

TREKKING & HIKING

Manaslu Base Camp Trek

‘an adventure in the heart of world’s 8th highest Mt. Manaslu’



Overview

ACTIVITY REGION

MANASLU, GORKHA
DISTRICT, NEPAL
(RESTRICTED AREA)

HIGHEST POINT

LARKYA LA PASS
(5,160M/16,930FT)

TOTAL DURATION

15 DAYS

TREKKING DURATION

11 DAYS ON THE TRAIL

BEST SEASON

MARCH TO MAY AND
SEPTEMBER TO
NOVEMBER

ACCOMODATION

3 NIGHTS IN A 3-STAR
KATHMANDU HOTEL,
12 NIGHTS TWIN
SHARING IN LODGES
ON THE ROUTE

MEALS

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

PERMITS REQUIRED

ONE LICENSED GUIDE.
RESTRICTED AREA
PERMIT, MCAP AND
ACAP INCLUDED.

DURATION

16 DAYS, 15 NIGHTS

GRADE

HARD

FROM

USD 1,260

The Manaslu Base Camp Trek takes you to the foot of the world's 8th highest mountain, then over the Larkya La Pass. This guided trek starts and ends in Kathmandu and runs through the restricted Manaslu region.

What Is the Manaslu Base Camp Trek?

The Manaslu Base Camp Trek is a 16-day guided trek in Nepal's restricted Manaslu region. You walk up the Budhi Gandaki valley to Samagaon, hike to Manaslu Base Camp, then cross the 5,106 m Larkya La Pass. It is a strenuous trek for fit walkers. The best seasons are March to May and September to November.

Mount Manaslu stands at 8,163 m in Gorkha district. Long ago this valley was a trade route between Nepal and Tibet. Today you walk past mani walls, chortens and gompas, and you see the north side of the mountain up close.

Most Manaslu treks treat the base camp as a side hike from Samagaon, not a separate trek. This itinerary builds it in, so you see the base camp and still finish the full loop over the pass.

You start in Kathmandu and drive to Machha Khola, where the Budhi Gandaki river becomes your guide for the first week. You walk up the valley through farms and forest, enter the restricted area at Jagat, and reach Samagaon at 3,530 m. You stay three nights there. One is for rest, and one is before and after your hike to Manaslu Base Camp. Then you climb on to Samdo and Dharamsala, cross the Larkya La Pass, and drop into the Marsyangdi valley. The trek ends at Dharapani, and a long drive takes you back to Kathmandu.

It is a lodge-to-lodge trek. You do not carry a tent or cook your own food. Your guide handles the permits, the lodges and the pace each day, and you walk with a light daypack.

How the Landscape Changes

This trek climbs through several worlds in two weeks. The lower valley is warm and green, with terraced fields of millet and barley and patches of sub-tropical forest. Higher up, pine, fir and rhododendron forest takes over. Past Lho the trees thin out, and above Samagaon you walk through shrubs, yak pastures and open, windy ground. Near base camp the land turns to moraine, glacier and rock. After the pass, the green returns on the Bhimthang side, with forest and meadows below the snow peaks.

The mountain views build slowly. You see Ganesh Himal and Manaslu from the lower trail. From Namrung you look at the north face of Manaslu. From Samagaon you see Manaslu and Sringi Himal. On the pass you look out across the Annapurna range and peaks such as Himlung, Cheo Himal and Kang Guru.

Culture and Villages on the Trail

Below Jagat you meet a mix of Hindu and Buddhist villages. Above it the culture is strongly Tibetan Buddhist. You pass long mani walls with carved prayer stones, whitewashed chortens, prayer flags and small monasteries. Walk on the left of a mani wall, as locals do, and ask your guide about the customs.

Samagaon is the main village of the upper valley, and it is worth the time you spend there. You can visit its old monastery and walk to Pungyen Gompa. Samdo, the last village before the pass, has Tibetan-style houses and a quiet, remote feel. For centuries this valley was a trade route. Caravans carried goods between Nepal and Tibet, and the stories of that trade are still told in the villages.

Nature and Wildlife

Much of the route lies inside the Manaslu Conservation Area. The area is home to wildlife such as Himalayan blue sheep and, in the high country, snow leopards, although these are very rarely seen. You are more likely to see birds in the forest at first light, and yaks and herder camps higher up. Do not expect big animal sightings. Go for the mountains, the villages and the big days.

