



Detail Itinerary

Day 1

Arrive at Kathmandu

30 min Drive

Hotel/Resort

Just as it was planned, we'll receive you on this day at the airport. Our officials will be waiting for you at the arrival right about the time. Without fiddling around, they'll greet and drive you to the hotel where you can loosen up. You can stay in your bed for as long as you want or take a tour of the city, it's up to you to make the call. But either way, you'll be joining us for dinner in the evening.

Meals: BB Plan + Welcome Dinner.

Day 2

Sightseeing at Kathmandu and climbing preparations

Hotel/Resort

It's the second day of your Manaslu Expedition and what better way to kick off the trip than take a tour of Kathmandu. Hence, we'll pay a visit to some of the city's most amazing places that carry importance including world heritage sites.

You can have a squint at the national museum which has a fine collection of portraits, exhibition halls, and art galleries. In the evening, we'll have a brief conversation regarding the trek and also do a little paperwork.

Meals: BB Plan

Day 3

Drive to Soti Khola

9-10 hrs Drive

Lodge

Maximum Altitude: 712 meters

Drive Distance: 138.6 km

Drive Duration: 9-10 hours



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It's time to leave the valley and officially start our trek. So, after having breakfast, we'll drive our way to Soti Khola via Prithvi Highway. Since the path is weaved, it'll take us between 9 to 10 hours to reach the village. It's an exhausting journey but rewarding as well.

Throughout the course, we have got an impressive view of green pastures and stunning hills to accompany on the side of the route. Soti Khola is the portal to the Manaslu expedition and is nestled at the north of Arughat.

Meals: Complete meals (B, L, D) Breakfast and Lunch Plus Dinner

Day 4

Trek to Machha Khola

5-6 hrs Trek

Lodge

Maximum Altitude: 883 meters

Trek Distance: 14.1 km

Trek Duration: 5-6 hours

Our journey from Soti Khola begins by crossing the bridge over the Budi Gandaki River and crawling over rocks. After coming at a certain point, we'll climb down the river and take a steep trail cram-full of rocks.

As we move towards Labishe, a small Gurung village, there's a slight increase in elevation which comes to notice. After trekking a few miles from the scenic hamlet, we'll finally make it to Machha Khola which is our final stop for the day.

Meals: Complete meals (B, L, D)

Day 5

Trek to Jagat

5-6 hrs Trek

Lodge

Maximum Altitude: 1,415 meters



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Trek Distance: 22.2 km

Trek Duration: 5-6 hours

Since the trek isn't too long, we can take gentle steps at the start of the trek and catch the speed later. Leaving Machha Khola, our trail walks alongside the bank of Budi Gandaki before going up and downs over several ridges.

The path from the valley drops to wide making it easy to follow up till Jagat. It's a gorgeous town in the Lamjung district which has an incredible view to offer. Rising above the trough, Jagat provides intrepid visitors a soothing scenery of high cliffs, exquisite mountains, and waterfalls.

Meals: Complete meals (B, L, D)

Day 6

Trek to Deng

6-7 hrs Trek

Lodge

Maximum Altitude: 1,804 meters

Trek Distance: 21 km

Trek Duration: 6-7 hours

After breakfast, we'll revert to the trail that proceeds Setibas from where the bare path unfurls fascinating mani walls. With the flavor of Tibetan culture, we'll head to the stone-built houses of Ghatta Khola.

From there, we'll walk our way to Philim before descending the slopes with verdure. The path ahead crosses the Budi Gandaki River and slowly scrambles through bamboo forests before arriving at Deng. The influence of the Gurung culture is evident in and around the village with Tibetan monasteries and prayer flags.

Meals: Complete meals (B, L, D)

Day 7

Trek to Namrung



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6-7 hrs. Trek

Lodge

Maximum Altitude: 2,670 meters

Trek Distance: 19.4 km

Trek Duration: 6-7 hours

After rising to the fine morning of Deng and having a meal, we'll follow the path that has a series of twists and turns. After arriving at Ghap, a small settlement with a couple of stone houses and mani walls, we'll advance to Namrung.

The trail is too long from here but indulgent with stunning landscapes and bamboo forests. After making it through the woods filled with rhododendron, we'll climb the trail en route to Namrung. To get access to the village, we have to come through a police check post. As for the night, we'll stay at a teahouse.

Meals: Complete meals (B, L, D)

Day 8

Trek to Samagaun

5-6 hrs Trek

Lodge

Maximum Altitude: 3,541 meters

Trek Distance: 21 km

Trek Duration: 5-6 hours

On the 8th day of the Manaslu expedition, we'll hike up to Samagaun. Since the trek gains an elevation of 871 meters, we'll start early and take a slow and steady walk. After leaving the village, our trail passes a cascading waterfall after coming across the village of Barchham.



