

Manaslu: Where Culture Meets the Mountains

Kathmandu to Kathmandu 14 days price.....

The Manaslu Trek is a spectacular journey through pristine Himalayan landscapes, away from the busier trails of Everest and Annapurna. It combines dramatic mountain views, peaceful trails, untouched nature, and the rich Tibetan-influenced culture of remote Himalayan villages. Perfect for trekkers seeking tranquility, adventure, authentic culture, and breathtaking wilderness.

Day 1 Kathmandu

Arrive in Kathmandu and receive a warm traditional welcome from our trekking team. Transfer to your hotel and settle in. Later, enjoy an evening walk through the lively streets of Thamel, Kathmandu's vibrant tourist hub, filled with colorful shops, local culture, cafés, and a fascinating mix of traditions from around the world.

Accommodation: 3-star hotel

Day 2 Kathmandu/Bouddhanath and Pashupatinath Valley Tour

After breakfast, we'll explore the historic city of **Bhaktapur**, also known as Bhadgaon or Khwopa in the Newari language. Once the royal capital of the Kathmandu Valley, Bhaktapur is renowned for its beautifully preserved temples, traditional Newari architecture, ancient courtyards, and vibrant cultural heritage. With its largely pedestrian-friendly streets, wandering through the old city is a peaceful and fascinating experience.

We'll then visit **Bouddhanath Stupa**, one of Nepal's most iconic Buddhist landmarks. The magnificent white dome and golden pinnacle create a serene atmosphere, while prayer flags, spinning prayer wheels, and pilgrims bring the sacred site to life.

Our final visit will be **Pashupatinath Temple**, Nepal's most revered Hindu pilgrimage site, situated on the banks of the sacred Bagmati River. The temple complex is an important spiritual and cultural center, offering a memorable glimpse into Nepal's living religious traditions.

Breakfast

Kathmandu - Bhaktapur/Bouddhanath and Pashupatinath

Accommodation: 3-star hotel

Day 3 – Kathmandu to Maccha Khola | Gateway to the Manaslu Wilderness

After breakfast, we'll leave Kathmandu behind and begin our scenic journey toward **Maccha Khola**, following winding mountain roads through lush hills, terraced farmland, traditional villages, and dramatic river valleys. As we travel deeper into the countryside, the landscape gradually transforms from bustling urban life to the peaceful, rugged beauty of rural Nepal.

The drive offers wonderful glimpses of authentic village life and the ever-changing Himalayan scenery. By afternoon, we'll reach **Maccha Khola**, a charming riverside settlement and the gateway to the Manaslu trekking region. Here, we'll settle into our accommodation, enjoy the tranquil surroundings, and prepare for the trekking adventure ahead.

Breakfast

Accommodation: teahouse

Day 4 – Maccha Khola to Jagat | Into the Himalayan Trail

After breakfast, we begin our trek from **Maccha Khola to Jagat**, following scenic trails along the Budhi Gandaki River. The route winds through lush forests, terraced fields, charming mountain villages, and dramatic river landscapes. After around **7 hours of walking**, we reach **Jagat (1,340m)**, a traditional Himalayan settlement and the official gateway to the Manaslu Conservation Area.

Breakfast

Accommodation: teahouse

After breakfast, continue deeper into the spectacular **Budhi Gandaki Valley**, passing through lush forests, riverside trails, and traditional villages. The trail leads through **Philim**, offering a glimpse into authentic Himalayan life and local culture. After around **7 hours of trekking**, arrive at **Deng (1,860 m)** for a peaceful mountain evening.

Breakfast

Accommodation: teahouse

Day 5 Jagat – Deng

After a rest and a night in Jagat, we continue our trek. The trek leads deep into the Budhi Gandaki River valley. We'll pass several small villages, such as Philim, where we can observe the Nepalese way of life. The day will take us about seven hours of walking, and we'll stop for the night in Deng, which is located at an altitude of 1,860 meters above sea level.

Day 6: Deng → Namrung

Enjoy a scenic ascent through the heart of the Manaslu region, with spectacular views of **Himalchuli, Shringi, Ngadi Chuli, and Manaslu**. After around **7 hours of trekking**, arrive at the charming mountain village of **Namrung (2,630 m)**, surrounded by dramatic Himalayan landscapes.

