in the first days after landing at Namrung.

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.

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

Seasons to avoid: Monsoon cloud from June to August grounds many flights and brings landslides to the drive out. 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, steady flying weather	Best overall
Spring	March to May	Rhododendrons in bloom, longer days, afternoon cloud	Very good

Season	Months	What to expect	Verdict
Winter	December to February	Very cold, many high lodges closed, pass can close	Not recommended for this trip
Monsoon	June to August	Heavy rain, low cloud, frequent flight delays, landslide risk	Not recommended

Helicopters in the mountains fly in the morning, when the air is calm and clear. Cloud often builds by midday, so your flight to Namrung is planned for an early start.

- **Autumn:** the most reliable time for both the flight and the pass. Lodges near Dharmasala fill up, so book early.
- **Spring:** longer days help on Larkya La. Expect cold mornings, wind on the pass and some afternoon cloud.
- **Winter:** heavy snow can shut Larkya La and most lodges above Sama Gaun close.
- **Monsoon:** cloud and rain often ground helicopters, and the drive out can be blocked by landslides.

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

Required Permits for the Manaslu Heli Trek

Flying in does not change the permit rules. Namrung sits inside the Manaslu restricted area, so you need the same permits and a licensed guide as any walk-in trekker. We apply for every permit. 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)	The restricted upper Manaslu valley, including Namrung, Sama Gaun and Samdo	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)	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 Heli 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, headlamp, trekking poles, 25 to 30 L daypack, 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

Helicopters have strict weight limits for passengers and bags. Pack soft duffel bags, not hard cases, and leave anything you will not need on the trek

at your Kathmandu hotel. We confirm the baggage limit for your flight before you pack.
For a full list, see what to carry for the Manaslu Circuit Trek.

Accommodation & Food

Kathmandu: You stay in a 5-star hotel in Kathmandu before and after the trek, with breakfast included.

Lodges (teahouses): On the trail you stay in the best available teahouses. We ask for rooms with an attached bathroom where a village has them, but many lodges in the high valley only have shared toilets. Rooms are simple, clean and twin share.

Extra comforts: Our porters carry clean bed sheets and pillow covers from Kathmandu. Your guide fills a hot water bag for your bed each night, and you get a room freshener, hot showers, unlimited tea and coffee, bottled mineral water and seasonal fruit.

Meals: Breakfast, lunch and dinner are included on trek days. Bigger stops such as Namrung, Sama Gaun and Dharapani have the widest menus. Higher up, food is simpler: dal bhat, noodles, potatoes, eggs and soups.

Power and internet: You get a Nepali SIM card with a 16 GB data pack. Signal is patchy in the high valleys, and charging at lodges usually costs a small fee.

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

Why Heli-Trek Manaslu With Us

Start With a Heli Flight
Skip the long drive and see the Manaslu Himalaya from the air on your way in.

More Trail, Fewer Road Days
A 12-day trip that puts your time on the trail, not on the bus.

Comfort at Both Ends
Quality hotel nights in Kathmandu and 4WD jeep transfers on the rough roads.

Guide and Strong Porters
Porters carry your heavy bags, never over 25 kg each, as Nepal's porter rules require.

Over Larkya La
Cross from one valley to the next over the 5,106 m pass.

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

FAQs

What is the Manaslu Heli Trek?
It is a 12-day version of the Manaslu Circuit that starts with a helicopter flight from Kathmandu to Namrung. You then walk 7 days through Sama Gaun and over Larkya La Pass to Dharapani, and drive back to Kathmandu.

How long is the Manaslu Heli Trek?

The trip runs 12 days from arrival in Kathmandu to departure. You walk on 7 days, rest at Sama Gaun for 1 day, fly in on Day 3 and drive out on Day 11.

Where does the helicopter land?

The helicopter flies from Kathmandu to Namrung at 2,630 m. The flight takes about an hour. From Namrung you trek on foot for the rest of the circuit.

Is the Manaslu Heli Trek easier than the normal circuit?

It is shorter, not easier at the top. You skip the long drive and the lower valley, but you still walk 4 to 8 hours a day and cross Larkya La at 5,106 m. The pass day is the same for everyone.

Is it safe to fly straight to Namrung?

Yes for most people. Namrung is at 2,630 m, which most trekkers handle well on the first night. The first walking days are short, and you rest a day at Sama Gaun before going higher. Your guide checks your oxygen level each evening.

What happens if the helicopter flight is delayed?

Mountain helicopters only fly in safe weather, usually in the morning. If your flight is delayed, we wait for the next safe window. Keep a spare day at the end of your trip in case of delays.

Is there a baggage limit on the helicopter?

Yes. Helicopters have strict weight limits for passengers and bags. Pack a soft duffel and leave extra luggage at your Kathmandu hotel. We confirm the exact limit for your flight before you pack.

What permits do I need for the Manaslu Heli 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 arrange all of them for you.

Can I do the Manaslu Heli Trek solo?

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

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.

Are meals included on the Manaslu Heli Trek?

Yes. Breakfast, lunch and dinner are included on trek days, and breakfast is included in Kathmandu. Drinks other than tea, coffee and mineral water are extra.

When is the best time for the Manaslu Heli Trek?

The best times are September to November and March to May. Autumn gives the clearest skies and the most reliable flying weather. Avoid the monsoon from June to August, when cloud often grounds helicopters.

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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