Manaslu Heritage Trail

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**11 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3200m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,475 per person**

Trip overview

The Manaslu Heritage Trail is a remote and culturally immersive Himalayan journey that explores the traditional villages surrounding Mount Manaslu. It combines rich Tibetan-influenced culture, untouched mountain landscapes, and peaceful trekking routes far from the crowded Everest and Annapurna regions.

This trek is ideal for travelers seeking an authentic Himalayan experience with moderate difficulty, offering close views of Mount Manaslu (8,163m), Ganesh Himal, and surrounding peaks while passing through ancient villages, monasteries, and sacred landscapes.

The route typically follows the lower Manaslu region and culturally significant settlements such as Barpak, Laprak, Philim, and surrounding Gurung and Tibetan-influenced villages, depending on the itinerary variation.

Geography and Landscape

The Manaslu Heritage Trail lies in north-central Nepal within the Manaslu Conservation Area, a region known for its dramatic mountain scenery and cultural preservation.

The journey begins in the lower hills of Gorkha district, where terraced farmlands, river valleys, and traditional villages dominate the landscape. As the trail progresses, it gradually ascends into forested hills filled with rhododendron, oak, and pine forests.

Higher sections of the trek offer panoramic views of Manaslu, Himalchuli, Ngadi Chuli, and Ganesh Himal, along with deep river gorges carved by the Budhi Gandaki River system.

Unlike the high Manaslu Circuit, the heritage trail stays in lower elevations, making it more accessible while still offering dramatic Himalayan scenery and cultural depth. Trails often pass suspension bridges, waterfalls, hillside villages, and ancient trade routes once used for salt and wool exchange between Nepal and Tibet.

Climate and Best Time to Trek

The best seasons for the Manaslu Heritage Trail are spring (March–May) and autumn (September–November), when weather conditions are stable and mountain visibility is at its best.

Spring brings blooming rhododendron forests, green hills, and comfortable temperatures, while autumn offers crisp air, dry trails, and crystal-clear Himalayan views.

Winter (December–February) is colder but still suitable for lower-altitude trekking, with quieter trails and clear skies. Monsoon season (June–August) is less ideal due to heavy rainfall, slippery trails, and occasional landslides.

Overall, autumn is the most recommended season for optimal visibility and trekking comfort.

People and Culture

The Manaslu region is home to a rich mix of Gurung, Tibetan-influenced Buddhist, and Magar communities, each with deep cultural traditions and mountain heritage.

Villages along the trail showcase traditional stone houses, prayer flags, mani walls, and ancient monasteries that reflect strong Himalayan Buddhist influence. In some areas, pre-Buddhist Bon traditions are also present, adding cultural diversity.

Local life is centered around agriculture, yak herding, trade, and monastery-based spiritual practice. Festivals, rituals, and daily prayers are an important part of community life.

Trekkers experience authentic hospitality through homestays and teahouses, offering traditional food, cultural storytelling, and close interaction with local families.

The Manaslu Heritage Trail is considered one of Nepal's most culturally rich and less-explored trekking experiences, combining mountain scenery, spiritual heritage, and untouched rural life in one journey.

Highlights

- Views of Manaslu, Himalchuli, and Ganesh Himal
- Visit Barpak, symbol of resilience after the 2015 earthquake
- Stay in Laprak Gurung village with traditional rebuilt homes
- Explore Sirandanda eco-homestay village
- Cross Singa La Pass (3,200m) with Himalayan views
- Authentic community homestay cultural experience
- Trek through a quiet, less-touristed Himalayan region

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be greeted by a representative and transferred to your hotel in Kathmandu. After check-in, you'll attend a short trek briefing with your guide, covering safety, culture, and packing tips.If time allows, you can explore nearby landmarks such as Boudhanath Stupa or the bustling streets of Thamel.

Day 2 : Trek Permit Preparation in Kathmandu (1,400m)

Altitude: 1,400m - 1,400m

Walk: 4–6 hrs preparation · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast

This day is fully dedicated to trek preparation and permit arrangements for the Manaslu Heritage Trail. Required permits are processed, documents are verified, and logistics are finalized. Your guide also checks all trekking gear including boots, clothing layers, backpack, and essential equipment. Final briefing is conducted covering route details, safety protocols, and altitude awareness.

