

TREKKING & HIKING

Manaslu Short Trek 2026

‘an exciting adventure around world’s 8th highest mountain range’



Trek Short Profile

TOTAL DURATION

11 DAYS, 10 NIGHTS
(KATHMANDU TO
KATHMANDU)

TREKKING DURATION

9 DAYS ON THE TRAIL
(8 WALKING DAYS AND
1 ACCLIMATIZATION
DAY), PLUS 2 DRIVING
DAYS

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

BREAKFAST, LUNCH
AND DINNER ON THE
TREK, WITH TEA OR
COFFEE

TRANSPORTATION

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

DURATION

11 DAYS, 10 NIGHTS

GRADE

HARD

FROM

USD 799

Trip Highlights

- Walk around the world's eighth-highest mountain, Mt. Manaslu (8,163 m), in just 11 days
- Cross Larkya La Pass at 5,106 m with views of Himlung, Cheo Himal and Annapurna II
- Keep a full acclimatization day at Sama Gaun, with a hike toward Birendra Tal or Pungyen Gumpa
- Soak in the Tatopani hot spring and follow the Budhi Gandaki gorge over suspension bridges
- Stay in Tibetan Buddhist villages such as Namrung, Sama Gaun and Sando

- Licensed guide, permits and three meals a day on the trek, all arranged for you

Overview

The Manaslu Short Trek takes you around Mt. Manaslu (8,163 m), the world's eighth-highest peak, in 11 days from Kathmandu. You drive straight to Machha Khola, follow the Budhi Gandaki River up to Tibetan Buddhist villages, and cross Larkya La Pass at 5,106 m before dropping to Bhimthang and Dharapani.

It is the same high route as our Manaslu Circuit Trek, with fewer days off the trail. We still keep a full acclimatization day at Sama Gaun, so the short plan stays a safe one.

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. We arrange all of it. See the Manaslu permit guide for details.

This trip suits fit hikers with limited holiday time. If you would rather go slower, look at the full Manaslu Circuit Trek or the Manaslu Budget Trek.

This Manaslu short trek walks the full high route in 11 days. We handle your permits, a licensed guide, teahouses, three meals a day and local transport. You bring the fitness.

What Is the Manaslu Short Trek?

The Manaslu Short Trek is an 11-day version of the Manaslu Circuit, Kathmandu to Kathmandu. You spend nine days on the trail around the world's eighth-highest mountain and cross Larkya La Pass (5,106 m). It is

moderate to challenging. Go in spring or autumn. It suits fit hikers with limited holiday time who still want the full high-pass experience.

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 Manaslu Short Trek

- **The real circuit in less time.** You still walk from Machha Khola to Dharapani and cross Larkya La Pass (5,106 m).
- **The rest day stays.** We keep a full acclimatization day at Sama Gaun, even on this short plan.
- **Meals are covered.** Breakfast, lunch and dinner on the trek are part of the package.
- **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 2.** If time allows, stop at the natural hot spring at Tatopani.

How the Short Manaslu Circuit Trek Saves Time

The short trek walks the same high route as our full trip. It cuts the days you spend off the trail, not the days you need for altitude.

	Manaslu Short Trek	Full Manaslu Circuit Trek
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Total days	11	14
Kathmandu arrival and departure days	Not included	Included
Night at Lho	Skipped (Namrung to Sama Gaun in one day)	Included
Acclimatization day at Sama Gaun	Yes	Yes
Larkya La Pass (5,106 m)	Yes	Yes

Some companies sell the Manaslu Circuit in 9 or 10 days. They usually drop the rest day at Sama Gaun. We don't. Want more time on the trail? See our full Manaslu Circuit Trek.

Manaslu Short Trek Itinerary: 11 Days at a Glance

Day	Route	Overnight altitude	Time
1	Drive Kathmandu to Machha Khola by local jeep or bus	930 m	8 to 9 hours
2	Machha Khola to Jagat	1,345 m	About 6 hours
3	Jagat to Pawa via Philim and Deng	1,625 m	About 6 hours

Day	Route	Overnight altitude	Time
4	Pewa to Namrung	2,630 m	About 6 hours
5	Namrung to Sama Gaun	3,520 m	About 7 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	8 to 9 hours
10	Bhimthang to Dharapani	1,963 m	About 7 hours
11	Drive Dharapani to Kathmandu via Besisahar	1,340 m	8 to 9 hours

Altitude and Acclimatization on the Manaslu Short Trek

You sleep above 3,000 m for five nights: Sama Gaun (two nights), Samdo, Dharmasala and Bhimthang. Day 5 is the biggest climb in sleeping height, from Namrung (2,630 m) to Sama Gaun (3,520 m). That is why Day 6 is a

rest day. Hike toward Birendra Tal or Pungyen Gumpa, or further toward Manaslu Base Camp, then sleep low again.

