

Manaslu Base Camp Trek

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Manaslu Base Camp Trek

URL: <https://ascendhikes.com/package/manaslu-base-camp-trek-2026-2027/>

Trip Code

MB- 2026

Activity

Trekking

Duration

16

Max. Altitude

5106m, Larke La

Activity Per Day

5-9 hours

Group Size

2 - 14

Accommodation

Guest house

Destination

Nepal

Start / End Point

Kathmandu to Kathmandu

Region

Manaslu Region Treks

Best Season

Spring & Autumn

Per Person From

USD 1,199

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

BLD

Breakfast, Lunch and Dinner

Overview of Manaslu Base camp Trek

The Manaslu base camp trek is the part of Manaslu circuit trek, one of the most untouched mountain regions with offering natural beauties, rich influence Tibetan culture, and high-altitude mountain adventure. Towering world's 8th highest peak Mt. Manaslu is just front of you with exploring Manaslu region without crowd is one of the best trekking destinations in Nepal.

Manaslu trekking is for those trekkers who seeking challenging adventure dream destination away from the crowds with basic accommodations and food. Lodge to lodge trek, exploring the remote villages with warm Himalayan hospitality and raw beauties of mountain communities.

Side trip on Manaslu circuit trek:

There are many side trips during the Manaslu Base camp trails, here is some major side hikes on the way to Manaslu circuit trek:

- **Kal Tal:** Beautiful a day side trek from Prok village
- **Lho monastery:** Top of the Lho village, an hour trip
- **Pungyen Monastery:** Best side hikes from Shyala village
- **Birendra Lake:** 2 hours side hike from Sama - Gau
- **Manaslu Base camp:** 6-7 hours hike from Sama Gau
- **Samdo Peak:** Best hike and acclimatization from Samdo village
- **Tibet border:** A day hike to Tibet border from Samdo.

The Best time for Manaslu Base Camp Trek

What is the best time for Manaslu Base camp trek?

To complete with wonderful experience of Manaslu Base camp trekking, **Spring (March - May)** and **autumn (September - November)** is the best time. Normally this season the weather is stable and clear with beautiful views.

Difficulty of Manaslu base camp Trek

Manaslu base camp trek normally start from Machhakhola - jagat - Samagau- Larke -La, and ending at Tilje route about 142km walking distance, 12-14 days and every day 5-9 hours walking trek categorize moderate to challenging over Larke-La 5106m.

Manaslu Base Camp Trek permits

Special permit	Sep.- Nov. For a week	USD 100/-
	Beyond a week, per day extra	USD 15/-

Special permit	Dec. - Aug.	USD 75/-
	Beyond a week, per day extra.	USD 10/-
MCAP	All the season	NRP. 3000/-
ACAP	All the season	NRP. 3000/-
Local government fees	Each enter to the restricted area	NRP. 1000/-



Cost for Manaslu Base Camp Trek

The cost calculates normally this way. Here explaining all in detail where you can make an idea for the trekking cost.

Services:	Cost in USD
Kathmandu hotel	5 - 150/-
Ktm to Machhakhola sharing bus	15 - 20/-
Kathmandu to Machhakhola pvt Jeep	220 - 275/-
Food and accommodations on trek/day	35 - 40/-
Hire Jeep from Tilje to Besisahar	120 - 175/-
Sharing jeep from Tilje to Besisahar	35 - 45/-
Porter cost per day	20 - 22/-
Guide cost per day	30 - 35/-
Porter guide cost per day	25 - 30/-
Sharing jeep/ Micro / bus Besisahar to ktm.	10 - 25/-
Hire car/ jeep from Besisahar to ktm.	150 - 200/-

Manaslu Base Camp Trek Detailed Itinerary

Manaslu Circuit Trek Itinerary (16 Days)

The Manaslu Base Camp Trek is one of the best off-the-beaten-path adventures, circling the world's 8th highest mountain, Mount Manaslu (8,163m) in Nepal.

Day 01: Arrival in Trivuvan International Airport and Transfer to Hotel, (1300M).

Arrival in **Trivuvan International Airport** and Transfer to Hotel

Drive Distance

6-7 km

Drive Duration

1 hour

Highest Altitude:

1400m

Meals:

B

Accommodation:

Hotel

Day 02: Drive to Machha Khola (879 M) 9 - 11 Hours.