A Typical Day on the Trail

Days start early. You have breakfast at your lodge, pack your daypack and set off with your guide. You walk for about four to seven hours, with tea or snack stops in villages along the way. Lunch is at a lodge on the trail. You reach your next stop in the afternoon, so you have time to wash, rest and look around. Dinner is at the lodge, and most trekkers are in bed early. Your

guide checks how you feel each day and gives a short talk about the next day's walk.

The three exceptions are Day 8, which is longer, Day 10, which is the base camp hike, and Day 13, the pass day. On the pass day you start before dawn and walk about eight hours.

Is the Base Camp Hike Worth It?

Yes, for most people. From Samagaon you only see the upper part of Manaslu. The hike takes you much closer, beside Birendra Tal and across moraine to the glacier below the mountain. The trail is rougher and quieter than the main route, because mostly mountaineers use it. The hike is also good for your body, because you climb high and then come back down to sleep.

It is not a mountaineering camp full of tents and flags. The base camp here is a wild place of rock and ice. Go for the view and the feeling of being at the foot of an 8,000 m mountain.

Who This Trek Suits

- **Fit walkers** who are happy with long days, steep trail and cold nights.
- **Trekkers who want quiet trails** and village life more than big-name crowds.
- **People with some experience.** A previous multi-day trek at altitude helps. It is not a must.
- **Anyone who wants a full loop** with a high pass, not an out-and-back walk.

It may not suit you if you want a short, easy holiday or hotel comfort every night. It is also not right if you have heart, lung or knee problems that your doctor has not cleared for high altitude.

What Makes This Trek Different

- Base camp and the Larkya La Pass in one itinerary.
- Three nights at Samagaon, with a full acclimatisation day.
- One licensed guide, and the permits arranged and included.
- Small groups and a Kathmandu team that stays in touch while you trek.
- Twin-share lodges on the trail and a 3-star hotel in Kathmandu.

Before You Book

Plan at least these four things. First, pick your season, because autumn is busiest and winter and monsoon are hard. Second, start your fitness training two to three months before you fly. Third, buy travel insurance that covers trekking and helicopter evacuation. Fourth, check that your passport is valid for your whole trip and has space for a visa. Send us your dates, and we will tell you what is open.

Manaslu Base Camp Trek or Manaslu Circuit?

They are not two separate routes. Manaslu Base Camp is a day hike from Samagaon. The circuit is the full loop over the Larkya La Pass. This trip gives you both: the base camp hike on Day 10 and the pass crossing on Day 13. If you want the loop without the base camp hike, see our Manaslu Circuit Trek package.

Manaslu Base Camp Trek Route Overview

The trek follows the Budhi Gandaki river north into the high Manaslu valley. It then crosses the Larkya La Pass and drops into the Marsyangdi valley on the Annapurna side. Think of it in five stages. Each one feels different.

Stage 1: Kathmandu and the Drive In (Days 1 to 3)

You spend two nights in Kathmandu. Day 1 is arrival, a briefing and a welcome dinner. Day 2 is sightseeing at Durbar Square and Swayambhunath, plus a final gear check. On Day 3 you drive out of the valley, through Arughat and up the Buri Gandaki to Machha Khola. It is a long road day, and it is the last time you see a paved highway for a while.

Stage 2: The Lower Valley (Days 4 to 6)

You start walking in warm, green farm country. Rice terraces and waterfalls give way to forest, then to millet and barley fields. You stop at the Tatopani hot spring on Day 4. At Jagat you enter the restricted area, and your permits are checked at the trail checkpoints. Beyond Deng the villages turn strongly Buddhist. Namrung, at 2,630 m, is your first big view of Manaslu's north face.

Stage 3: Into the High Manaslu Valley (Days 7 and 8)

The valley narrows and climbs. You walk through pine and rhododendron forest to Lho Gaon, then on past yak herder camps to Samagaon at 3,530 m. This is the heart of the upper valley, known locally as Nubri. Manaslu and Sringi Himal fill the skyline. Expect cold mornings, wood smoke and prayer flags.

