

Manaslu Circuit Trek

Duration: 15 days
Difficulty: Easy to medium

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 5100m

Season: Spring/Fall/Winter

Accommodation: Teahouse

The Manaslu Circuit Trek is one of our favourite treks and we'd be delighted to help you explore this spectacular region in Nepal.

Overview

The Manaslu Circuit Trek is adventure experience that offers a perfect blend of rich cultural heritage and impressive landscapes and –above all – stunning views of Manaslu itself, the world's 8th highest mountain (8,163m).

The Manaslu circuit includes the challenging Larke pass (5,213m) from which you can enjoy dramatic views of Himal Chuli, Manaslu, Cheo Himal and Himlung Himal. And unlike the Everest Base Camp Trek or the Annapurna Circuit, this route is a lot less busy. The Manaslu Circuit also offers interesting geographical and ethnic variation. The different ethnic groups living in this region include Gurung, Tibetan and Brahman.

The Manaslu circuit trek was only officially opened in 1991. It starts at the historically significant Gorkha Bazar & Dhading Arughat (or as an alternate route from Trisuli Bazaar). We follow the Budi Gandaki valley and enjoy its fascinating and hugely precipitous course. We cross the snow covered Larke La and descend into the Marsyangdi river valley. Some trekkers continue their trek to the famous Annapurna circuit, Tilije Lake or Narphu valley as well as the Rupinala Pass. You can also just trek to Manaslu, cross the Larka La pass & then finish the trek in the Marsyangdi valley.

Contact us and start planning for this ultimate experience. We are happy to adjust the course according to your preferences.

Highlights:

- + The world longest pass Larkya La and enjoy incredible picturesque views of 8th highest mountain 8,156 m with lot of other stunning mountain vistas
- + Explore picturesque Tibetan villages and experience unspoiled Tibetan cultures
- + Enjoy one of the most beautiful sections of trail in Nepal

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

Suggested Itinerary:

Day 01; Arrival in Kathmandu

After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a car. In a hotel after getting fresh there is a summary of briefing on your whole tour in Nepal. After that you will be invited for the welcome dinner at home.

[Overnight at hotel]

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03: Taking a scenic drive to Soti Khola (700m), 7-8hr drive

Himalayan trek commence with scenic drive to reach Soti Khola following the Prithivi highway that lead to Pokhara till Dhading, after turn off the road and take the road which is decreasing in width and comfort. We will enjoy the beautiful sight of typical Nepalese houses, Buri Gandaki River, valleys and so on. By leaving the main settlement like Arughat, Arkhet Bazar and Khyorpani, finally we reach to Soti Khola.

[Included meals: Lunch+Dinner]

Overnight stay at teahouse.

Day 04; Dropping down to Lyabrubesi and follow the trail aside the Buri Gandaki to reach Machha Khola (870m), 7-8hr walk

The initial day of the Manaslu Circuit trek begin with gentle walk through the mule track, after climb on perilous steps blasted into a cliff face before dropping down to Lyabrubesi. We continue our trek to Nauli Khola and cross the suspension bridge. From there we follow the Buri Gandaki and reach at Machha Khola.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641
Mob: +977-9841071023, Email: mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

Day 05; Walking by the hot spring of Tatopani, slowly enter to the Gateway to MCA at Jagat (1410m), 6-8hr walk

We follow the original route which goes through the river to Khorlabesi and the warm spring at Tatopani. From here we follow the route lead from eastern bank of Buri Gandaki to Doban, Thulo Dunga and Yara Bagar. The trail lead back and forth across the river and reach a suspension bridge. Finally enter the gateway to the Manaslu Conservation Area at Jagat.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 06; Climb up the trail where terrain increasingly change to arid and reach to Deng (1860m), 6hr walk

Trek begin with ascend to Sirdibas and continue to Philim. The terrain become increasingly arid as the trail snakes past waterfall to reach the Ekle Bhatti. As we trek forward, the road turnoff to Lokpa on the trail to Tsum Valley and climb above the confluence of the Buri Gandaki and Shar Khola to Pewa and further short walk bring us to Deng. From here we enjoy unique geographical formation.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 07; Past a side trail to the stone-curving village of Bhi, enter the enchanting forest to reach Namrung (2660m), 6-7hr walk

From here we follow side trail of the stone curving village of Bhi, we continue the Buri Gandaki until we reach the Bhijam and pass through the side trail from Bhijam to the Buddhist village of Pork. Soon, we drop to Ghap and continue climb up to Tom Khola to Longa Chuta. We then enter an enchanting forest of fir and rhododendron full of birds, langur monkeys on the north bank of the Buri Gandaki and we cross back to south bank and further short walk bring us to Namrung.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 08; Climb up Upper Nupre, past the Himalchuli base camp and series of gomba on the way to Sama (3530m), 6-7hr walk

We enjoy another the huge cultural difference comparing to previous days. From here we follow the route beyond the Namrung and climb up to the Upper Nupri where the dialect changes to a form of Tibetan and most people dressed in Chu-bas, the Tibetan-style wraparound cloak. We then past the village of Barsam, Lhi, then turn off the route to the series of monastery and the base camp to ascend Himalchuli (7893m). We continuous across a

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

series of valleys, passing trail to more rural gombas and reach at Sama.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 09; Acclimatization day in Sama, hike to Manaslu Base Camp

Today we are taking rest to gain altitude and adjust our body to the height.