- **Altitude:** 879m, Machhakhola.
- **Time duration:** 9 - 11 hours drive.
- **Elevation loss:** 421m, with Kathmandu.
- **Difficulty level:** Easy driving.
- **Distance:** 173km, driving.
- **Food and Drinks:** Dal-Bhat for lunch & choice dinner.
- **Accommodations:** Basic lodge in Machhakhola.

Drive Distance

173km

Drive Duration

9-11 hours

Highest Altitude:

879m

Meals:

Dal-Bhat for lunch & choice dinner.

Accommodation:

Basic lodge in Machhakhola.

Day 03: Trek to Jagat (1340 M) 6-7 Hours.

- **Altitude:** 1340m, Jagat village.

- **Time duration:** 6-7 hours.
- **Elevation gain:** 420m,
- **Difficulty level:** Easy but long walking.
- **Food and Drinks:** choose from Menu card.
- **Accommodations:** Basic lodge.
- **Distance:** 22km, walking to Jagat.

Trek Distance:

22Km

Trek Duration

6-7 hours

Highest Altitude:

1340m

Meals:

Choice from Menu card

Accommodation:

Basic Lodge

Day 04: Trek to Dyang (1860 M) 6-7 Hours.

- **Altitude:** 1860m, Dyang village.
- **Time duration:** 6-7 hours walking.
- **Trekking distance:** 20 - 21km.
- **Elevation gain:** 420m,
- **Difficulty level:** Easy trails but long.
- **Food:** choice from the menu card.
- **Accommodations:** Basic tea house.

Trek Distance:

20-21km

Trek Duration

6-7 hours

Highest Altitude:

1860m

Meals:

Choice Meal from the Menu

Accommodation:

Basic Tea House

Day 05: Trek to Namrung (2630 M) 7-8 Hours.

- **Altitude:** 2630m, Namrung.
- **Time duration:** 6-7 hours.
- **Trekking distance:** 19km.
- **Elevation gain:** 790m.
- **Difficulty level:** Moderate.
- **Food:** Basic choosing from the menu.

- **Accommodations:** Basic tea house.

Trek Distance:

19km

Trek Duration

6-7 hours

Meals:

Basic choosing from the menu

Accommodation:

Basic tea house

Day 06: Hike to Shyala (3500 M) 7-8 hours.

- **Altitude:** 3500m, Shyala village.
- **Time duration:** 5- 6 hours.
- **Trekking distance:** 14km.
- **Elevation gain:** 870m.
- **Difficulty level:** Moderate.
- **Food:** Basic choice from Menu card.
- **Accommodations:** Basic Tea-house.

Trek Distance:

14km

Trek Duration

7-8 hours

Highest Altitude:

3500m

Meals:

Choose from Menu

Accommodation:

Basic Tea House

Day 07: Trek to Sama Gaun (3500 M) via Pung gyen Monastery (4300 M).

- **Altitude:** 3500m Sama-gaun.
- **Time duration:** 5-7 hours via Pungyen.
- **Trekking distance:** 14km via Pungyen monastery.
- **Elevation gain:** 4300m Pungyen, but sleep at 3500m.
- **Difficulty level:** Challenging hike to Pungyen.
- **Food:** pack lunch and chose dinner.
- **Accommodations:** comfortable tea house.

Trek Distance:

14km

Trek Duration

5-7 hours

Highest Altitude:

3500m

Meals:

Pack Lunch and Choose Dinner

Accommodation:

Comfortable Tea House

Day 08: Hike to Manaslu Base Camp (4400 M) and Birendra Lake.

- **Time duration:** 6-8 hours Base camp hike.
- **Hike distance:** 16km round trip.
- **Elevation gain:** 900m.
- **Difficulty level:** Challenging ascent Base camp.
- **Food:** pack lunch.
- **Accommodations:** comfortable guest house.

Trek Distance:

16km Round Trip

Trek Duration

6-8 hours

Highest Altitude:

4400m

Meals:

Pack Lunch

Accommodation:

Comfortable Guest House

Day 09: Trek to Samdo (3875 M) 4 hours.

- **Altitude:** 3875m, Samdo village.
- **Time duration:** 3-4 hours.
- **Trails distance:** 8km.
- **Elevation gain:** 375m.
- **Difficulty level:** Easy trails and short.
- **Food:** choice from Menu.
- **Accommodations:** Basic Tea - House.