Day 3 : Drive to Gorkha – Continue to Sirandanda (1,900m)

Altitude: 1,400m - 1,900m

Walk: 6–7 hrs driving · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today you begin your journey to the Manaslu region with a scenic drive from Kathmandu to Gorkha, the historic capital of King Prithvi Narayan Shah. After a short break in Gorkha, continue uphill to Sirandanda, a peaceful ridge-top village with panoramic views of Manaslu and Ganesh Himal.

Day 4 : Trek to Barpak (1,915m)

Altitude: 1,900m - 1,915m

Walk: 4–5 hrs walking · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Trek through terraced hillsides, pine forests, and scenic ridges to Barpak, a large Gurung village rebuilt after the 2015 earthquake. Explore the village and experience local hospitality and culture.

Day 5 : Trek to Laprak (2,100m)

Altitude: 1,915m - 2,100m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A mix of ascents and descents through ridgelines leads to Laprak, a traditional Gurung settlement rich in Tibetan Buddhist culture and mountain views including Himalchuli and Buddha Himal.

Day 6 : Trek to Nambai Kharka (3,000m approx.)

Altitude: 2,100m - 3,000m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail enters remote pastureland used by yak and sheep herders. Nambai Kharka offers a peaceful wilderness camping experience surrounded by open alpine landscapes.

Day 7 : Cross Singa La Pass – Trek to Dharche Danda (3,200m)

Altitude: 3,000m - 3,200m

Walk: 6–7 hrs walking · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Cross Singa La Pass with spectacular views of Manaslu, Ganesh Himal, Langtang, and Annapurna ranges. Descend to Dharche Danda, a spiritually significant ridge known for prayer flags and sunrise views.

Day 8 : Trek to Uhiya (2,200m approx.)

Altitude: 3,200m - 2,200m

Walk: 4–5 hrs walking · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Descend to Uhiya, a hidden Gurung village with Tibetan cultural influence. Experience local farming life, weaving traditions, and warm hospitality.

Day 9 : Trek & Drive via Soti Khola to Gorkha (1,400m)

Altitude: 2,200m - 1,400m

Walk: 1 hr walking + 6–7 hrs driving · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Short trek to meet your vehicle, then drive along the Budhi Gandaki valley via Soti Khola to Gorkha Bazaar. Visit historical Gorkha Durbar if time permits.

Day 10 : Return to Kathmandu (1,400m)

Visit: Nepal · Meals: Breakfast Lunch Dinner

Altitude: 1,400m - 1,400m

Trek Duration: 6–7 hrs driving

Drive back to Kathmandu through rivers, terraced hills, and rural towns. Evening at leisure or farewell dinner with your guide.

Day 11 : Final Departure

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight. Your Manaslu Heritage Trail journey ends with lasting mountain and cultural memories.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Trek Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 3 · Drive to Gorkha – Continue to Sirandanda · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek to Barpak · 1,900 m · day 18°C / night 8°C
- Day 5 · Trek to Laprak · 1,915 m · day 18°C / night 8°C
- Day 6 · Trek to Nambai Kharka · 2,100 m · day 17°C / night 7°C
- Day 7 · Cross Singa La Pass – Trek to Dharche Danda · 3,000 m · day 13°C / night 1°C
- Day 8 · Trek to Uhiya · 3,200 m · day 12°C / night 0°C
- Day 9 · Trek & Drive via Soti Khola to Gorkha · 2,200 m · day 17°C / night 6°C
- Day 10 · Return to Kathmandu · 1,400 m · day 21°C / night 12°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Manaslu restricted Area (Special Permit) permits.
- Annapurna Conservation Area Project (ACAP) permits.

- Manaslu Conservation Area Project (MCAP) Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 12 Mar 2027 · USD 1,475 · Available
- 16 Mar 2027 – 26 Mar 2027 · USD 1,475 · Available
- 06 Apr 2027 – 16 Apr 2027 · USD 1,475 · Available
- 20 Apr 2027 – 30 Apr 2027 · USD 1,475 · Available
- 04 May 2027 – 14 May 2027 · USD 1,475 · Available

Best time to visit

Best months: March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is mainly in traditional teahouses and homestays throughout the Manaslu Heritage Trail.

Villages such as Barpak, Laprak, Philim, Jagat, Deng, Namrung, and Lho offer basic but comfortable lodging with twin-sharing rooms and shared bathroom facilities. In more remote sections, accommodation becomes simpler but remains sufficient for trekking needs.