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From here, we ascend uphill to the village of Lihi and again plummet to Hinan river. Passing the village of Sho, the trail heads through Numla river, an area with the heartwarming view of lush meadows, shimmering Manaslu, and Himal Chuli.

Navigating the flat trail through green pastures and terrain for almost 5-6 hours, we'll finally reach Samagaon. Overnight stay at the teahouse.

Meals: Complete meals (B, L, D)

Day 9 Acclimatization at Samagaun Lodge

As the altitude above Samagaun rises by 900 meters, acclimatization makes complete sense. Hence, we'll let you take a day off to adjust to the elevation above and prevent altitude sickness. To make the day worthwhile, we'll rove through the village and drop by Pung Gyan Gumba.

It's a historic landmark located underneath the face of Manaslu on the eastern side. As an alternative, you can also hike up to Bhimtang Lake's viewpoint or take a few other treks before going back to the village. Overnight stay at Samagaun.

Meals: Complete meals (B, L, D)

Day 10 Trek to Manaslu Base Camp 3-4 hrs Trek

Tented Camp

Maximum Altitude: 4,400 meters

Trek Distance:

Trek Duration: 3-4 hours

After the much-needed break at Samagaun, it's time to get real and start walking the trail that's sharply inclined moving above glacial moraine. The trail ahead passes through Birendra Kund which is a tranquil lake perched at the foot of a glacier.



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The still water of the lake provides a spectacular reflection of Manaslu and its northern icefall to the visitors passing by. The trail ahead is steep and tiring so we'll go slow, as well as have a break to retrieve energy.

Upon reaching the base camp, we'll meet our Sherpa crewmate who'll guide us to the mountain from here on. They'll look after all the preparations, be it setting up the camp or making food. Overnight stay at the camp.

Meals: Complete meals (B, L, D)

Day 11

Day 11-35: Climbing period of Mt. Manaslu, descend to base camp

25 days climbing toward Mt. Manaslu

Tented Camp

The big day we all have been waiting for this whole time is finally here. On this day, we'll take our major first step of ascending Mt. Manaslu and practice climbing the snowy trails. To help us out on the trek and make it convenient, our Sherpa crew members will do all the hard work.

From putting camps at higher altitudes to creating anchors and tying a rope, they'll do all the stuff. They'll also look after your meal and preparations to take on the mountain. After proper acclimatization at the camp, our trail climbs upright over rocks and boulders.

Following the lead of our guide, we'll trek to camp 1 through snow slopes and spend the following day climbing an ice cliff which is completely inclined. It requires lots of physical strength and stability to ascend this section of the trail so we'll walk steadily despite the falling temperature.

After climbing the steepest icefall and crevasse, we'll reach the acme from where you can spot surrounding mountains including Ganesh Himal and Manaslu north. It's hazardous staying too long on the mountain, so we'll descend to the base camp soon after the sightseeing, following the same track as before.

Meals: Complete meals (B, L, D)

Day 12

Day 36: Trek to Samagaon

3-4 hrs Trek



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Lodge

Maximum Altitude: 3,520 meters

Trek Distance: 9.8 km

Trek Duration: 3-4 hours

After the successful ascent to the mountain, we'll climb our way down to the campsite. Walking out of here, we follow the trail heading to the glacial moraine. Catching the speed of light, we'll retrace the steps back to Samagaon. The view along the way is of course, overwhelming but even the village offers quite a surreal view of Manaslu, Mount Himalchuli, and Naike Peak.

Meals: Complete meals (B, L, D)

Day 13

Day 37: Trek to Samdo

3-4 hrs Trek

Lodge

Maximum Altitude: 3,872 meters

Trek Distance: 8.1 km

Trek Duration: 3-4 hours

The route to Samdo is a movable feast with an unparalleled view of Manaslu and enchanting hills. As we forge ahead from Samagaon, the trail moves on north beside Budhi Gandaki river. It then runs through the ranch of Khormo Kharka which displays a jaw-dropping vista of nearby snow-capped mountains and mani wall.

The alley doesn't stop here and climbs off the mountainside for an hour. Subsequently, it descends to the river and passes the bridge before making a short climb to Samdo. Like every other village in the Himalayas, Samdo is incredibly gorgeous with ancient Tibetan monasteries and inlay of wilderness.