Stage 4: Acclimatisation and Base Camp (Days 9 and 10)

You spend three nights in Samagaon. Day 9 is for rest, with easy walks to Birendra Tal or Pungyen Gompa. Day 10 is the hike to Manaslu Base Camp, about 4,800 m, then back down to sleep. This gentle build-up is why the trek is safer than a straight push up the valley.

Stage 5: Samdo, the Pass and the Descent (Days 11 to 14)

From Samagaon the trees disappear. You walk to Samdo (3,865 m), then to Dharamsala (4,460 m), the highest sleep of the trip. On Day 13 you cross Larkya La at 5,106 m before dawn breaks, then descend a long way to Bhimthang. Day 14 follows the Marsyangdi valley down to Dharapani. Day 15 is the drive back to Kathmandu.

A Typical Day on the Manaslu Base Camp Trek

Trail days follow a simple rhythm. You wake early, pack your duffel and eat breakfast in the lodge. You walk for four to seven hours at an easy pace, with a lunch stop in a village on the way. You usually reach the next lodge in the afternoon. Then you drink tea, wash up, rest and eat dinner together in the dining room. Most people are asleep early, because the next day starts early too.

Your guide sets the pace and watches the group. On long days he may ask you to slow down. That is normal and it helps you at altitude. The exceptions are Day 13, when you leave before dawn for the pass, and Day 10, when you hike to base camp and return.

Culture, People and Wildlife on the Manaslu Trail

Above Jagat you walk through living Tibetan Buddhist communities. You pass long mani walls, white chortens and strings of prayer flags. Walk on the left of them, as locals do. There are monasteries to visit, including Pungyen Gompa above Samagaon, and Samdo is a village of Tibetan-style houses. Hindu and Buddhist traditions mix in the lower villages, and the mountain culture takes over higher up.

The route sits inside the Manaslu Conservation Area. It protects snow leopards, red pandas and Himalayan blue sheep, along with many birds. Sightings of the big animals are rare. In the lower forests of pine, rhododendron and bamboo you have a better chance of seeing birds, especially in the early morning.

Is the Manaslu Base Camp Trek Right for You?

A good fit if you	Think twice if you
Are fit and enjoy long walking days Want quieter trails and village life Have done a multi-day trek before Can train for two to three months Are happy with basic lodges and shared rooms	Have never hiked more than a day at a time Need hot showers and private bathrooms every night Have heart, lung or knee problems and have not seen a doctor Want to travel in winter or the monsoon without experience Have fewer than 16 days

Manaslu Base Camp Trek vs Everest Base Camp

Many trekkers weigh these two. Here is a quick side-by-side.

	Manaslu Base Camp Trek	Everest Base Camp Trek
Route shape	Loop over a high pass	Out and back
Base camp altitude	About 4,800 m	5,364 m
Highest point on the trek	Larkya La Pass, 5,106 m	Base camp, or Kala Patthar if you add it
Restricted area	Yes. Special permit and licensed guide needed.	No
Crowds	Fewer trekkers	Much busier
Culture	Tibetan Buddhist villages	Sherpa villages and monasteries

Manaslu Base Camp Trek Itinerary: 16 Days

Here is the plan at a glance. Altitudes are where you sleep. Times are walking or driving time and can change with weather and trail conditions.

Day	Route	Sleep	Altitude	Time
1	Arrive in Kathmandu	Hotel	1,350 m	Airport transfer
2	Kathmandu sightseeing and trek preparation	Hotel	1,350 m	Day tour

Day	Route	Sleep	Altitude	Time
3	Drive to Machha Khola	Lodge	930 m	Full day by road
4	Machha Khola to Jagat	Lodge	1,340 m	About 6 hours
5	Jagat to Pewa	Lodge	1,625 m	About 6 hours
6	Pewa to Namrung	Lodge	2,630 m	About 6 hours
7	Namrung to Lho Gaon	Lodge	2,957 m	About 4 hours
8	Lho Gaon to Samagaon	Lodge	3,530 m	About 7 hours
9	Acclimatisation day at Samagaon	Lodge	3,530 m	Optional day hikes
10	Hike to Manaslu Base Camp and back to Samagaon	Lodge	3,530 m (base camp about 4,800 m)	About 5 hours
11	Samagaon to Samdo	Lodge	3,865 m	About 4 hours
12	Samdo to Dharamsala (Larke Phedi)	Lodge	4,460 m	About 4 hours