Breakfast

Accommodation: teahouse

Day 7: Namrung → Samagaon

Trek through the spectacular upper Manaslu Valley, passing the traditional village of **Lho Gaon** and enjoying panoramic Himalayan views. After **6–7 hours of scenic trekking**, arrive at **Samagaon (3,530 m)**, a beautiful high-altitude settlement surrounded by majestic peaks.

Breakfast

Accommodation: Teahouse

Jagat - Deng - Namrung - Samagaon

Day 8: Samagaon – Acclimatization & Punggyen Gompa

A serene acclimatization day in **Samagaon**, featuring a scenic excursion to **Punggyen Gompa**. Perched dramatically above the valley, the monastery offers magnificent Himalayan vistas and a meaningful glimpse into **Tibetan Buddhist traditions and local mountain culture**.

Breakfast

Accommodation: teahouse

Day 9: Samagaon → Samdo

Ascend through the dramatic upper Manaslu landscape, following scenic trails across alpine terrain and rugged mountain paths. After **4–5 hours of trekking**, reach the remote Tibetan-influenced village of **Samdo (3,860 m)**, where a warm tea-house stay awaits.

Breakfast

Accommodation: teahouse

Day 10: Samdo → Larke Phedi

Ascend into the high alpine wilderness, following rugged trails across dramatic Himalayan terrain with breathtaking views of snow-covered peaks. After a challenging **4–5-hour trek**, reach **Larke Phedi (Dharamshala, 4,460 m)**, the final overnight stop before crossing the legendary Larke La Pass.

Breakfast

Accommodation: teahouse

Samagaon - Samdo - Larke Phedi

Day 11: Larke Phedi → Bimthang via Larke La Pass

A spectacular high-altitude crossing over **Larke La Pass (5,160 m)**, traversing rugged trails, snowfields, and glacial landscapes. After **9–10 hours of challenging trekking**, descend to **Bimthang (3,720 m)**, rewarded with unforgettable panoramic views of the Manaslu Himalayas.

Breakfast

Accommodation: teahouse

Day 12: Bimthang → Tilje

Descend through the scenic **Dudh Khola Valley**, where alpine landscapes gradually give way to lush forests and traditional mountain villages. After **5–6 hours of trekking**, arrive at **Tilje (2,300 m)**, a charming settlement rich in Himalayan character.

Breakfast

Accommodation: teahouse

Day 13: Tilje → Besisahar → Kathmandu

Conclude your Manaslu adventure with a scenic journey from **Tilje to Besisahar**, bidding farewell to the spectacular Himalayan trails. Continue by road to **Kathmandu**, where you'll check into your hotel and unwind after an unforgettable mountain experience.

Breakfast

Larke Phedi - Bimthang - Tilje

Tilje - Besi Sahar - Kathmandu

Accommodation: 3-star hotel

Day 14 Kathmandu. Departure day

transfer to Tribhuvan International Airport for your onward flight, carrying with your unforgettable moments, breathtaking mountain views, and the spirit of Nepal.

Breakfast

includes:

- Hotel accommodation with breakfast in Kathmandu
- Accommodation in mountain guesthouses such as Tea House
- Meals during trekking/city area: Breakfast
- Care of an experienced Nepalese guide
- Luggage transport by porters
- Transfers and travel
- Entrance tickets to visited facilities
- Trekking permits

Exclusions – Not Included in the Package

- International airfare and airport taxes
- Nepal entry visa and travel insurance
- Personal expenses such as laundry, shopping, and souvenirs
- Meals and beverages not specifically mentioned in the itinerary
- Alcoholic and bottled beverages
- Personal trekking or travel equipment
- Extra accommodation or meals caused by delays, flight cancellations, or itinerary changes
- Emergency evacuation and rescue costs
- Tips and gratuities for guides, drivers, porters, and local staff
- Additional transportation outside the scheduled itinerary
- Any services or expenses not specifically mentioned under **“Inclusions”**

- Costs arising from unforeseen circumstances, natural disasters, strikes, or government restrictions