Meals: Complete meals (B, L, D)



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Day 14

Day 38: Trek to Larkya Phedi

5-6 hrs Trek

Lodge

Maximum Altitude: 4,494 meters

Trek Distance: 12.45 km

Trek Duration: 5-6 hours

After breakfast, we flee Samdo and climb down the trail before crossing the bridge over Gyala river. Next, it ascends to Larkya Bazaar passing a series of mani stones with lovely carvings and symbolic coloring.

The trail continues to scramble uphill aside to the north face of Manaslu. Trekking along with the amazing views of meadowlands and forest for about 6 hours, we'll eventually get to Larkya Phedi. There are lots of newly constructed houses in this area so we have a nice lodge to stay for the night.

Meals: Complete meals (B, L, D)

Day 15

Day 39: Trek to Bimtang via Larka La Pass

8-9 hrs Trek

Lodge

Maximum Altitude: 3,720 meters

Trek Distance: 24.7 km

Trek Duration: 8-9 hours

The journey from Larkya Phedi to Bimtang starts off with a gentle climb over a ridge, finishing off to the moraine. We'll follow the steep trail up to the crest of Larkya La Pass from where you can catch the sight of Menjung, Kang Guru, and Gyagi Kang.



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Once the sightseeing is done, we'll climb down the trail through ice sheets and snow-covered terrain. After the exhausting walk of so long, we'll take an easy stroll to Bimtang. Overnight stay at the teahouse.

Meals: Complete meals (B, L, D)

Day 16

Day 40: Trek to Dharapani

7-8 hrs Trek

Lodge

Maximum Altitude: 2,006 meters

Trek Distance: 24 km

Trek Duration: 7-8 hours

It's been over a month since we've been on the Manaslu expedition and finally, it seems the trek is coming to an end. Today we'll walk up to Dharapani from Bimtang which takes around 7 to 8 hours.

From Bimtang, we'll climb down the path through lush green forests of pine and rhododendron to Hampuk. Tracing the routes downhill, we'll reach Dudh Khola where the trail splits and gets extremely strenuous.

As of here, the path walks down the cliff that's heavily affected by landslides and to the disordered village of Kharche. Our footpath descends from Kharche making it easy to walk to the remote village of Tilije. Lastly, we'll cross the suspension bridge on top of the Marsyangdi river to meet Dharapani which is also our terminal for the day.

Meals: Complete meals (B, L, D)

Day 17

Day 41: Trek to Syange

5-6 hrs Trek

Lodge

Maximum Altitude: 1,194 meters



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Trek Distance: 21.7 km

Trek Duration: 5-6 hours

It's another day of Manaslu Expedition with a relentless trail that puts an end to Syange. It takes nearly 6 hours to reach the village so we'll start walking straight away after having breakfast. As the trail leads the way to Dharapani, we'll ascend the hill and walk far from the Marsyangdi river.

Following the flat-floored valley, the route moves forward to a small village called Tal. Placed on the bottom of a pouring waterfall, Tal offers an amazing view. To reach Syange, we'll pass Chyamje before crossing the river and walk through the forest filled with pine and rhododendron.

After hiking peaks and valleys for about 5-6 hours, we'll ultimately get to Syange. In the downtime, we'll explore the village and take a glance of the mesmerizing waterfall nearby. We'll spend the night in a teahouse at Syange.

Meals: Complete meals (B, L, D)

Day 18

Day 42: Drive back to Kathmandu

8-9 hrs Drive

Hotel/Resort

Maximum Altitude: 1,400 meters

Drive Distance: 200.7 km

Drive Duration: 8-9 hours

After more than one and a half months on the Manaslu expedition, we're finally done with all the trekking. Now, it's time for us to bid goodbye to the beautiful Syange and head back to Kathmandu. We'll take a scenic drive of 124 miles to the valley via Prithvi Highway. The path offers an enticing view of green hills, beautiful mountains, spectacular waterfalls, and hamlets.

Meals: BB Plan



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Day 19

Day 43: Leisure day in Kathmandu

Hotel/Resort

Previously, you didn't get to see enough of Kathmandu so this time we'll let you explore the city, go shopping, and buy souvenirs for your close ones. Thamel is one of the most playful spots with so many things to do. You can dine your favorite cuisine at some of the city's best restaurants, watch music concerts, visit galleries and also walk the sparkling streets of Thamel.

Meals: BB Plan + Farewell Dinner

Day 20

Day 44: Final Departure

It's your last day in this beautiful city of Nepal. Today, you'll be returning back to your country so our officials will see you off at the airport. They will drive you to TIA and guarantee that you have an easy flight home.

Meals: Breakfast



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