Day	Route	Sleep	Altitude	Time
13	Cross Larkya La Pass (5,106 m) to Bhimthang	Lodge	3,700 m	About 8 hours
14	Bhimthang to Dharapani	Lodge	1,800 m	About 7 hours
15	Drive Dharapani to Kathmandu via Besisahar	Hotel	1,350 m	8 to 9 hours by road
16	Departure from Kathmandu	None	1,350 m	Airport transfer

Trip Highlights

- Hike to Manaslu Base Camp beneath the north side of Mount Manaslu (8,163 m).
- Walk beside Birendra Tal, a glacial lake on the way to base camp.
- Cross the Larkya La Pass, the boundary between Gorkha and Manang districts.
- Spend three nights at Samagaon, with a full day set aside for acclimatisation.
- Follow the Budhi Gandaki river through farms, forest and Tibetan Buddhist villages.
- Soak in the natural hot spring at Tatopani on Day 4.

Itinerary

DAYS	HIGHLIGHTS
------	------------

DAY 01	ARRIVAL IN KATHMANDU
--------	-----------------------------

Our team meets you at the airport and drives you to your hotel in the middle of the city. Rest after the flight. In the evening you meet your guide and the rest of the group for a trek briefing. We cover the route, the lodges and the food, and you can ask anything.

Dinner is a welcome meal at a Nepali restaurant.

Sleep: Kathmandu hotel | **Meals:** welcome dinner

DAY 02	TREKKING PREPARATION DAY AND SIGHTSEEING IN KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA
--------	---

After breakfast your guide takes you to Kathmandu Durbar Square. It is a UNESCO World Heritage Site with old palaces, temples and the home of the Kumari, the Living Goddess. Next you visit Swayambhunath Stupa on its hill, with views over the valley. Spend the rest of the day on final gear checks.

Sleep: Kathmandu hotel | **Meals:** breakfast

DAY 03 DRIVE FROM KATHMANDU TO MACHHA KHOLA

Today is a long drive. You leave the valley by car, jeep or bus, depending on group size. The road follows the main highway for a while, then turns north to Arughat. From there a dirt road follows the Buri Gandaki river upstream to Soti Khola and on to Machha Khola. The name means "fish stream". The lodge here is simple, and that is your first taste of trail life.

Sleep: Machha Khola lodge | **Meals:** breakfast, lunch, dinner

DAY 04 TREK TO JAGAT

The walk starts with small ups and downs along the river. You pass Tatopani, where a natural hot spring is a good reason to stop. Then you walk through Khola Besi and Dovan and climb to Jagat, a hill village where Hindu and Buddhist traditions meet. Take a short walk around the village if you have energy left.

Walk: about 6 hours | **Sleep:** Jagat lodge | **Meals:** breakfast, lunch, dinner

DAY 05 TREK TO PEWA

After Jagat you enter the restricted part of the Manaslu region. You climb, cross a bridge and walk through the farm villages of Nagjet and Philim. Then the trail enters shady forest and reaches Deng. Beyond Deng the culture turns strongly Buddhist. The day ends at the small village of Pewa.

Walk: about 6 hours | **Sleep:** Pewa lodge | **Meals:** breakfast, lunch, dinner

DAY 06 TREK TO NAMRUNG

You climb to a forested ridge of rhododendron, pine and fir. Then the trail drops to Bhi Bazaar by the river. After a break, you walk through terraced fields of millet and barley and arrive in Namrung. On a clear evening you get a good view of the north face of Manaslu and the peaks around it.

Walk: about 6 hours | **Sleep:** Namrung lodge | **Meals:** breakfast, lunch, dinner

DAY 07 TREK TO LHO-GAON

A short, scenic day. The trail climbs gently through pine and rhododendron forest high above the Buri Gandaki river. You pass a few summer camps used by cattle herders. Lho Gaon is a large, handsome village sitting under Manaslu, with green forest below and snow peaks above.

Walk: about 4 hours | **Sleep:** Lho Gaon lodge | **Meals:** breakfast, lunch, dinner

DAY 08 TREK TO SAMA-GAON

You head west on a steady uphill trail through farm villages and yak herder camps. The valley is walled in by cliffs and snow peaks. Manaslu and Sringi Himal stay in view for hours. You arrive in Samagaon, the main village of the upper valley and a good place to see Buddhist life up close.

