Manaslu Heritage Trail

Itinerary & costs · 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**

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

Ready to book or have a question?

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

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com