

# Manaslu Base Camp Trek

18 Days

17 Nights

Best Season : Spring/Autumn

Max Elevation: 12,467

Region: Manaslu

Accommodation : Hotel + Lodge

Walk Per Day : 5-7 hours

Difficulty : Moderate

Group Size : 2-15 pax

**BOOK NOW****ENQUIRY**

## **The Complete Guide to Manaslu Base Camp Trek**

The Manaslu Base Camp Trek is a true gem for adventure seekers and nature lovers alike. The trek takes you through the pristine Manaslu Conservation Area, home to some of the rarest flora and fauna in the world. Along the way, you'll get to experience the warm hospitality of local communities, steeped in ancient traditions and customs that have remained unchanged for centuries.

As you ascend to the base camp of Manaslu, the eighth highest mountain in the world, you'll be treated to stunning panoramic views of the surrounding peaks, including the iconic Mt. Everest. You'll also have the opportunity to explore the famous Larkya La Pass, a high-altitude crossing that offers breathtaking views of the Himalayan range.

The Manaslu Base Camp Trek is an experience that will stay with you forever. Whether you're an experienced hiker or a first-time trekker, this journey is sure to challenge and inspire you in equal measure. So why wait? Book your trek today and discover the magic of the Manaslu region for yourself!

## **Itinerary**

### **DAY 1 - ARRIVAL IN KATHMANDU, NEPAL**

Welcome to the vibrant city of Kathmandu, where ancient architecture, rich culture, and warm hospitality await you. Upon arrival at the airport, our representative will greet you with a traditional garland of marigolds and transfer you to your hotel. After settling in, you can explore the city on your own or relax and prepare for your upcoming adventure.

### **DAY 2 - REST IN KATHMANDU, AND PREPARATION**

Today is a day for rest and preparation. You can take a stroll around the bustling streets

## **RECENT POSTS**



### **Everest - Complete guide to everest base camp trek**

Mount Everest the highest mountain in the world, has long been a symbol of human achievement and the ultimate test of endurance. For adventurers and trekkers, the Everest Base Camp Trek is the ultimate bucket list experience.

**Read**

### **Swyambhunath Stupa - Discover the Spiritual Hub of Nepal**

Nepal is a country that is well-known for its stunning natural beauty and rich cultural heritage. Among the many attractions in Nepal, the Swyambhunath Stupa is one of the most iconic and popular destinations for tourists and

of Thamel, where you will find a variety of restaurants, shops, and markets. You can also visit some of the city's historic landmarks, such as the Swayambhunath Stupa, also known as the Monkey Temple, or the stunning Pashupatinath Temple, one of the most sacred Hindu temples in the world.

#### DAY 3 - DRIVE FROM KATHMANDU TO BESISAHAR (760M)

After breakfast, we will drive to Besisahar, the starting point of our trek. Along the way, we will pass through scenic landscapes, lush green forests, and traditional Nepalese villages. Upon arrival, we will check into our guesthouse and rest for the night.

#### DAY 4 - TREK FROM BESISAHAR TO DHARAPANI (1,860)

We start our trek today, heading towards the village of Dharapani. The trail takes us through terraced fields, forests, and suspension bridges over glistening rivers. We will pass through quaint villages and interact with the friendly locals, immersing ourselves in the culture and traditions of the region.

#### DAY 5 - TREK FROM DHARAPANI TO TILIJ (2,300M)

We continue our journey towards Tilij, a small village nestled in the lap of the Himalayas. The trek offers breathtaking views of towering mountains, lush forests, and cascading waterfalls. We will also come across ancient monasteries and traditional chortens, adding a spiritual touch to our adventure.

#### DAY 6 - TREK FROM TILIJ TO BHIMTHANG (3,720M)

Today is the most challenging day of our trek as we cross the high-altitude Larke Pass at 5,160m. The trek is long and steep, but the panoramic views of the surrounding peaks are worth the effort. We will finally reach Bhimthang, a beautiful village with stunning views of Mount Manaslu, the eighth highest peak in the world.

#### DAY 7 - ACCLIMATIZATION AT BHIMTHANG (REST DAY)

Today is a rest day for acclimatization, allowing our bodies to adjust to the high altitude. You can explore the village, interact with the locals, or simply relax and take in the stunning views of the surrounding peaks.

