



Manaslu basecamp trek to samagaun itinerary

Day 1

Drive to Soti Khola

- Altitude – 930 meters
- Special – Scenic view of surrounding
- Time – 8 hours drive
- Activity – Travelling in bus/jeep

Follow the stream Budhi Gandaki toward its starting place. We cross the village of Morder and Simre to arrive at Arkhat stream. After Arkhat we rise gradually toward Kyoropani. Camp today close to the confluence of Seti stream – an optimal spot to take bath.

Day 2

Trek to Khorlabesi

- Altitude – 710 meters
- Special – View of diverse landscapes
- Time – 6/7 hours
- Activity – Trekking

Today you will trek from Sotikhola to Khorlabesi. 6/7 hours of walk will take you to Khorlabesi. From the trail to Khorlabesi, you will get the view of diverse landscapes.

Day 3

Khorlabensi to Jagat

- Altitude – 1340 meters
- Special – Budi Gandaki river
- Time – 7 hours
- Activity – Walking by the side of Budigandaki river

The guide will lead you on a path that takes you to Tatopani and its well known natural aquifers. From that point you will climb to Dovan lastly Jagat, the entry to the Manaslu conservation region.

Day 4

Jagat to Nyak

- Altitude – 1530 meters
- Special – Exploring jagat village
- Time – 4/5 hours
- Activity – Trekking along the river



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

Email: nepalgramofficial@gmail.com | mail@nepalgram.com

We will climb up to the Suspension span from Jagat and to Salleri. The fragment interfacing Jagat to Nyak is generally flat and gives you incredible perspectives on the Siringi Himal (7161 m). Yet again crossing the Gandaki River from Sirdibas we will walk about an hour to arrive at the Philim Village. We will take our mid-day break here and proceed with our walk to Nayapul (new extension) by means of Eklebhatti. Picking the left way from Nayapul we will walk towards to Nyak.

Day 5

Nyak to Namrung

- Altitude – 2540 meters
- Special – View of beautiful surrounding
- Time – 5/6 hours
- Activity – Trekking

5/6 hours of walk from Nyak will take you to Namrung. While heading towards Namrung you will get the view of beautiful surrounding.

Day 6

Namrung to Lho

- Altitude – 3180 meters
- Special – View of mountains and exploration of villages
- Time – 4 hours
- Activity – Walking along the river and passing through numerous villages

The all out distance you should cover from Namrung to Lho is 11 kilometers. The course includes crossing the Budhi Gandaki stream and walking along the woodland, waterways and villages. It will almost take you something like 4 hours to arrive at the enormous village of Lho.

Day 7

Lho to Shyala and side trip to Pungen Monastery

- Altitude – 3290 meters
- Special – View of Mt. Manaslu and side trip to Pungen Monastery
- Time – 5/6 hours
- Activity – Trekking

After breakfast the path leads us from new Gomba and afterward climbs to the charming Tibetan settlement to the Shayla with astounding mountain displays. The trips across the exemplary elevated leads us Pung Gyan Gomba. The mountain view is astonishing during day climb.



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Day 8

Shyala to Samagaun & side trip to Samdo village and overnight at Samagaun

- Altitude – 3500 meters
- Special – Samagaun and Pungen Gompa
- Time – 5/6 hours
- Activity – Trekking

Today is short walk day with wonderful mountains landscape. We walk across the snow capped trail which leads us through fields to the 500 years of age settlement Sama Gaon, or Ro, with remarkable engineering wooden two religious communities. Take the afternoon to climb up to the old Gomba settlement above town, and to meander the roads of the interesting Sama Gaon town. There is Wi-Fi service available at large portion of the tea house at Sama Gaun and whole Manaslu trip.

Day 9

Samagaun to Manaslu base camp & back to Samagaun

- Altitude – 5200/3500 meters
- Special – Manaslu base camp
- Time – 7/9 hours
- Activity – Trekking

We have a rest day in Sama Gaon to investigate/explore the town and monastries – a little piece of old Tibet. This is likewise an additional multi day on the off chance that anybody is experiencing difficulty adapting in high altitude. An extraordinary journey take your walk towards Manaslu Base Camp (4400m) where we'll have dazzling perspectives on the lake, ice sheet and valley. En route to MBC you will appreciate wonderful peaceful Birendra Lake. During mid September to October at pre-winter and spring there are a few endeavor bunches/climbing team at MBC.

Day 10

Trek down to Ghaap

- Altitude – 2156 meters
- Special – scenic view of surrounding
- Time – 5/6 hours
- Activity – Trekking

Walking with the scenic view of surrounding will take you to Ghaap. It takes around 5/6 hours to reach to Ghaap from Samagaun.

Day 11

Ghaap to Jagat



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Email: nepalgramofficial@gmail.com | mail@nepalgram.com

- Altitude – 1340 meters
- Special – Greenery view all around
- Time – 6/7 hours
- Activity – walking through the forest of pine and rhododendron

Today you will head towards to Jagat. Around 6/7 hours of walk from Ghap will take you back to Jagat. During you walk you can see the greenery view around. You will be walking through the pine and rhododendron forest to reach to Jagat.

Day 12

Jagat to Soti Khola

- Altitude – 930 meters
- Special – Scenic view of surrounding
- Time – 7/8 hours
- Activity – Walking on the bank of river

Today, after having breakfast you will walk towards to Sotikhola. You will walk on the bank of the river to reach to sotikhola. 7/8 hours of walk from Jagat will take you back to Soti Khola.

Day 13

Drive back to Kathmandu

- Altitude – 1380 meters
- Special – Scenic view of surrounding
- Time – 7/8 hours
- Activity – Travelling in bus

7/8 hour of scenic drive from Soti Khola will take you back to Kathmandu. Your trip ends here.



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