

Trip Name : Manaslu Circuit Trek

Trip Cost	US \$1550
Starting Point	Drive in KTM-Arughat
Ending Point	Drive out Besi-Sahar to KTM
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	17 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	5160 mt.

### Trip Highlights:

- Scenic off-the-beaten trail
- Adventurous Larkya la pass
- Constant views of the majestic Himalayan peaks
- Diverse culture of Hindu and Buddhist people
- Alpine forest
- Sacred monasteries and traditional villages
- The scenic landscapes

### Trip Details:

Manaslu region is a protected land under the boundaries of Manaslu Conservation Area and was officially opened in 1991 for foreign trekkers. Manaslu Circuit Trek is now considered as the alternative route to the popular Annapurna Circuit Trek. The natural beauty around the Manaslu region has made the trek as one of the best classic adventure treks in Nepal. The adventure starts through the lush green lower hills inhabited by Indo-Aryan Hindus and middle hills by the Tibetan-Burmese, Magar, Gurung and Tamang people on the Budhi Gandaki River with ups and downs from sub-tropical forest to the dry Tibetan plateau. Trekking in Manaslu region is constantly rewarded with outstanding views of Mt. Manaslu (8,163m/26,782ft), the eighth highest peak on the earth and the Himalayan panorama of Ganesh and Lamjung Himal. The main attraction of this trek is the Larkya la pass (5,160m/16,929ft). Hence the trek is geographically spectacular, strenuous and culturally fascinating with a nice combination of cultural heritage, natural beauty and great diversity of flora and fauna. Tibetan monks inhabit the sacred monasteries in Samagaon which is just 15km away from the Tibetan border. Strong Tibetan influence can be experienced in much of this trekking region. We descend from the top of the Larkya la pass through the alpine forests and meet at the main trail of the Annapurna Circuit. The trek ends at Besi-Sahar or continued over Thorung la pass (5,416m/17,769ft) along the Annapurna trail.

### Weather in the Manaslu region:

Trekking in Manaslu region is the best in spring (mid March to mid May) and autumn (Sept to mid Nov). The days are sunny, warm and there is no rain in autumn. Winter and summer trekking is not recommended in the Manaslu region. The highest Larkya pass is closed in winter due to snowfall. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply great after the summer monsoons have cleared the atmosphere of dust.

**High Altitude Warning:**

Altitude sickness is a serious concern in the Manaslu Circuit trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

**Experience Required:**

We have categorized Manaslu Circuit trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Manaslu Circuit trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

**How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

**Cost Includes:**

- Manaslu special trekking permit
- Manaslu and Annapurna Conservation Area permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Arughat and Besi Sahar-Kathmandu overland transfers by private vehicle
- First aid kit box
- Emergency co-operation service

**Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

**Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

## **Add-Ons:**

### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

## Rafting in Nepal

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

## Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

## Shopping Tours

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

## **Trip Itinerary:**

**Day 01 : Drive from Kathmandu to Arughat (608m/1,995ft).**

**Day 02 : Trek Arughat to Soti Khola (700m/2,296ft).**

**Day 03 : Trek Soti Khola to Machha Khola (870m/2,854ft).**

**Day 04 : Trek Machha Khola to Jagat (1,340m/4,396ft).**

**Day 05 : Trek Jagat to Deng (1,860m/6,102ft).**

**Day 06 : Trek Deng to Ghap (2,400m/7,874ft).**

**Day 07 : Trek Ghap to Namrung (2,630m/8,629ft).**

**Day 08 : Trek Namrung to Sama Gompa (3,520m/11,549ft).**

**Day 09 : Excursion to Manaslu Base Camp (4,400m/14,436ft) and Sama Gaon (Village).**

**Day 10 : Trek Sama Gompa to Samdo (3,875m/12,714ft).**

**Day 11 : Trek Samdo to Dharmashala (4,460m/14,633ft).**

**Day 12 : Trek Dharmashala to Bhimtang (3,590m/11,778ft) crossing over Larkya la pass (5,160m/16,929ft).**

**Day 13 : Trek Bhimtang to Tilche (2,300m/7,546ft).**

**Day 14 : Trek Tilche to Tal (1,700m/5,577ft).**

**Day 15 : Trek Tal to Bahundanda (1,310m/4,298ft).**

**Day 16 : Trek Bahundanda to Besi-Sahar (823m/2,700ft).**

**Day 17 : Drive (175km) from Besi-Sahar to Kathmandu.**