#### DAY 8 - TREK FROM BHIMTHANG TO SAMDO (3,872M) VIA LARKE PASS (5,160M)

We resume our trek and cross the majestic Larke Pass once again, this time from a different direction. We will witness the beauty of the snow-clad mountains and glaciers as we make our way towards Samdo, a picturesque village with traditional houses and a serene atmosphere.

#### DAY 9 - TREK FROM SAMDO TO SAMA GAUN (3,450M)

The trek today takes us through scenic valleys and serene landscapes as we make our way towards Sama Gaun. We will pass through several traditional villages and encounter local yak herders, adding a unique touch to our adventure.

#### DAY 10 - ACCLIMATIZATION IN SAMA GAUN (3,450M) - REST DAY

Today is another rest day for acclimatization. You can explore the village, visit the local monasteries, or simply relax and enjoy the stunning views of Mount Manaslu and its surrounding peaks.

#### DAY 11 - TREK FROM SAMA GAUN TO MANASLU BASECAMP (5160M) AND BACK TO SAMA GAUN (3,450M)

Today, we trek to the base camp of Mount Manaslu, the eighth highest peak in the world. The trek is challenging but rewarding, as we are rewarded with panoramic views of the surrounding peaks. After spending some time at the base camp, we will return to Sama Gaun for the night.

#### DAY 12 - TREK FROM SAMA GAUN TO NAMRUNG (2,670M)

We start our descent towards Namrung, a traditional village with stunning views of the Himalayas. Along the way, we will pass through lush forests and quaint villages, immersing ourselves in the local culture and traditions.

#### DAY 13 - TREK FROM NAMRUNG TO PHILIM (1,606M)

The trek today takes us through beautiful valleys and stunning landscapes as we make our way towards Philim, a picturesque village with traditional houses and a serene atmosphere. We will also come across ancient monasteries and traditional chortens, adding a spiritual touch to our adventure.

#### DAY 14 - TREK FROM PHILIM TO MACHHA KHOLA (883M)

We continue our descent towards Machha Khola, a small village located on the banks of the Budi Gandaki River. The trek offers stunning views of the surrounding peaks and landscapes, and we will pass through several traditional villages and suspension bridges over glistening rivers.

#### DAY 15 - TREK FROM MACHHA KHOLA TO ARUGHAT (606M)

Today is the last day of our trek as we make our way towards Arughat, the endpoint of our journey. The trek takes us through scenic landscapes, terraced fields, and traditional villages, giving us a glimpse into the rich culture and traditions of the region.

#### DAY 16 - DRIVE FROM ARUGHAT TO KATHMANDU & TRANSFER TO THE HOTEL

After breakfast, we will drive back to Kathmandu, where you can rest and relax in your hotel or explore the city on your own.

#### DAY 17 - LEISURE DAY IN KATHMANDU

pilgrims alike .

[Read](#)



Beas - River Rafting Expedition

From April to July manali becomes the hotspot for backpackers and traveller's from all over India and world wether it is rafting, Paragliding trekking, camping you name it manali is home to all the adventure activities . white water rafting in beas river the amazing recreational sport which attract's most of the tourists in Kullu Manali .

[Read](#)



A Travel Guide To Experiencing The Tibetan Monastery in Himachal Pradesh

Being born in the lap of Himalayas, in the Manali Valley, we've seen it - the mountains top, the Beas River gushing through the narrow mountains, the wild & dense forests and so much more. We've climbed almost all the mountain range and trekked the mountain passes such as Rohtang Pass

[Read](#)



Fishing The Trouts In Kullu Manali

Kufri Trek yup there is another kufri in Kullu Manali is the best camping spot in kulu Valley yet Virgin . Besides all the popular trek's of Kullu-Manali the Kufri trek is unique in its own way the trek begins from Raison just 14 km from kullu Town we take a cab or we can walk to jalora village .

[Read](#)

Today is a leisure day for you to explore Kathmandu on your own. You can visit some of the city's historic landmarks, such as the Durbar Square or the Boudhanath Stupa, or simply relax and shop for souvenirs in the bustling streets of Thamel.