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.

Want more margin before the pass? Add one extra night at Samdo (3,875 m). It costs a day, but most people find Larkya La much easier after it.

How Difficult Is the Manaslu Short Trek?

It is moderate to challenging. You need no climbing skills, but a short itinerary leaves less room for slow days, so you need good fitness.

- **Hardest day:** Day 9, from Dharmasala over the pass to Bhimthang. You start before dawn, climb to 5,106 m and descend a long way. Plan on 8 to 9 hours.
- **Longest climb:** Day 5, about 7 hours from Namrung to Sama Gaun.
- **Best preparation:** 8 to 12 weeks of long hikes with a daypack on back-to-back days, 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 DRIVE FROM KATHMANDU TO MACHHA KHOLA VIA SOTI KHOLA

Overnight: Machha Khola · 930 m / 3,051 ft · 9 hours drive by bus

Depart for wonderful adventure **Short Manaslu Circuit Trek**, taking a private car, bus, or coach. As per the size of a group, 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 Budhi Gandaki River, from here another few hours of drive on the dirt country road to Soti-Khola.

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

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.

DAY 02 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 03 JAGAT 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 04 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 05 TREK TO SAMA-GAON

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

Adventure today leads to one of the longest walks of the journey, having an early breakfast. Then set off for the long enjoyable scenic trek to Sama-Gaon, where the route follows a slow gradual climb. Walk into the cool shade of lovely alpine forest above the Buri Gandaki River to the nice large village of Lo-Gaon.

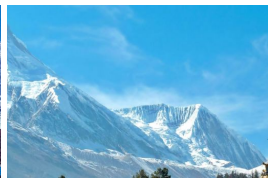
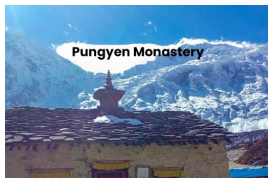
Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Following the trail of Upper Manaslu through a number of farm villages and Yak herder camps then ending the day. On reaching Sama-Gaun, 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 · 6 hours walk · Guesthouse / Lodge-Tea House



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 Birendra 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 larkya 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 larkya la pass and to the Tibet border.

DAY 08 TREK TO DHARAMASALA

Overnight: Dharamasala · 4,460 m / 14,633 ft · 4 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 Dharamasala or Larke Phedi. The base of larkya 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 long day walk the next day to cross high Larke-La Pass.

DAY 09 TREK TO BHIMTHANG VIA LARKYA LA PASS

Overnight: Bhimthang · 5,106 m / 16,752 ft · 8–9 hours walk · Guesthouse / Lodge-Tea House



Altitude: 5,106 m / 16,752 ft at Larkya La; 3,590 m / 11,778 ft at Bhimthang.

The biggest day of the trek. After an early breakfast and with a packed lunch, start the climb before dawn on the rocky path above the lodges of Dharmasala.

The trail winds steadily uphill past glacial moraine to the top of Larkya La Pass, marked with prayer flags and a signpost. From the pass you see Manaslu and the Annapurna peaks, including Himlung, Cheo Himal and Kang Guru.

A long, steep descent brings you down to the Manang side of the pass, then through grassy meadows to Bhimthang for the night, a lovely spot surrounded by forest and high peaks.

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 BESISHAR

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 Manaslu Circuit Short Trek.

Altitude Profile of Manaslu Short Trek



Weather on Manaslu Short 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°
Manang (3,540 m) high	1°	2°	4°	8°	11°	15°	17°	17°	15°	11°	8°	5°
Manang night low	-7°	-6°	-4°	-1°	3°	7°	10°	10°	7°	2°	-1°	-4°

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

Service INCLUDED

- 10 nights twin-sharing teahouse accommodation on the trek
- Local jeep or bus from Kathmandu to Machha Khola, and from Dharapani to Kathmandu
- Breakfast, lunch and dinner on the trek, with tea or coffee
- Manaslu Restricted Area Permit, MCAP and ACAP
- One licensed, experienced trekking guide
- Guide's food, lodging, wages, equipment and insurance
- Four-season sleeping bag on loan, if you need one
- Duffel bag, T-shirt and water bottle
- First-aid kit carried by your guide
- Local and government taxes