Trek Distance:

8km

Trek Duration

3-4 hours

Highest Altitude:

3875m

Meals:

Choice from Menu

Accommodation:

Basic Tea - House

Day 10: Trek to Dharmashala (4400 M) 4.5 hours.

- **Altitude:** 4400m, Dharmashala.
- **Time duration:** 4-5 hours.
- **Trails distance:** 8.5km.
- **Elevation gain:** 525m.
- **Difficulty level:** Altitude challenging.
- **Food:** Basic food.
- **Accommodations:** Basic huts and tent.

Trek Distance:

8.5 km

Trek Duration

4.5 hours

Highest Altitude:

4400m

Meals:

Basic Food

Accommodation:

Basic huts and tent

Day 11: Trek over Larke- La (5160 M) to Bhimthang (3750 M) 9-10 hours.

- **Altitude:** 3750m, Bhimthang via Larke-La.
- **Time duration:** 8-10 hours.
- **Trekking distance:** 17km.
- **Elevation gain:** 700m ascend and 1570m descend.
- **Difficulty level:** most challenging day.
- **Food:** pack lunch and chose menu at dinner.
- **Accommodations:** comfortable teahouse.

Trek Distance:

17km

Trek Duration

8-10 hours

Highest Altitude:

3750m

Meals:

Pack Lunch and Choose Menu at dinner

Accommodation:

Comfortable Tea House

Day 12: Trek to Goa (2515 m) 7 hours.

- **Altitude:** 2515m, Goa village.
- **Time duration:** 6hours.
- **Trip distance:** 14km.

- **Elevation loss:** 1235m Descending.
- **Difficulty level:** easy way to Goa.
- **Food:** Choose from the Menu.
- **Accommodations:** Comfortable tea house.

Trek Distance:

14km

Trek Duration

7 hours

Highest Altitude:

2515m

Meals:

Choose from the Menu

Accommodation:

Comfortable Tea House

Day 13: Trek to Tilje and Drive to Besisahar 6-7 hours.

- **Altitude:** 760m, Besisahar.
- **Time duration:** 7-8 hours altogether.
- **Distance:** 5-7km from Goa to Tilje walk and about 73km from Tilje to Besisahar off-road drive.
- **Elevation descent:** 1755m.
- **Difficulty level:** Moderate.
- **Food:** Basic Dal-Bhat lunch and order dinner from Menu.
- **Accommodations:** comfortable lodge.

Trek Distance:

5-7km

Trek Duration

6-7 hours

Meals:

Basic Dal-Bhat lunch and order dinner from Menu

Accommodation:

Comfortable Lodge

Day 14: Drive back to Kathmandu 6-7 hours.

- **Time duration:** 6-7 hours drive.
- **Road distance:** 175km.
- **Difficulty level:** easy smooth road trip.

Trek Distance:

175km

Trek Duration

6-7 hours

Meals:

BL

Accommodation:

Hotel

Day 15: Final Departure

After all complete your Manaslu Base camp trek, our team will manage you to drop Trivuvan international airport for your journey back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and Nepalese cultures. Namaste and we wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Day :

Manaslu Base Camp Trek cost Includes

Here's a clear breakdown of what the **Manaslu Base Camp Trek cost typically includes,**

- 1. Airport Pick up and drop.**
- 2. All the accommodation and meal (3 times a day with one main course) during the trek.**
- 3. All the official expenses and paperwork.**
- 4. All the Transportations to Machhakhola and back from Dharapani and Besisahar to Kathmandu.**
- 5. Government license holder Ascend Hikes Experience English Speaking Guide.**
- 6. A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- 7. All the Government Taxes.**
- 8. All the Insurance of Guide and Porters.**
- 9. Farwell dinner in Kathmandu.**

Manaslu Base Camp Trek cost Exclude

Costs *Not Included* in Manaslu Base Camp Trek Packages,

- 1. Travel Insurance and Entry visa fees.**
- 2. International Flight tickets.**
- 3. All trekking gear and other expenses.**
- 4. Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- 5. All the accommodation and food before and after Trekking.**
- 6. Excess Baggage charge.**
- 7. Personal expenses: wi-fi, Battery charge etc...**
- 8. Staff tips**
- 9. All other things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,499
3 - 4	USD 1,299
4 - 5	USD 1,199
5 - 6	USD 1,150
6+	USD 1,099

Manaslu Base Camp Trek - Essential Information

Here's a complete guide with essential information for the Manaslu Base Camp Trek

Manaslu Base camp Trek Tips

What to pack for Manaslu base camp trek?