Walk: about 7 hours | **Sleep:** Samagaon lodge | **Meals:** breakfast, lunch, dinner

DAY 09 ACCLIMATIZATION DAY AT SAMA-GAON

Do not skip this day. Your body needs it before the higher stops. Your guide offers easy options: a walk to Birendra Tal, a glacial lake with big views of Manaslu, a visit to Pungyen Gompa, or a stroll around the village and its old monastery. Keep it light and drink plenty of water.

Sleep: Samagaon lodge | **Meals:** breakfast, lunch, dinner

DAY 10 HIKE TO MANASLU BASE CAMP AND BACK TO SAMAGAON

This is the day the trek is named for. The trail climbs slowly toward base camp on a track that mostly mountaineers use. You pass the green waters of Birendra Tal and walk over moraine and glacier beneath Manaslu. The distance is not long, but thin, dry air slows everyone down. Take your time, rest often and enjoy the view. You return to Samagaon for the night.

Walk: about 5 hours | **Sleep:** Samagaon lodge | **Meals:** breakfast, lunch, dinner

DAY 11 TREK TO SAMDO

The trees fade out as the valley narrows and the land turns windy and open. Only shrubs grow here. Walk slowly, because every step gains height. Samdo is the last village before the pass, with Tibetan-style houses and a quiet feel. Spend the afternoon resting and looking around.

Walk: about 4 hours | **Sleep:** Samdo lodge | **Meals:** breakfast, lunch, dinner

DAY 12 **TREK TO LARKE PHEDI / DHARMASALA AS BASE CAMP FOR THE CLIMB**

A short walk to the highest night of the trek. Dharamsala sits at the foot of the Larkya La Pass, and it is a place of a few basic huts. In busy weeks it fills up, and some groups sleep in tents set up by the lodge owners. Long ago this was Larke Bazaar, a market where traders from Tibet and Manang met. Eat well, pack for the pass and sleep early.

Walk: about 4 hours | **Sleep:** Dharamsala lodge | **Meals:** breakfast, lunch, dinner

DAY 13 **TREK TO BHIMTHANG VIA LARKE-LA PASS**

This is the big day. You leave before dawn with a packed lunch and climb a rocky, gravelly slope above the lodge, then follow the moraine to the top. Prayer flags and a signpost mark the pass. On a clear day you see Manaslu and the Annapurna range, including Himlung, Cheo Himal and Kang Guru. The long descent crosses moraine and glacier to Tambuche, then drops to the green forest at Bhimthang.

Walk: about 8 hours | **Sleep:** Bhimthang lodge | **Meals:** breakfast, packed lunch, dinner

DAY 14 TREK TO DHARAPANI

Your legs will feel the long descent, but today is easier than yesterday. The path runs through forest with a few short ups and downs to Gho, then on to Tilje above the Marsyangdi river. After a bridge and a short climb you reach Dharapani, a village where the Manaslu and Annapurna routes meet. The lodges here have bigger menus, so enjoy your last night on the trail.

Walk: about 7 hours | **Sleep:** Dharapani lodge | **Meals:** breakfast, lunch, dinner

DAY 15 DRIVE FROM DHARAPANI TO KATHMANDU VIA BESISHAR

After breakfast you board a shared jeep or bus and drive down through Lamjung district. You stop briefly at Besisahar, then join the main Pokhara to Kathmandu highway at Dumre. The road winds uphill for more than four hours to reach the Kathmandu valley. You arrive at your hotel in the late afternoon or evening.

Drive: 8 to 9 hours | **Sleep:** Kathmandu hotel

**DAY 16 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMEWARD BOUND**

Our team takes you to the airport for your flight home. You say goodbye to your guide and the crew.

