



Manaslu Circuit Trek 18 Days (5165m)

Details Itinerary

Located near the border of Nepal and Tibet, Manaslu lies to the west of Kathmandu Valley. The region is one of the popular trekking regions in Nepal. While there is no such official ranking, Manaslu is by popularity the preferred destination after Everest, Annapurna, and Langtang. Manaslu is a restricted area, requiring special permit to travel. Discovery Mountain will arrange the paperwork for you, so that you can concentrate on trekking and not waste time on the formalities.

Manaslu Circuit Trek is full of cultural, natural, and spiritual experiences. Sects of ancient Tibetan Buddhism are protected here in monasteries. Trekking beneath the shadow of the giant mountains is an adventure not to miss in this protected region. Prominent peaks you will encounter are Mount Manaslu, the eighth highest mountain in the world at 8,163 meters. Other peaks visible during the trek are Ngadi Chuli, Ganesh Himal II, Saula, Cheo, and Shringi peaks, and Himlung Himal.

In addition, this is a geographically diverse region in the country. With more than 1,500 species of flora and a number of fauna, Manaslu attracts botanists and enthusiasts alike. The elusive snow panda and lynx, the native red panda, musk deer, and thar are among the wildlife found around Manaslu.

Our 18-day trek takes you to Arughat and Jagat. Following the Budhi-Gandaki river, we will then cross Deng and Namrung, arriving at Samagaun in the Manaslu Conservation Area. Further up, the well-trodden pass of Larkya-La has magnificent views of the surrounding mountains. This pass is at an altitude of 5,160 meters, the highest point of our program in Manaslu. This trek will exhilarate you and make you fall in love with Nepal. The off-the-beaten trail of Manaslu Circuit is unspoiled, beautiful, and welcoming.

The best time to visit this area is in early autumn to early winter. As for the physical fitness, you need a good habit of walking and stamina because you will be going through some tough terrain along the way. Book this trip from Discovery Mountain for an unforgettable trip to Nepal.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5165m
Duration:	:	18 Days
Walking Days:	:	14 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1 : ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL (1365M)

Upon your arrival at Kathmandu International Airport, our staff will meet and greet you at the airport and transfer you to your hotel. Later in the day you will be given a brief about your upcoming trek to Manaslu.

DAY 2 : DRIVE FROM KATHMANDU TO SOTI KHOLA (715M) 8/9H DRIVE

Today we start after your breakfast we drive to Soti Khola. It takes around eight to nine hours with stopover for lunch. The road is hilly but it's scenic for the most part.

DAY 3 : TREK FROM SOTI KHOLA TO MACHHA KHOLA (905M) 6/7H TREK

Starting off from Soti Khola, we first cross a bridge and a forest and trek above the roaring Budhi-Gandaki. Take a brief stop at Khursane and trek past beautiful waterfalls, cliffs and rough roads. Descending along the route we cross some paddies and arrive at Labubesi, a typical Gurung village. From there we trek further, cross the river and arrive at Machha Khola, a quite and remote village for the night stay.

DAY 4 : TREK FROM MACHHA KHOLA TO JAGAT (1425M) 6/7H TREK

After leaving Machha Khola, we will head towards Jagat today. The trek duration is around six to seven hours at a normal pace including stops for lunch, brief rest, and photography. First you will cross Tharo river and come to Tatopani, a natural hot-spring. From there our route turn

upwards until we cross the Budhi-Gandaki river. You will cross at least a couple of rivers and streams from here until you reach the village of Jagat.

DAY 5 : TREK FROM JAGAT TO EKKLI BHATTI (1615M) 5H TREK

Ekkli Bhatti is an isolated hamlet that seems to be in the middle of nowhere. Beginning from Jagat, you first climb up an ascending route to Saguleri. Here you can have wonderful views of a lesser known mountain called Shringi Himal whose altitude is 7,177 meters. From there trek wester further to Sirish Gaun where you will notice the valley getting narrower before arriving at Ekkli Bhatti for the night.

DAY 6 : TREK FROM EKKLI BHATTI TO BIHI (1990M) 6H TREK

After a quick breakfast today, you will follow the river Deng to a hamlet. From here, you take a route along a rocky tunnel; but if not, you will have to go around the peak in a steep climb to Ghap. Take a brief rest, see some mani walls and trek further to arrive at Bihi where you will stay for the night.

DAY 7 : TREK FROM BIHI TO LIHI (1920M) 6H TREK

Start from Bihi early in the morning, cross Budhi-Gandaki and follow the village to Namru. The road gradually ascends along the river where you will trek up to Sho, with views of the mountains. Trek further to reach the village of Lihi at 1,920 meters.