Homestay experiences are a key highlight, offering authentic local hospitality and cultural interaction

with Gurung and Tibetan-influenced communities.

Meals

A full-board meal system (Breakfast, Lunch, Dinner) is available during the trek.

Meals are freshly prepared and energy-rich, suitable for multi-day trekking

Typical food includes:

- Dal Bhat (rice, lentils, vegetables)
- Tibetan bread and chapati
- Noodles, pasta, fried rice
- Potatoes, soups, and seasonal vegetables
- Eggs, pancakes, porridge
- Tea, coffee, and hot drinks

Food variety is better in lower villages and becomes simpler at higher altitudes.

Difficulty & Physical Requirements

The Manaslu Heritage Trail is classified as moderate, suitable for trekkers with reasonable fitness levels.

Daily walking: 5–7 hours

Gradual altitude gain with some steep ascents and descents

No extreme technical climbing required

However, longer trekking days and remote terrain require endurance and basic trekking experience.

Permits

Required permits include:

- Manaslu Conservation Area Permit (MCAP)
- Restricted Area Permit (RAP) (depending on route section)
- TIMS Card (Trekkers' Information Management System)

Permits are generally arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron bloom, clear views, pleasant weather
- Autumn (September–November): Best overall conditions and visibility
- Winter (December–February): Cold but clear and quiet trails
- Monsoon (June–August): Not recommended due to rain and landslides

Autumn is the most stable and recommended season.

Transportation & Access

The trek usually begins with a drive from Kathmandu to Gorkha region trailheads such as Barpak or Laprak.

The route explores lower Manaslu villages and cultural trails, often ending with a return drive back to

Kathmandu via Besisahar or Arughat.

Safety & Acclimatization

The Manaslu Heritage Trail is a moderate-altitude trek, but proper pacing is still important.

Key safety points:

- Gradual ascent through village-to-village trekking
- Hydration and steady walking pace
- Weather awareness in higher hill regions
- Basic altitude awareness above 3,000m

Professional guides assist with navigation, safety, and local coordination.

Travel Insurance

Recommended insurance should cover:

- Trekking up to at least 3,500–4,000m
- Emergency evacuation (helicopter if needed)
- Medical treatment and accidents
- Trip cancellation coverage

Additional information

Guide & Porter Services

Licensed guides are strongly recommended for:

- Navigation through remote trails
- Cultural interpretation
- Safety and logistics

Porters assist with luggage to make trekking more comfortable.

Cultural & Natural Highlights

The Manaslu Heritage Trail offers a rich mix of culture and nature:

- Traditional Gurung and Tibetan-influenced villages
- Ancient monasteries, chortens, and prayer flags
- Views of Manaslu, Ganesh Himal, Himalchuli, Ngadi Chuli
- Terraced farmland, forests, and river valleys
- Remote Himalayan lifestyle and homestays
- Less crowded and highly authentic trekking experience

Essential Equipment

Recommended gear:

- Trekking boots
- Layered clothing system
- Warm jacket (10°C to -10°C range)

- Waterproof jacket and pants
- Gloves, hat, buff, sunglasses
- Trekking poles
- Sleeping bag (moderate cold rating)
- Daypack (30–40L)
- Basic first aid kit

Communication & Connectivity

Mobile signal: Available in lower villages, limited in remote areas

Wi-Fi: Available in some teahouses (low reliability, extra cost)

Why Choose the Manaslu Heritage Trail?

- Authentic cultural trekking experience in rural Nepal
- Less crowded than Everest and Annapurna regions
- Beautiful mix of hills, rivers, forests, and mountain views
- Strong Gurung and Tibetan cultural heritage
- Ideal for moderate trekkers seeking a peaceful Himalayan journey
- Combines nature, culture, and village life in one route

Frequently asked questions

How difficult is the Manaslu Heritage Trail?

The Manaslu Heritage Trail is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Manaslu Heritage Trail?

For the Manaslu & Tsum Valley region the best months are March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What permits do I need for the Manaslu Heritage Trail?

You need the Manaslu Restricted Area Permit together with the Manaslu (MCAP) and Annapurna (ACAP) conservation permits. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Manaslu Heritage Trail?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Manaslu Heritage Trail as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Manaslu Heritage Trail?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Manaslu Heritage Trail?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/manaslu-heritage-trail/

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