

Manaslu Circuit Trek

Manaslu Circuit Trekking – that circles the massif of Manaslu or often called as Gorkha massif where Mt. Manaslu 8,163 m/26781ft peak is located – is a wonderful trekking experience in the secluded Manaslu region and **Nubri Valley** of the Nepal's central Himalayas. The trek leads along the **Budhi Gandaki River Valley** to enter the spectacular Nubri Valley in the **Manaslu region**. Manaslu Circuit Trekking is one of the most enjoyable in the Himalayas given the least number of visitors so far.

The High Himalayan pass at an elevation of 5,160 m/ 16929 ft namely Larke La Pass is the major highlights of the trek. Several days of traversing the beautiful mountain trails walking past wonderful villages with diverse culture gives a real experience of richness in Nepal. The trekking throughout the **Nubri valley** adds spiritual charm on top of the natural beauty and lifetime experiences.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m/4265ft):

Arrival in Kathmandu. Meet with our friendly representative at the arrival terminal of only international airport. And, then you will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – SotiKhola (710 m/ 2329ft) / 8 hrs drive:

Early morning after breakfast, you start the day by long drive – yet enjoyable and adventurous – to Sotikhola, the gateway to Manaslu trekking. We drive on a highway that stretches on the central hills of Nepal and boasts spectacular views. About 8 hours long drive goes past several small towns and dotted villages where you will come across with full of rural Nepalese life. We drive alongside beautiful River Trishuli for some distance and drive across it to go towards Sotikhola via Arughat Bazar. **Overnight local lodge.**

Day 04: Trek Soti Khola – Machha Khola (900 m/2952ft)/ 5.30 hrs walk:

The first day of your exhilarating and memorable trekking trip in this pristine region of the Himalayas begins with a breakfast at your local lodge. You prepare all your backpacks along with crew for the trekking and then start to walk along Budhi Gandaki into a dense forest with rich flora and fauna. Throughout the trail you will witness beautiful waterfalls, terrace farming and beautiful settlements with warm people living. You walk across village of Labubesi, which is an ethnic Gurung settlement. Once you reach Machha Khola you rest for the day and spend your night at the local lodge.

Day 05: Trek Machha Khola – Jagat (1,410 m/4625ft)/ 6 - 7 hrs walk:

From Machha Khola, start your second day of walk early to complete the trail of 7 hours. You will walk past Kholabesi to further reach Tatopani – literally means hot water in Nepali language where the natural hot spring pool is located and famous among Nepali for healthy bath. The day will be adventurous and full of suspension bridges – if you are scared of crossing will add the adventure to you. The trek will be tiring given the hill landscape and uphill track. You will walk along Budhi Gandaki to reach Jagat. Overnight will be spent at a local lodge.

Day 06: Trek Jagat – Philim (1,590 m/5216ft)/ 4 hrs walk:

Today is comparatively short day of the trek which is about of four hours walk approximately. From Jagat you walk towards Salleri village. Depending on the weather conditions the visibility of mountains varies. If you are lucky enough and walking in a beautiful day then you will witness the grandeur view of the Sringi Himal from Salleri. You then climb all the way up to Sirdibas village. On your way you will cross a suspension bridge and after a final ascent you reach your destination of Philim. Overnight will be spent at local lodge.

Day 07: Trek Philim – Bihi Phedi (2,130 m/6988ft)/ 6 hrs walk:

From Philim you walk quite long hours and long trail to reach Bihi Phedi. You eventually walk past the view of the Sringi Himal and the track will be flat for the first part with gradual downhill till you reach the intersection of two paths; one leads to Tsum Valley and the other towards the Manaslu circuit – your trail. You then walk further towards Nyak and Deng and with a final climb, you will make it to Bihi for overnight stay in the local lodge.

Day 08: Trek Bihi Phedi – Namrung (2,670 m/8759ft)/ 6 hrs walk:

You will be greeted by the beautiful view of the Kutang Himal as soon as you start the day. The trail for today is long but very adventurous and eventful and even informative. You walk past lots of Buddhist Mani walls, Chortens and prayer flags. On your way, you pass the Ghap village with detectable Buddhist culture. You spend your night at the local lodge at Namrung village.

Day 09: Trek Namrung – Lho (3,180 m/10433ft) / 4 hrs walk:

You begin the day early and walk your way up to Lihi village. This place brings you with beautiful view of the surrounding mountains. The uphill trek does not end here, you will then walk all the way up to Lho passing Shyo. The trek is short and only takes four hours, nonetheless full of adventures and splendid view of the mountains. You officially enter the height of 3,000 m – the height you need to be careful with altitude sickness – from Lho. You spend overnight at the local lodge.

