Detail Itinerary

A Wilderness Camping Adventure Through Lower Manaslu

The Rupina La Manaslu Trekking experience is a physically rewarding, off-the-beaten-path journey through the rugged wilderness of the lower Manaslu region. Often referred to as the Lower Manaslu Trek, this route offers a captivating blend of alpine scenery, rich Gurung culture, rushing rivers, dramatic waterfalls, and dense mountain forests.

As an unbeaten and wild trekking trail, Rupina La requires a full camping organization, as there are no commercial teahouses or lodges like those found in the Annapurna or Everest regions. Camping beneath the stars adds a true wilderness feel to the journey as you navigate untouched alpine terrain and traditional Himalayan settlements.

Key Highlights of the Rupina La Manaslu Trek

- **Rupina La Pass (3,800m):** Cross a scenic high mountain pass offering wide panoramic views of the surrounding Manaslu ranges and deep river valleys.
- **Barpak Village:** Pass through the historic village of Barpak, famous for its vibrant Gurung heritage, traditional stone-roofed houses, and its resilience as the epicenter of Nepal's April 25, 2015 earthquake.
- **Authentic Camping Experience:** Enjoy organized camping with dedicated support staff, cooked meals, and private tented camps in pristine wilderness areas.
- **Gurung Cultural Immersion:** Experience genuine hospitality, ancient customs, and traditional lifestyles in remote lower Manaslu villages.
- **Unspoiled Nature:** Trek through undisturbed forests, roaring mountain streams, and serene alpine landscapes away from crowded trails.

Plan Your Wilderness Trek with Local Experts

Because the Rupina La trail lacks commercial teahouse infrastructure, traveling with an experienced wilderness team is essential. **Nepal Kailash Trekking** organizes complete camping logistics, including tents, kitchen equipment, experienced guides, and porters to ensure a safe and memorable expedition.

Contact our team today to organize your Rupina La Manaslu camping trek!

Trip Facts

- Trip Duration: 25 days
- Trek Duration: 21
- Primary Activity: Trekking
- Trip Grade: Medium hard
- Max. Height: 5100 m
- Accommodation: Home Stay/tented/lodge

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Cost Includes

Cost Excludes