#### DAY 18 - TRANSFER TO INTERNATIONAL AIRPORT FOR FINAL DEPARTURE

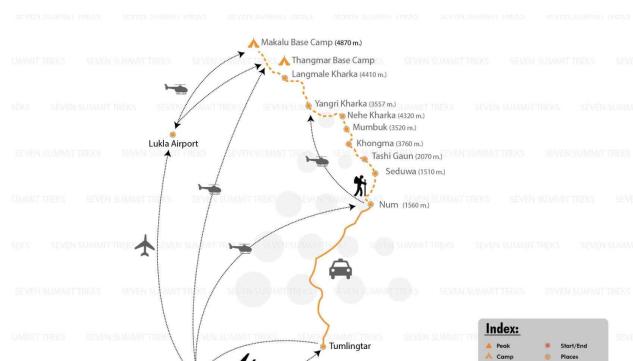
Today is the last day of your adventure, and our representative will transfer you to the airport for your final departure. We hope you had a memorable experience and look forward to welcoming you back to Nepal soon.

#### TRIP ENDS HERE!

### TREK GALLERY



### Map



### What's Included

- ✓ ACCOMMODATION IN KATHMANDU : sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis
- ✓ AIRPORT PICK-UP & DROP : Airport - Hotel transfer – Airport (Pick Up and Drop).
- ✓ WELCOME DINNER : One Welcome Dinner in a tourist standard restaurant in Kathmandu with office's Staff.
- ✓ Permits : All necessary paper works: Trekking Permit including MCAP and special permit, TIMS Card & conservation entry fee
- ✓ STAFF INSURANCE : Insurance for all involved Nepalese staff during the trek.
- ✓ MAP: Trekking map of the trek
- ✓ MEMBER TRANSPORTATION : Land Transportation Kathmandu
- ✓ MEMBER LUGGAGE: Up to 15 Kg per member for personal baggage during the trek carried by porters.
- ✓ FOODS & LODGING : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- ✓ DRINKS : 2 liters of boiled water to carry on thermos per day per member.
- ✓ Guide : Government licensed Guide (English speaking) during the trek and sight-seeing in Kathmandu valley.
- ✓ PORTER : Porters (2 trekkers: 1 porter) during the trek.
- ✓ STAFF SALARY & ALLOWANCE : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ MEDICAL KIT : Comprehensive Medical kit.

Meals on treks only: Breakfast, Lunch , Dinner.

## **✗ What's Not Included**

- ✖ NEPAL VISA FEES : Nepali Visa fee is US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120).)
- ✖ LUNCH & DINNER : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- ✖ EXTRA NIGHTS IN KATHMANDU : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- ✖ INSURANCE : Travel and high altitude insurance, accident, medical & emergency evacuation.
- ✖ RESCUE EVACUATION : Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- ✖ PERSONAL EXPENSES: Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- ✖ PERSONAL EQUIPMENT : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- ✖ TOILETRIES : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- ✖ FILMING : Special Filming, Camera, and Drone permit fee.
- ✖ INTERNET SERVICE : Internet facility during the trek is not included.
- ✖ EXTRA PORTER : \$35 USD for an extra porter per day (If an extra porter is demanded).
- ✖ TIPS : Tips for Guide, porters, and staff.
- ✖ EXTRA : Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

## **❓ Frequently Asked question**

**CAN I BOOK ON MY OWN ?**



**WHAT IS FOOD LIKE AT TREK ?**



**CAN I STORE MY LUGGAGE SOMEWHERE ?**



— Download Pdf Itinerary [Download](#)

## **⌚ Cancellation Policy**

- More than 30-days prior to departure - 50% refund.
- In Between 15-30-days prior to departure - 25% refund.
- Less than 15-days prior to departure - No Refund.

## **NOTE ↗**

- All our adventures take place in wild places. Things can go wrong in wild places. Your perfectly planned itinerary may change a bit (or a lot) if the weather turns, someone gets hurt, or a landslide takes place. Usually though, changes make it all the better.
- Please be sure of the risks included in the adventure
- You should be medically fit to do the trek. Please consult your doctor to check if you are fit for the trek.
- Please don't litter on the trek Consumption of alcohol or any other intoxicant is not allowed

## **Related Treks**



#### ADDRESS

THE TRIPPY FROG  
MAKALBARI , KATHMANDU  
NEPAL ( ZIP - 44600 )

#### ADVENTURE

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