Day 10: Trek Lho – Samagaun (3,530 m/ 11581ft)/ 5 hrs walk:

After breakfast you start the trek with a downhill trail. However, once you reach Shyala the uphill trail begins. Along the way, you witness breathtaking views of mountains and beautiful sceneries. You will pass through isolated valley of Nubri now. Samagaun will be your destination for the day. Overnight will be spent at local lodge.

Day 11: Acclimatization Day/ Exploration Day at Samagaun/ 4-5 hrs hike:

This day is separated for acclimatization purpose. For the adjustment of height you will travel to Kharka (4,400 m/14435ft). You can enjoy the serene view of the lake Birendra Tal – named after the former King of Nepal Birendra Bikram Shah – along with the view of the mountains. After the hike of about four hours you relax for the day at the local lodge.

Day 12: Samagaun – Samdo (3,860 m/ 12664ft)/ 5 hrs walk:

After beautiful time spent at Samagaun you will be heading towards Samdo. Enjoy your morning breakfast at the lodge and start your day early. You are now exposed with herds of Yaks and donkeys on the way as you walk past a yak pasture. Once you reach Samdo after some five hours of walk, you will be as excited as ever because of the view of beautiful peaks: Samdo and Pangboche. Overnight will be spent at local lodge.

Day 13: Trek Samdo – Dharamshala or Larke Phedi (4,460 m/14632ft)/ 5 hrs walk:

You will trek to Dharamshala today, also known as Larke Phedi – base of the Larke Pass. The trekking will take approximately five hours. You will now enter barren landscape but still beautiful and exhilarating. You will be able to observe the north face of Mt. Manasalu before reaching Dharamshala. Overnight will be spent at the local lodge.

Day 14: Trek Dharamshala – Larke La Pass (5,160 m/16929ft) – Bimthang (3,720 m/12204ft)/ 8 hrs walk:

This day is your most memorable day and highlights of your trip. The trail is difficult comparatively but very adventurous and breathtaking. You leave Dharmashala early in the morning and trek along a windy trail up to the Larke La Pass. Once you reach the top you can view the spectacular range of Himlung Himal, Gyaji Kang, Pang Phuchi, Annapurna II, Kang Guru, Namjung Himal and many more. You spend some time at the top of the pass and soak in all the moment before slowly heading down to Bhimthang. Although downhill, the trail is difficult and requires careful attention throughout. Once you reach Bhimthang where you spend the overnight at the local lodge.

Day 15: Trek Bimthang – Tiliche (2,300 m/7545ft)/ 6 hrs walk:

After an adventurous day this day might be a lot easier and interesting to walk through after the pass. You trek your way to reach the destination of Tiliche. On the way you will witness mountains including Mt. Manasalu, Lamjung Himal, Himlung Himal and many more. You pass through Sangure Kharka and Dudh Khola on your way and even get to cross the suspension bridge. You walk past Gho village and finally reach Tiliche. Overnight will be spent at the local lodge.

Day 16: Trek Tiliche – Jagat (1,300 m/4265ft)/ 5 - 6 hrs walk:

You will start your day early in the morning and walk past with beautiful mountain ranges and rural settlements. Once you reach Jagat you celebrate your success with the crew members. You will have a relaxing end to your trip along with lots of memories to look for. You spend overnight at the local lodge.

Day 17: Jagat – Kathmandu / 9 hrs drive:

The drive will be pretty long nonetheless very eventful given the beautiful sceneries to look forward to. You will pass through rural settlements and towns and villages on your way to Kathmandu. Once you reach Kathmandu you could relax and have great time around. Overnight in hotel.

Day 18: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 19: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time.

Cost Includes:

- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- All ground transportation in luxury four wheel drive in mountain
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS)
- Manasalu Special Permit
- ACAP and MCAP permits
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- International airfare
- Travel Insurance
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
2. Warm wool or synthetic hat that cover your ears.
3. Balaclava - lightweight, thinner variety.
4. Glacier glasses-
5. Headlamp
6. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
7. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. A pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
2. One pair warm gloves
3. Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (optional).

Core Body

1. T-shirts (2).
2. Light and expedition weight thermal tops.

3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. 2 women sports bras, Synthetic, no cotton!
7. Long shirts(2)

Lower Body – Legs

1. Two pairs nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Two pairs lightweight long underwear - capilene or other synthetic.
4. One pair soft shell pants - synthetic, full zip from top and bottom preferable.
5. Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
6. One pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
7. One pair cotton pants (loose jeans/khakis).
8. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

1. Two-four pairs of liner socks, synthetic or capilene.
2. Two-three pairs heavy weight socks to be worn over liner socks.
3. One pair light weight socks, a good option for the lower / warmer parts of the trail.
4. One pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them before to get used to it (otherwise you will get lots of blister).
5. One pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
6. One pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.

5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.