DESTINATION: NEPAL

Manang *Tour*

6 Days

Kathmandu	Kathmandu	Best: Mar–May & Sep–Nov
Starts at	Ends at	Season

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Drive deep into the Annapurnas' hidden high valley by 4WD
- A full acclimatization day in Manang village (about 3,500 m)
- Turquoise Gangapurna Lake beneath its glacier
- The old cliff monastery at Braga
- Pine forests, apple country and the Marsyangdi gorge en route
- The Annapurna and Gangapurna peaks close overhead

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1 — Kathmandu to Bandipur

Drive from Kathmandu to the hilltop Newari town of Bandipur, with its car-free bazaar, carved wooden houses and mountain views. Check in and enjoy the evening in the old town. Travel time: ~5–6 hours by road Meals: Lunch, Dinner Overnight: Bandipur Accommodation: Hotel

DAY 2 — Bandipur to Chame

Drive by private 4WD up the Marsyangdi valley to Chame (~2,670 m), the district headquarters of Manang, as the landscape climbs from farmland into the high mountains. Meals: Breakfast, Lunch, Dinner Overnight: Chame Accommodation: Lodge Altitude: ~2,670 m

DAY 3 — Chame to Upper Pisang

Continue up the valley by 4WD toward Manang via Upper Pisang, a Tibetan-style village beneath Annapurna II, and overnight there to acclimatize gently to the altitude. Meals: Breakfast, Lunch, Dinner Overnight: Upper Pisang Accommodation: Lodge Altitude: ~3,300 m

DAY 4 — Upper Pisang to Manang - exploration

Short drive to Manang village (~3,540 m) and spend the day exploring - Gangapurna Lake and its glacier viewpoint, the old stone village and nearby monasteries - a valuable acclimatization day. Meals: Breakfast, Lunch, Dinner Activities: Gangapurna Lake, Manang village Overnight: Manang Accommodation: Lodge Altitude: ~3,540 m

DAY 5 — Back to Besisahar

Long, scenic drive back down the Marsyangdi valley by 4WD to Besisahar, the trailhead town at the foot of the Annapurnas. Meals: Breakfast, Lunch, Dinner Overnight: Besisahar Accommodation: Lodge

DAY 6 — Back to Kathmandu

After breakfast, drive from Besisahar back to Kathmandu along the Prithvi Highway with a lunch stop en route. Drop-off in Kathmandu, where the tour ends. Travel time: ~6–7 hours by road Meals: Breakfast, Lunch

PACKAGE PRICING

Package pricing

The more travellers in your group, the lower the price per person.

FROM

NRs 53,000 /person

✓ Tour · ✕ Flight · ✕ Visa

2 pax	NRs 74,000 /person
3 pax	NRs 57,000 /person
4 pax — STARTS FROM	NRs 53,000 /person
5 pax	NRs 47,000 /person
6+ pax	NRs 43,000 /person

GOOD TO KNOW

- Prices vary with your travel dates, season and group size.

Prices are per person, land package only. International flights are billed separately, and we arrange them on request.

INCLUSIONS

What's included

Items	This package
3/4-star hotel & village lodges Twin-sharing 3/4 star hotel in Bandipur and hygienic, standard mountain lodges in Chame, Upper Pisang, Manang and Besisahar (with breakfast).	✓
Private 4WD transport Scorpio/Jeep for the whole Kathmandu–Bandipur–Manang–Besisahar–Kathmandu route, including fuel and the driver's food and lodging.	✓
Meals in the itinerary 6 lunches and 5 dinners as listed, plus daily breakfast with your stay.	✓
Acclimatization day in Manang A full rest and exploring day at about 3,540 m to adjust safely, with short walks to Gangapurna Lake and Braga.	✓
Conservation area & entry fees Annapurna Conservation Area entry fee and all listed entry fees at Nepali rates.	✓
Full-trip guide A guide travelling the whole trip is optional - available on request for an extra cost.	✕
Nar-Phu permit (foreigners) The Nar-Phu valley is a separate add-on, not part of this route. Foreign nationals need a restricted-area permit there; Nepali passport holders need no permit.	✕
Hongde flights This is a by-road tour; flights can be arranged on request.	✕
Travel & personal expenses Travel and medical insurance, tips, drinks, snacks, laundry and shopping.	✕

Anything not listed here is not included.

PACKING

Things to carry

- ✓ Warm layers and a windproof jacket — Manang is cold, and nights are freezing
- ✓ Comfortable walking shoes for the rest-day walks
- ✓ Sunscreen, sunglasses, a sun hat, lip balm and moisturiser for the strong sun and dry air
- ✓ Any personal medication and basic altitude awareness (Manang ~ 3,500 m)
- ✓ A reusable water bottle
- ✓ A power bank — charging is limited in remote lodges
- ✓ A light daypack, your citizenship or ID, and cash (few ATMs beyond Besisahar)

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **70% or above advance — at booking confirmation**
   A minimum 70% advance payment is required to confirm your booking and begin visa applications and ticketing.
2. **Remaining balance — after visa & tickets**
   The remaining balance is due after visa approval and ticket issuance.
3. **Full payment — before departure**
   Full payment must be completed before your departure date.

REFUND TIMELINE (CANCELLATION)

15+ days	FULL REFUND
8-14 days	PARTIAL REFUND
7 days or less	NO REFUND
No-show	NO REFUND

Introduction

At **Gomayu**, operated by **Zeta Tours and Travels Pvt. Ltd.**, we believe travel should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Special hotel rates** and **Maldives resort bookings**.
- **Cruise packages** and pre-paid activities.
- **Issued flight tickets,** subject to airline fare rules.
- **Visa service fees** in case of delay or rejection.
- Unused services, early departures and voluntary trip curtailments.

Visa & flights

Visa services

- Visa approval is at the discretion of the respective embassy or consulate.
- Visa service fees are non-refundable in case of delay or rejection.
- Gomayu is not liable for any loss due to visa delay or rejection

Flight tickets

- All cancellations and changes are subject to airline fare rules.
- Gomayu is not liable for flight delays, cancellations or schedule changes.

No-show policy

- No refund will be issued for no-shows under any circumstances.

Liability & disclaimer

Gomayu is not liable for delays or cancellations caused by events beyond our control, including natural disasters, government actions, strikes or pandemics.

Talk to us

Questions about a booking or cancellation? Email info@gomayu.com or call +977 9768558250.

gomayu

Ready to book this trip?

Share your dates and group size. A Gomayu travel expert will build the best plan for you — free, no pressure.

View tour on web → · WhatsApp us

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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours & Travels Pvt. Ltd.