Meals: breakfast

Service INCLUDED

- Airport pick-up and drop-off by private vehicle
- 3 nights in a 3-star twin-share hotel in Kathmandu
- 12 nights twin-share in lodges on the trek
- Guided Kathmandu sightseeing with a private vehicle
- Jeep or bus from Kathmandu to the trailhead and back
- Breakfast, lunch and dinner on the trek, with tea or coffee at meals
- Restricted Area Permit, MCAP and ACAP
- One experienced licensed guide, with his food, lodging, salary, equipment and accident insurance
- Welcome dinner at a Nepali restaurant with a cultural show
- Four-season sleeping bag if you need one
- Company duffel bag, T-shirt and water bottle
- First-aid kit with essential medicines
- Local taxes

Service NOT INCLUDED

- International flights
- Nepal visa fee (you can get the visa on arrival at Tribhuvan International Airport)
- Lunch and dinner in Kathmandu
- Entrance fees for Kathmandu sights

- Drinks other than tea or coffee with meals
- Porter service (ask us for a quote)
- Private vehicle for the trailhead drives (available at extra cost)
- Personal travel and health insurance, including helicopter evacuation
- Tips for guide and staff
- Personal mountaineering gear
- Optional trips if you extend your stay
- Extra costs from flight delays, strikes, weather or other events outside our control

How Hard Is the Manaslu Base Camp Trek?

It is a strenuous trek. You do not need climbing skills, but you do need strong legs and good lungs. Here is what makes it tough:

- **Long days.** Most walking days are 4 to 7 hours. Day 8 is about 7 hours and the pass day is about 8 hours.
- **Altitude.** You sleep at 3,530 m or higher from Day 8 onward, and as high as 4,460 m.
- **An early start on pass day.** You leave Dharamsala before dawn. It is cold and windy near the top.
- **Steep trail.** The route climbs and drops along the Budhi Gandaki river, then crosses rocky moraine.

Start training two to three months before you fly. Build up with long hill walks, stair climbs and cardio. Carry a loaded daypack on your longer walks. If you have heart, lung or knee problems, talk to your doctor before you book.

Altitude and Acclimatisation on the Manaslu Base Camp Trek

Altitude is the main risk on this trek. The itinerary gives you time to adjust, but you still need to pay attention to how you feel.

Stop	Altitude	Nights	Why it matters
Samagaon	3,530 m	3	Rest day and base camp hike, then back to a lower bed
Samdo	3,865 m	1	A small step up before the highest night
Dharamsala	4,460 m	1	Highest sleep, right before the pass
Bhimthang	3,700 m	1	Good recovery after the pass

Hiking to base camp and sleeping back at Samagaon follows a common rule: climb high, sleep low. Common signs of altitude sickness are headache, nausea, dizziness and poor appetite. Tell your guide at once if you feel any of them. Do not climb higher with symptoms. If they get worse, go down. Ask your doctor in advance about medicine such as acetazolamide.

Why Trek Manaslu With Manaslu Circuit Treks

We are a government-licensed trekking company based in Thamel, Kathmandu, and a counterpart of Core Trek Pvt. Ltd. Our guides are local

and licensed, and they know the Manaslu route. We keep groups small. You can see what past trekkers say on our testimonials page, and learn how we work on Why book with us.

Questions about permits, fitness or dates? Message Nim Bhatta, our trek expert, on WhatsApp or call +977 9851179975.

Best Time for the Manaslu Base Camp Trek

Season	Months	What to expect
Autumn	September to November	Clear skies, stable weather and the best mountain views. It is the busiest season and the permit fee is higher.
Spring	March to May	Warmer valleys, rhododendrons in bloom and mostly dry trails.
Winter	December to February	Very cold. Snow and ice can make the pass dangerous, and some lodges reduce services. For experienced trekkers only.
Monsoon	June to August	Heavy rain, landslide risk on the lower trail, leeches and cloud that hides the peaks. We do not recommend it.

Manaslu Base Camp Trek Permits and Rules

Manaslu is a restricted area, so you cannot trek it on your own. A registered Nepali trekking agency must apply for your permits, and a licensed guide must walk with you. We arrange everything in Kathmandu before you start. The permit fees are included in your trek price.

Permit	What it covers	Official fee for reference
Manaslu Restricted Area Permit (RAP)	The restricted section of the route, from Jagat onward	September to November: USD 100 for the first 7 days, then USD 15 a day. December to August: USD 75 for the first 7 days, then USD 10 a day.
Manaslu Conservation Area Permit (MCAP)	The Manaslu Conservation Area	NPR 3,000 for most foreign visitors
Annapurna Conservation Area Permit (ACAP)	The last part of the route, from Dharapani, because the trek exits through the Annapurna Conservation Area	NPR 3,000 for most foreign visitors

Manaslu Base Camp Trek Packing List

You walk from warm river valleys to freezing nights at 4,460 m, so pack in layers.

