



Manaslu Base Camp Trek (15 days)

MANASLU AND GANESH HIMAL REGION

15 Days

DURATION

Moderate

DIFFICULTY

USD \$1,580

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

✓

OVERVIEW

The Manaslu Base Camp Trek is a stunning and adventurous trek in Nepal, offering breathtaking views of Mount Manaslu, the eighth highest peak in the world. This 15-day itinerary provides a detailed plan to help you experience the best of the Manaslu region, combining natural beauty, cultural encounters, and challenging trekking routes.

Manaslu (8167m) is the 8th highest mountain in the world and has recently become a popular destination for trekkers looking to explore its rugged beauty. The trek leads through the Manaslu Conservation Area, offering a stunning Himalayan panorama, remote Buddhist villages near the Tibetan border, and a diverse cultural and geographic experience. As you ascend north, the landscape gradually transforms into the arid, high-altitude terrains influenced by Tibetan culture. This trek is perfect for those seeking a unique and adventurous vacation. The Manaslu Base Camp Trek promises an unforgettable journey. The Manaslu Base Camp Trek offers an unparalleled adventure through one of Nepal's most beautiful and remote regions. With stunning Himalayan views, rich cultural experiences, and challenging trekking routes, this 15-day itinerary ensures you get the most out of your journey. Whether you're an experienced trekker or looking for a unique vacation, the Manaslu Base Camp Trek promises an unforgettable experience in the mesmerizing wilderness of Nepal. Make sure to prepare well, respect the local culture, and enjoy every moment of this breathtaking trek.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in Kathmandu (1300m)

Overnight: Hotel in Kathmandu

Meals: dinner

Our Pure Sherpa adventure’s representative will welcome you at Kathmandu Airport, and transferred to your hotel. Over dinner, our representative will introduce you to your guide and provide you with some information about your trek. Overnight: Hotel in Kathmandu

DAY 2 Drive from Kathmandu (1350m) to Soti Khola (700 m) via Arughat (700m)

Overnight: Guest house in Soti Khola

Meals: Breakfast, Lunch, Dinner

After breakfast, drive from Kathmandu to Soti Khola (700 m) with lunch and tea in between and beautiful rural scenery. Drive Duwakot → Trishuli Bazaar → Arughat Bazaar → Soti Khola — 8–9 hours Distance: ~140–150 km (poor roads) Overnight: Guest house in Soti Khola Meals: Breakfast, Lunch, Dinner

DAY 3 Soti Khola to Machha Khola (930m)

Overnight: Guesthouse in Machha Khola

Meals: All inclusive

After breakfast, drive from Soti Khola to Machha Khola (930 m), a leisurely 5–6 hour walk along the banks of the Budhi Gandaki River, crossing suspension bridges and forests, then gradually ascending. From that day you will get your first real taste of Nepali trekking life. Distance: ~15 km Overnight: Guesthouse in Machha Khola Meals: All inclusive

DAY 4 Machha Khola to Jagat(1340m)6 hours

Overnight: Guesthouse

Meals: breakfast

After breakfast from Machha Khola, you will reach Jagat (1,340 m), following a gentle ups and downs, climbing from the river bank to the human settlement, passing through charming waterfalls, forest-lined paths and seeing the first glimpse of classic manor houses and mani walls. After a leisurely 6-hour walk, you will reach Jagat. Distance: ~16–18 km Overnight: Guesthouse

DAY 5 Jagat to Pawa (1806m) 6 hours walk

Overnight: Guest house in Pawa

Meals: All inclusive

After breakfast from Jagat, you will reach Pawa, which is at an altitude of (1,806 m). After a 6-hour trek, passing through remote villages and steep and stunning switchbacks in the mountains above the river, we reach a place called Pawa. Distance: ~12–14 km Overnight: Guest house in Pawa Meals: All inclusive

DAY 6 Pawa to Numrung (2630m) - 6 Hrs

Overnight: Guest house in Numrung

Meals: All inclusive

After breakfast, we reach Numrung (2630 m) from Pawa. After a 6-hour trek, we cross the Budhi Gandaki on large suspension bridges, climbing continuously with occasional steep sections, and enjoying panoramic views of the entire valley and green hills, we reach Numrung. Distance: ~8–10 km Overnight: Guest house in Numrung Meals: All inclusive