Here are the must necessities equipment recommended to pack for the trekking to Manaslu Base camp trek.

Travel Documents to carry.

Valid Passport (in case some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear.

- **Sun Cap:** to protect sun burn during the day trip.
- **Warm Hat:** need for the high altitude to avoid cold.
- **Neck Gaiter (Scarf):** protect your neck to keep warm.

- **Head lamps: remote** area, most needed.

Footwear.

- **Normal Socks (3-4Pairs)**
- **Warm Socks (2-3Pairs)**
- **Trekking Shoes: comfortable** to hikes/ Trekking.
- **Sports Shoes: for** the evening.

Eye care.

- **Sunglasses: important** to protect your eye.
- **Eye drop: better** to have one sometimes need it.

Hand Wear.

- **Thin Fleece glove a pair: keep** your hand warm.
- **Wind Stopper glove a pair: useful** for day
- **Walking Stick: it** helps a lot on the trekking while walking ups and down.

Bag Packs.

- **Day Bag Maximum** 35L for during the day hike.
- **Duffle Bag** 40 L -60 L waterproof would be better.

Toilet and daily used things.

- **Hand sanitizer: to** clean your hand.
- **Toilet Paper and Wet Tissue**, it needed.
- **Toothbrush: it** is daily used things.
- **Soap and Shampoos:** you need every day in the mountain.
- **Towel: important** to have one.

Budy Weare.

- Thermal Top Base Layer (2-3 pieces).
- **Fleece Jacket** (1 Piece).
- **Gore Tex/ windproof Jacket** (1 Piece).
- **Warm Jacket** (1Piece).
- **Insulated Down Jacket** (1 Piece).
- **Cotton T-Shirt** (2-4 Pieces).
- **T-shirt - Sport- quick dry and breathable** (2-3/2-3Pieces).

Lower part of Body wear.

- **Thermal Layer** (2Pieces)
- **Fleece Trouser** (2pieces)
- **Light Trekking Pant** (2-3pieces)
- **Quick dry Trekking Pants** (2-3Pairs)

- **Half pants** (2 Piece)
- **Under Wear** (3-4pieces)

Miscellaneous.

- **Pocket Knife (Swiss):** travelling knife is must important.
- **Umbrella / Raincoat:** if it is rain would be useful.
- **Nail Cutter:** in the mountain most useful.
- **Altimeter Watch:** to discover altitude.
- **Power Bank:** in the remote area, must needed,
- **Camera:** your future memories.
- **Water Drinking bottle.**
- **Sleeping Bags**

Useful Information for Manaslu Base Camp Trek

Here is the main useful information for complete Manaslu Base camp trek.

Travel Insurance

The Manaslu Base camp treks are challenging trekking trails so, compulsory need travel insurance with covering high altitude sickness and rescue service.

Altitude sickness and precaution

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There is no boundary, who will get altitude sickness. Anyone - any time can get altitude symptoms. It's depending on how you can adjust the environment.

How to know getting altitude sickness?

- Some major symptoms of Altitude sickness.
- Less apatite and tiredness.
- Short breath and can't sleep at night.
- Headache and dizziness
- Vomiting and whole-body cold.

How to prevention altitude sickness?

Some step to avoid altitude sickness in Nepal Himalaya.

Walk slowly where you are above 3500 meters altitude around Samagaun - Samdo - Dharmashala, area.

- Drink enough water (3-4 litters) recommend.
- Stop drinking alcohol and smoke.

- Eat plenty and hygienic food, instead of junk food.
- Don't sleep at daytime.
- Pack a Diamox for the emergency case.
- Walk high and sleep at low elevation.

Don't underestimate with altitude sickness, it may take your life.

Manaslu base camp trek weather information

Spring season (March to May)

Spring is the best season to go trekking in Manaslu circuit, because of the present temperature, stable weather with great views, clear blue skies, blooming rhododendron and other wildflowers.

The temperature is during the day 5° to 15° degree Celsius in Samagaun and at the night drop down 0° to -5° degree Celsius. Which means it is pleasant temperature during the season.

That's why in the spring season is the best season for Manaslu circuits trek in Nepal. We are offering a trek in this season for your pleasant journey in Himalaya.