Clothing

- Sturdy, broken-in hiking boots
- Trekking pants and long-sleeved shirts
- Thermal underwear and a fleece jacket
- Down jacket
- Rain jacket and rain pants
- Hat, gloves and a buff or scarf

Gear

- Backpack, 40 to 50 litres
- Sleeping bag rated to -15°C (we can supply one, just ask)
- Sleeping pad
- Trekking poles
- Headlamp, for the pre-dawn start on pass day
- Water bottle or hydration bladder
- First-aid kit, sunscreen and sunglasses
- Toiletries and a camera

Personal items

- Passport, and copies of your passport and visa

- Travel insurance documents
- Nepali rupees in cash for personal spending
- Personal medicines
- A book or cards for rest days

Accommodation & Meals

In Kathmandu you stay in a 3-star hotel. On the trail you sleep in simple lodges and teahouses, usually twin sharing. Rooms are basic, with beds and blankets. In busy weeks you may share more at Dharamsala before the pass. We serve three meals a day on the trek, with tea or coffee at mealtimes. Expect dal bhat, noodles, eggs and similar meals. Ask your guide to help with vegetarian choices.

Safety, Insurance and Support

- **Licensed guide.** One licensed guide walks with you the whole way and watches how you feel each day.
- **First-aid kit.** Your guide carries a kit with essential medicines.
- **Insurance is your job.** Buy a policy that covers trekking to at least 5,200 m and helicopter evacuation. It is not included in the trek price.
- **Support.** Our Kathmandu office is on call during your trek and helps coordinate an evacuation if one is needed.

FAQs

How long is the Manaslu Base Camp Trek?

This itinerary takes 16 days from arrival to departure in Kathmandu. You spend 11 days on the trail, from Machha Khola to Dharapani. That includes an acclimatisation day at Samagaon and the hike to Manaslu Base Camp.

How hard is the Manaslu Base Camp Trek?

It is a strenuous trek. Most days are 4 to 7 hours of walking, and the Larkya La Pass day is about 8 hours and starts before dawn. You sleep as high as 4,460 m at Dharamsala. A steady pace matters more than speed. Start training 2 to 3 months before you fly.

How high is Manaslu Base Camp?

Manaslu Base Camp is at roughly 4,800 m. Sources give slightly different figures, from about 4,700 m to 4,900 m. You hike up from Samagaon at 3,530 m and return to sleep there.

Do I need a guide and permits for the Manaslu Base Camp Trek?

Yes. Manaslu is a restricted area. You need a Restricted Area Permit, a Manaslu Conservation Area Permit and an Annapurna Conservation Area Permit, and a licensed guide must walk with you. A registered Nepali agency applies for the permits. We arrange them and they are included in the trek price.

Can I do the Manaslu Base Camp Trek solo?

You cannot trek without a licensed guide. In March 2026 Nepal's Department of Immigration reportedly removed the rule that two trekkers must apply together, so one person can now get the permit through a registered agency. Rules change, so we confirm the current position with you when you enquire.

When is the best time for the Manaslu Base Camp Trek?

March to May and September to November are the best months. Spring brings rhododendron blooms and stable weather. Autumn usually gives the clearest mountain views. Winter is very cold and the pass can be icy. The monsoon from June to August brings rain, leeches and cloud.

Is Manaslu Base Camp better than Everest Base Camp?

It depends on what you want. Manaslu is a restricted-area trek with fewer trekkers, quieter trails and Tibetan Buddhist villages. Everest Base Camp reaches a higher point and has more services. Manaslu also needs a guide and permits, and this itinerary includes a high pass crossing.

Are there electricity and Wi-Fi in the lodges?

Most lodges can charge devices for a fee, but power can be limited and rooms are basic. Wi-Fi and phone signal are patchy and often paid. Dharamsala before the pass is the most basic stop. Carry a power bank.

Do I need travel insurance?

Yes. Insurance is not included in the price. Choose a policy that covers trekking to at least 5,200 m and helicopter evacuation. Carry the policy details with you on the trail.

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

INFO@MANASLUCIRCUITTREKS.COM

WhatsApp: [+9779851179975](https://wa.me/9779851179975)

Phone: [+977 9851179975](tel:+9779851179975)

Website: manaslucircuittreks.com