DAY 7 Numrung to Lho (2957m) - 6 Hrs

Overnight: Guest house in Lho

Meals: All inclusive

After breakfast, we reach Numrung to Lho (2957 m). It takes 6 hours to trek. After a continuous walk on mixed ups and downs, you will enter the Manaslu Conservation Area by climbing some stone steps. Where you can see some signs of Tibetan cultural influence like chortens, prayer wheels. Distance: ~7-9 km Overnight: Guest house in Lho Meals: All inclusive

DAY 8 Lho to Sama Gau (3530m) - 5Hrs

Meals: All inclusive

After breakfast, the journey from Lho to Sama village is flat, which has an altitude of (3,530 m). After a pleasant 5-hour walk on a moderately steep path through rhododendron forests and alpine scenery, Sama village is reached. The mountain at the height of Manaslu (8,163 m) can be seen from a close distance. It is a dense settlement of traditional Gurung and Tibetan-influenced people. Distance: ~8-10 km Overnight stay: Guesthouse in Sama village Meals: All inclusive

DAY 9 Day trip to Manaslu Base Camp (4440m)

Meals: All inclusive

After breakfast, day trek to Manaslu Base Camp (4,440 m) will be done. Climbing uphill, following difficult glacier trails, you will reach Manaslu Base Camp, where you will have panoramic views of the Himalayas. In the evening, you will return to the same place to rest and this day will help your body adjust to the high altitude before moving to Samdo. Distance: ~12-14 km round trip Overnight stay: Guesthouse in Sama village Meals: All inclusive

DAY 10 Sama Gau - Samdo (3865m)

Overnight: Guest house in Samdoma

Meals: All inclusive

After breakfast, you will reach Samdo (3,865 m) from Sama village. From there, you will trek through a wide high-altitude valley on moderate to easy trails for about 4-5 hours. The village is the last Nepali village before the Tibetan border, Samdo. You will see many traditional houses and yak grazing fields. Distance: ~10-12 km Overnight: Guest house in Samdoma Meals: All inclusive

DAY 11 Acclimatization day (Day trip for Tibet Boarder)

Meals: All inclusive

Climate acclimatization day (Explore around Samdoma/Tibet border) The day will include glacier sightseeing and short hikes near the border moraines. This is a great opportunity to acclimatize yourself to the stunning high-altitude views and altitude. Night: Guest house in Samdoma Meals: All inclusive

DAY 12 Samdo - Dharmsala (4460m)

Meals: All inclusive

After breakfast, drive from Samdoma to Dharamshala (4,460 m). The journey to Dharamshala (also known as Larkya Phaedi) will involve a wide range of easy, gentle but altitude-challenging climbs. After about 4-5 hours of travel, you will reach the base camp area for Larkya La. On the way you can see snow-capped peaks all around. Distance: ~8-10 km Overnight stay: Guesthouse/Mountain lodge in Dharamshala Meals: All inclusive

DAY 13 Dharamsala to Bimtang (3590m) via Larkya Pass

Meals: All inclusive

Early morning drive from Dharamshala to Bimthang (3,590 m) via Larkya La Pass (5,160 m). Today you will cross the most difficult but beautiful pass of the day. Named after Larkya La Pass, it is one of the classic high passes of Nepal. It will take about 8-10 hours to cross. You will reach Bimthang by crossing dramatic ridge sections and sweeping views. Distance: ~18-20 km Overnight stay: Guesthouse in Bimthang Meals: All inclusive

DAY 14 Bimtang to Dharapani (1970m)

Meals: breakfast

After breakfast, drive from Bimthang to Dharapani (1,970 m). Trek for about 6-7 hours on this day, enjoying some rivers, valleys, green forests and warm climate along the way. Distance: ~18-20 km

DAY 15 Drive from Dharapani to Kathmandu (1300m) via Besisahar

Overnight: Hotel in Kathmandu

Meals: Breakfast, Lunch

After breakfast, drive from Dharapani to Kathmandu (1,300 m). Travel by road via the New Hill Highway/Marsyangdi and Trishuli Corridors to reach Kathmandu Valley in about 8-9 hours. Overnight: Hotel in Kathmandu Meals: Breakfast, Lunch

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
- + Accommodation during the trek

Meals & Dining

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek

Guides & Porters

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guide and porter costs including meals, insurance, salary, lodging, transportation, and necessary equipment

Permits, Fees & Taxes

- + Annapurna Conservation Area Permit (ACAP) fee
- + Trekkers’ Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (expenses covered by the traveler’s insurance)