

# Manaslu Circuit Trek



## Trip Overview

Manaslu region is located near the border of Nepal and Tibet. Trek to Manaslu region is named after the big Mountain Mount Manaslu ( 8067 Mtr), It is located near the border of Nepal and Tibet. Trekking in Manaslu is one of the most delightful and challenging adventures. The scenic and panoramic landscapes with rich cultural aspects make this trek a truly amazing experience. Very few foreigners trek in this high and mysterious valley which was once an important link between Tibet and Nepal.

This trek is a wonderful journey around the Manaslu Conservation Area, lesser known than the Annapurna region. Stunning mountain views, varied landscapes, and an abundance of flora and fauna make this a wonderful trip. This is a physically challenging trek, which includes Larky La pass at 5213 meters, so trekkers should be in decent physical condition.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu and preparation for Trek

- Day 3 - Drive to Arughat (640 Mtr/2099 Ft) and trek to Soti Khola (730 Mtr/2394 Ft)
- Day 4 - Trek to Machha Khola (930 Mtr/3050 Ft)
- Day 5 - Trek to Jagat (1340 Mtr/4395 Ft)
- Day 6 - Trek to Ngyak (2310 Mtr/7577 Ft)
- Day 7 - Trek to Ghap (2165 Mtr/7101 Ft)
- Day 8 - Trek to Lho (3180 Mtr/10430 Ft)
- Day 9 - Trek to Samagaun (3500 Mtr/11480 Ft)
- Day 10 - Acclimatization and Rest Day at SamaGaun
- Day 11 - Trek to Samdo (3860 Mtr/12660 Ft) and exploration day
- Day 12 - Trek to Larke Phedi (4460 Mtr/14628 Ft)
- Day 13 - Cross Larke La (5213 Mtr/17098 Ft)and Trek to Bhimtang (3720 Mtr/12201 Ft)
- Day 14 - Trek to Tilije (2300 Mtr/7544 Ft)
- Day 15 - Trek to Taal (1700 Mtr/5576 Ft)
- Day 16 - Trek to Baundanda (1275 Mtr/4182 Ft)
- Day 17 - Trek to Beshisahar (1600 Mtr/5248 Ft)
- Day 18 - Drive back to Kathmandu
- Day 19 - Leisure day shopping in Kathmandu
- Day 20 - Transfer to international airport for your final departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit

- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accommodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accommodation in Kathmandu and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled water
- Helicopter charter flight

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermol
  - T-shirts
  - Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
Wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Why to go trekking in Manaslu Circuit Trek ?

*Mount Manaslu is the 8th highest mountain in the world. We can see the great view of Mount Manaslu from very near. Every year many climbers come to conquer the summit of Mount Manaslu. The Manaslu region is popular for the mountain as well as its people, unique geographical structure, traditional culture customs, historical monasteries.*

### 2. What is the best seasons to trekking in Manaslu Circuit Trek?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But*

*the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

**3. What permit do I need for the Manaslu Circuit trek?**

*To enter in manaslu region, we have to take several permits as Manaslu restricted special Permit, Manaslu conservation project permit, Annapurna conservation project permit and TIMS.*

*Gorkha Manaslu Area*

*a. Chumnuhari Rural Municipality (All areas of ward nos. 1,2,3 and 4)*

*September – November*

*USD 100 per person / week*

*USD 15 per person / day (beyond 1 week)*

*December – August*

*USD 75 per person / week*

*USD 10 per person / day (beyond 1 week)*

**4. How safe is Manaslu circuit trek ?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency. We make the proper decision according the regular updated weather report, if there is any chances of big snow falls or storms, we decide and do the action as per the situation.*

**5. How is the lodging and fooding facilities in Manaslu Circuit Trek?**

*This route is recently opened for trekkers and mountaineers, so the lodging are not developed well yet, Lodging and fooding are all very basic.*

**6. How is the internet and Power for charging facilities?**

*Only in some place the sim cards works, and internet is available only in limited place but mostly places we can get battery charging facilities.*

**7. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?**

*You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmandu, so we recommand you to exchage the money in kathmandu and take a nepalese Rupees. Credit cards facilities are not available in this region.*

**8. What is the normal temperature in spring and Autumn season?**

*Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*