Service NOT INCLUDED

- International flights
- Nepal visa (available on arrival)
- Hotel nights and meals in Kathmandu before and after the trek
- Travel insurance, including helicopter rescue cover (required)
- Porter (available on request)
- Drinks other than tea or coffee with meals
- Hot showers, charging and Wi-Fi fees on the trail
- Tips for your guide and porter

- Personal trekking gear
- Extra costs from flight delays, strikes, landslides or bad weather

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.

Porters: A porter is not included. You can carry your own bag or 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
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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	Very good
Winter	December to February	Very cold, few trekkers, many lodges closed, pass can close	Not for a short itinerary
Monsoon	June to August	Heavy rain, landslide risk, roads can close	Not recommended

On an 11-day plan there is little spare time for bad weather. Autumn and spring give you the best chance of crossing Larkya La on schedule.

- **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:** jeeps and buses 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 Short 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)	The final section after the pass, because the trek ends at Dharapani	NPR 3,000
Chumnuhari Rural Municipality fee	The Chumnuhari 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 Short 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: Breakfast, lunch and dinner on the trek are included, with tea or coffee at meal times. You pay only for extra drinks and snacks.

Menus: Small villages serve mostly dal bhat, noodles, eggs, potatoes and Tibetan bread. 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. We lend a four-season sleeping bag if you need one. Bring a liner in every season.

Kathmandu: Hotel nights before and after the trek are not included. We can book one for you.

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

Why Trek Manaslu in 11 Days With Us

The Full Circuit in 11 Days

Kathmandu to Kathmandu, with nine days on the trail, for walkers short on holiday time.

Rest Day Still Included

We keep a full acclimatization day at Sama Gaun with a hike toward Birendra Tal or Pungyen Gompa.

Larkya La at 5,106 m

Cross the high pass with views of Himlung, Cheo Himal and Annapurna II.

Three Meals a Day

Breakfast, lunch and dinner on the trek are included, so you are not counting cash on the trail.

Solo Trekkers Welcome

Since March 2026 you no longer need a second trekker for the Manaslu permit. We can take you on your own.

Permits and Guide Sorted

We arrange your permits, a licensed guide, teahouses and local transport.

FAQs

How long is the Manaslu Short Trek?

It takes 11 days from Kathmandu to Kathmandu. You spend 9 days on the trail, including 1 acclimatization day at Sama Gaun, and 2 days driving to and from the trail.

Can you do the Manaslu Circuit in less than 11 days?

Some companies sell 9 or 10 day versions. They usually skip the rest day at Sama Gaun. We keep it, because a rest day before you go above 3,800 m makes Larkya La safer and more enjoyable.

How is this different from your standard Manaslu Circuit Trek?

The route, the guide and the permits are the same. The short trek drops the Kathmandu arrival and departure days and the night at Lho, so it takes 11 days instead of 14.

How much does the Manaslu Short Trek cost?

The package covers your guide, permits, local transport, teahouse rooms and three meals a day on the trek. On top of that, plan for drinks, travel insurance, tips, Kathmandu hotel nights and your Nepal visa. See the price box on this page for current rates.

Are meals included on the Manaslu Short Trek?

Yes. Breakfast, lunch and dinner on the trek are included, with tea or coffee at meal times. Extra drinks and snacks are not included.

Can I do the Manaslu Short Trek solo?

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.

How difficult is the Manaslu Short Trek?

It is moderate to challenging. There is no technical climbing, but most days are 4 to 7 hours of walking and the Larkya La Pass crossing at 5,106 m takes 8 to 9 hours. You should be able to hike 6 hours on back-to-back days.

Is altitude sickness a risk on a short itinerary?

Yes, so we keep a full acclimatization day at Sama Gaun and your guide checks on you twice a day. Worsening symptoms mean going down. You can also add an extra night at Samdo before the pass.

What permits do I need for the Manaslu Short 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.

Is Kathmandu accommodation included?

No. The trip starts with the drive from Kathmandu on Day 1 and ends when you arrive back in Kathmandu on Day 11. We can book a Kathmandu hotel for you before and after the trek.

When is the best time for the Manaslu Short 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. Avoid the June to August monsoon and the December to February winter.

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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