We explore to gompa at Pungyen (4070m) and hike to Manaslu base Camp

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 10; Dropping back to Buri Gandaki and long walk through slowly widening valley to reach Samdo (3860m), 3-4hr walk

Trek begin gentle slope and flat . We follow the route which bring us back to the Buri Gandaki, passing the turn off to Birendra Tal and Manaslu Base Camp. After sometime, as we reach to Kermo Kharka, the valley widens and the trail from here to kani(gateway) of Samdo. Our trek offers us adventure on snow.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 11; Descend through field, climb up Larkya la and with stunning view of Manaslu, reach to Dharamsala (4480m), 3 ½hr walk

Initial section of trek begin with descend through the fields before we start to climb the Larkya La. Trek offer us stunning view of Manaslu and the Syach Glacier, and a chance of spotting blue sheep, as we climb to reach Dharmasala which is the only one shelter before the Larkya La.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 12; Taking the cold and windy ascend through the cairns marked trail to Larkya La and descend to reach Bimtang (3720m), 7-9hr walk

It is considered world's longest pass. Initial walk begins with ascend on pile of snow, moraine to four frozen lakes, show-stopping line up of peaks: Himlung Himal (7126m), Cheo Himal (6820m), Gyaji Kung (7030m), Kang Guru (6981m) and Annapurna II (7937m). After conquering the highest point of our treks Yarkya La, descend is over treacherously slippery scree to reach Taubuche and then gentle walk bring us to Bimtang.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

Day 13; Descending to the Dudh Khola and continue through the greenery to reach Dharapani (1920m), 7-8hr walk

Initial trek begin on horizontal and soon enter on marine. Although the path is all downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. We follow a sweeping arc off the ridge down to the river bank and the village of Gho (2560m). As we descend down, the landscape will change to greenery. We continue to Dharapani.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 14; Taking bone-shaker ride and then smooth drive to Kathmandu (1350m), 8-9hr drive

Scenic and wild drive. The first few hour of drive will be bone-shaker but later we have a smooth and relaxing drive to Kathmandu.

[Included meals: Bed & Breakfast]

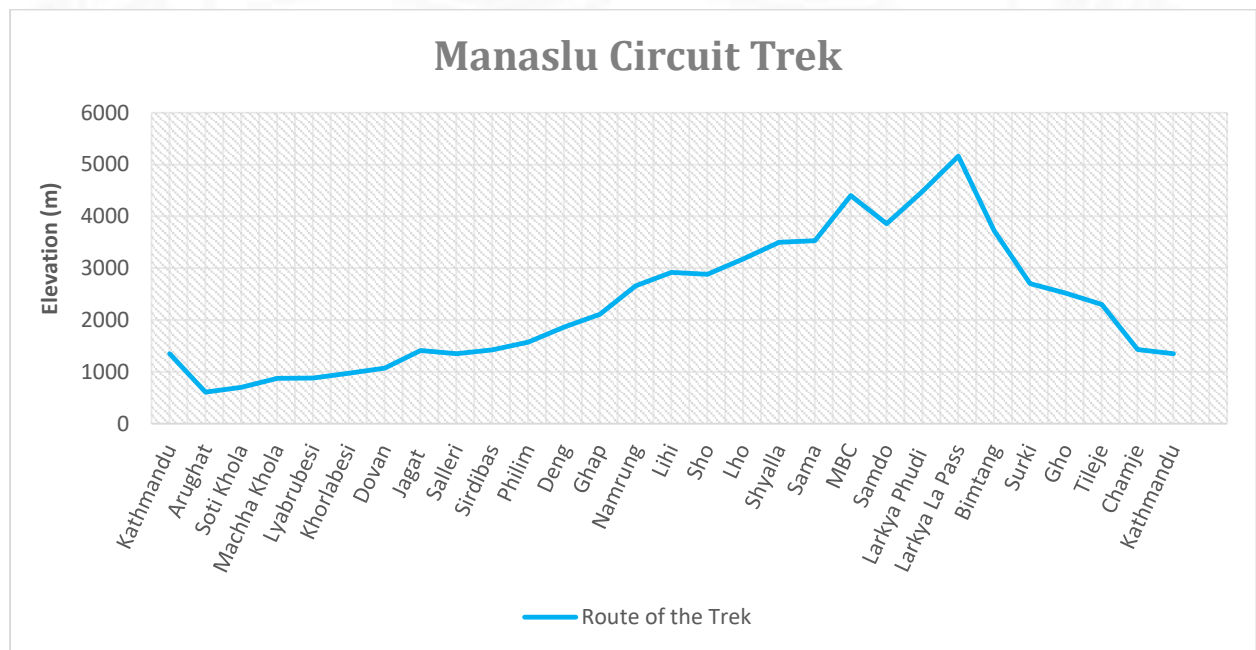
Overnight stay at hotel.

Day 15; Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Altitude Profile



Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 15 days Manaslu Circuit Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD 1025 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 1150 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 15 days. Can be shortened or extended depending on time and fitness

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641
Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sharing(Public) bus KTM to Soti Khola, Sharing(public) jeep Dharapani to Besisahar
- + Private car from Besisahar to Kathmandu
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641
Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

Additional Options:

+ Additional porter: 117 USD [13 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Tsum Valley**, or **Annapurna Circuit** rather than return to Besisahar this can also be arranged.

+ Private Jeep/Car (195 USD for Soti Khola & 235 USD for to Ktm)

For a more comfortable ride from KTM to Soti Khola & Dharapani to Ktm.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your backpack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, Tel: +977-1-4411641

Mob: +977-9841071023, Email: mytrek2nepal@gmail.com

info@himalayansherpaadventure.com

Manaslu Circuit Trek

Duration: 15 days

Difficulty: Easy to medium

your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641

Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com

info@himalayansherpaadventure.com