Monsoon Season (June to August)

This is the season for heavy raining. If the weather is stable, then more chance to flooding, Land sliding, muddy path is making your journey risk in this season. But sometimes weather change, as usually this season is not really enjoyable and not comfortable trekking for this area. This time better to for Upper Mustang trek is the best and Dolpo.

The temperature is 10° to 20° degree during the daytime, but most of the time always cloudy heavy raining this time. If you are thinking trekking in monsoon for Manaslu, it is a bit risky and unsafe. We recommend you go Mustang and Dolpo trek in this season is the best idea.

Autumn Season (September to November)

In the Manaslu route **autumn (September to November)** experience is the best trekking season, with stable weather and moderate temperatures. Here's you expecting:

Weather condition in autumn in Manaslu region:

Clear blue skies are the perfect time to see the mountains views. Mild days and cooler nights are the best comfortable for trekking. Low precipitation is the rare chance of rain and heavy snowfall, its mean that is the right time for your adventure. The forest turns into the golden and red makes a colorful landscape.

The temperature:

in Sama Gaun, 5° to 15° degree Celsius and at the night drop down 0° to -5° degree Celsius which means a best temperature what you are looking for. At higher elevation like, (Larke Pass), the temperatures can be drop down freezing, at night. But during the day, the temperature is usually comfortable for trekking

with proper gear. Keep in mind this is the best for trekking season. Book now your adventure with us.

Winter Season (December to February):

The weather in winter in the Manaslu circuit is challenging but because of clear skies great scenery and less crowds comparing in autumn and spring season. Here are some weather facts during the winter season in Manaslu area.

Temperature in Manaslu base camp trek

In the lower elevation (700m to 2600m) Machhakhola to Namrung range the temperature increase around 5°C to 14°C during the day and at the night dropping to -7°C.

In the mid-range the elevation 2600m to 3800m (above Namrung village to Samdo village) temperature increase during the daytime is -5°C to 12°C and at the night -9° or colder.

In the high elevation above 3800 m, (Dharmashala and Larke-la) during the daytime the temperature about -5°C to -19°C and at the night more than -25°C. And chili cold.

In the winter trekking to Manaslu Base camp trek are clear skies provide excellence views. Ice and dry weather make difficulty in the pass. Sometimes heavy snowfalls. Enjoying the less touristic time make your journey beautiful but extreme cold weather, Dharmashala will be closed the huts, sometimes heavy snowfall closed the way to pass would be the top challenging in the winter trek to Manaslu base camp and circuits trek.

If you are planning to trek Manaslu base camp trek in winter season, think about proper gear, flexible itinerary, and proper weather forecast regularly. There is guide even we are strongly recommended to take porters for your safety.

Mountain ranges from Manaslu base camp trek

The Manaslu circuit trek take you into the Himalayan region and offers views of long mountain ranges along the trails. Here are some major mountains list on the Manaslu region trek.

- **Manaslu 8,163m the world's 8th highest.**
- **Nike Peak 6210m, near Samagaun.**
- **Larke peak 6249m, near Larke-La.**
- **Himalchuli 7893m, best views from Shyala.**
- **Ngadi Chuli 7871m, nice views along the way.**
- **Ganesh Himal ranges seen from Namrung & lhi.**
- **Shiringi Himal 7161m, along the way.**
- **Baudha Himal**
- **Cheo Himalayan range.**
- **Sonam Peak and many other peaks.**

Flora and fauna.

The Manaslu base camp trek offering different rich in biodiversity with verity of flora and fauna protecting from Manaslu conservation area project. Here are some main flora and fauna listing are explaining.

Flora: Sal tree, pine tree, rhododendron, and oak trees are in the low elevation and alpine bushes like juniper, Himalayan herbs are the main flora found in Manaslu trek.

Fauna: blue sheep, Himalayan Thar, snow leopard, blue sheep, Langurs, musk deer, and different more than 100 species of birds found.

Conclusion:

Spring (March to May) and autumn (September to November) are offering wonderful views of the mountains, beautiful landscape and best to exploring rich culture with suitable temperature and stable clear weather to complete Manaslu circuit trek and make it memorable in lifetime.

Booking and enquiry:

Ascend Hikes Pvt Limited organizing wonderful safe way Trekking | Tour | Travel and Ticketing.

To Booking and enquiry through Ascend Hikes, here is our contact details, feel free to enquiry, we are always available in:

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