DAY 8 : TREK FROM LIHI TO SAMAGON (3500M) 6H TREK

Starting from Lihi, you will first pass a stone gateway and a mani wall. Ahead, you will have an overwhelming front view of Peak 29. From there take on the trail to Pungen Glacier and descend a moraine to the village of Samagaun.

DAY 9 : SAMAGAON TO PUNGYEN GOMPA AND BACK TO SAMAGON 4/5H TREK

The trek today is around four to five hours. In fact, it is a day of acclimatization at Samagaun. Start with a leisurely morning at this Sherpa village. Walk around the village with mani stones and take pictures of people and the place. Later, take a hike to Pungyen Gumba and descend to Samagaun for the night.

DAY 10 : TREK FROM SAMAGON TO SAMDO (3855M) 4/5H TREK

Start early after breakfast. The trek today will take you to the village of Samdo at 3,855 meters. The average walking duration is around four hours at normal pace and five hours at a leisurely pace. First the trail descends to Budhi-Gandaki River and later comes to a fork. We will take the

trail to Larkya-La Pass. The trail is easy and scenic, with plenty of chances for photography. Later in the day we arrive at Samdo where we relax and rest for the night.

DAY 11 : ACCLIMATIZE AT SAMDO

At 3,855 meters, Samdo is an excellent choice for the purpose of acclimatization. It is not too high, not too low an elevation in Nepal. Spend a leisurely morning at Samdo, and later take short hikes around to keep your body fit during this day of rest. If you get to a vantage point nearby, you can have wonderful views of several mountains such as Ngadi Chuli, Larkya Peak, and Manaslu. Return to Samdo, have some food, and go to bed early.

DAY 12 : TREK FROM SAMDO TO DHARAMSALA (4350M) 4/5H TREK

In the morning pack your bags and leave the village of Samdo. First, cross Budhi-Gandaki river and continue on the uphill trail. Cross two more streams, see the Glacier of Larkya, climb higher, and reach Dharmashala at 4,350 meters. The walk, although not too easy, is short today with just four hours in total. Overnight at Dharmashala.

DAY 13 : DHARAMSALA TO LARKYA LA (5165) TO BIMTHANG (3725M) 7/8H TREK

Leaving behind Dharmashala, the route turns north and ascends to a moraine. Trek further along the ascending trail to the pass of Larkya-La, the highest point of the trek at 5,165 meters. Rest for a while, enjoy the mountain views, capture some great shots and then give your cameras a break! It's time to move on. Descend gradually via pastures to Bimthang, a picturesque village at 3,725 meters. Put down your bags and prepare for sleep after a long day of trek at Bimthang.

DAY 14 : TREK FROM BIMTHANG TO TILJE (2305M) 5/6H TREK

Today, the trek will be shorter as compared to yesterday with just five to six hours of easy trek. The route is scenic with great views of several peaks in the Manaslu Mountain Range. From Bimthang, we follow the descending trail across pastures, cross Dudh-Khola and some beautiful rhododendron forests. From there we come to Karche, and later to Gho, a village at nearly 2,600 meters across a river bank. A little walk ahead will bring us to the village of Tilje at 2,305 meters where we will stay for the night in a lodge.

DAY 15 : TREK FROM TILJE TO TAL (1715M) 5/6H TREK

The day starts off following a stone trail, crossing Dudh Khola and pass a mani wall to arrive at the village of Thonje. From there, we trek to Dharapani - coming to a meeting point on the Annapurna Circuit. From Dharapani, we descend to a village called Karte, cross River

Marshyangdi and arrive at the village of Tal, located close to a waterfall. In this picturesque village, we will sleep overnight.

DAY 16 : TREK FROM TAL TO JAGAT (1300M) 5/6H TREK

It's an easy trek today via a river bank. The walking duration is around five to six hours with brief stops along the way. Cross Chamje village, trek further and before you know it, you have arrived at Jagat.

DAY 17 : DRIVE FROM JAGAT TO KATHMANDU 8/9H DRIVE

After breakfast, begin the drive from Jagat to Kathmandu. The route is scenic with winding roads along the banks of River Marshyangdi and Trishuli. It takes around eight to nine hours to reach Kathmandu. Once in the capital, you will arrive at the hotel, unpack, and relax. Later, you are invited for a traditional Nepalese dinner with the team of Discovery Mountain.

DAY 18 : DEPARTURE ON YOUR DESTINATION

As we come to the end of this program, you will be transferred to the airport according to your scheduled flight time.

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: MCAP, ACAP and TIMS
- Special permit for Manaslu region and Tsum Valley Region
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.