

## Manaslu Circuit Trek

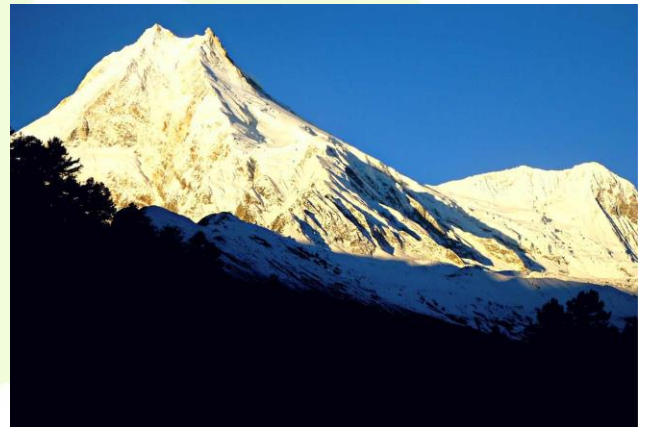
### Trek Overview

- Duration: 17 days
- Activity: Trekking /Tour
- Max. Altitude: 5,160 meters.
- Average walking: 10km (Per day)
- Accommodation: Tea House
- Trekking days: 12 days
- Transport: Road
- Group size: 2-12 person
- Difficulty: Difficult
- Region: Manaslu Conservation Area.

### Introduction

Manaslu Circuit is one of Nepal's best-unexplored destinations by tourists. Trekking in the foothills of the world's eight-highest mountain Manaslu at 8,163 meters (26,781 ft), and exploring the hidden valley of Nepal beyond the Manaslu range. Manaslu Mountain is also known as the Mountain of Spirit among the mountaineers. Located in the central-western part of Nepal between the two biggest cities of Nepal, Pokhara, and Kathmandu. Easily accessible from Kathmandu and Pokhara Manaslu Circuit trekking route is less crowded and offers a unique Himalayas landscape and cultural mixture.

This Trekking offers you the best panoramic view of some highest peaks in Nepal, like Himlung Himal, Cheo Himal, Kang Guru, Annapurna II, and Manaslu. Starting trekking from 800 meters altitude to pass the Larkya-La pass at 5,160 meters altitude is thrilling and adventurous. During this trek, we passage through some of the particular conserved areas of Nepal, like Samagaun and Lo Village. This trek touches Annapurna Conservation Area (ACAP) and Manaslu Conservation Area, which is also part of Nepal's longest trans-Himalayas trail, known as the Great Himalayan Trail (GHT).



*Image: Mt. Manaslu.*

### important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules and regulation and other circumstances beyond our control.

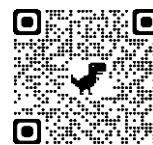


## TRIP ITINERARY

<b>Day: 1</b>	<b>Arrive in Kathmandu:</b> + Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop in hotel. He will brief about your next day schedule.
<b>Day: 2</b>	<b>Kathmandu sightseeing and trek Preparation.</b> As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square are scheduled for this day. After sightseeing trekking guide check your trekking equipment recommend necessary gear items to add on list and brief about the next day activities.
<b>Day: 3</b>	<b>Drive to Soti Khola (2,362 ft. / 720 M.) - 90 miles (Approx. 10 hours' drive).</b> We start our drive after breakfast. First, we drive to the west via Prithivi Highway and turn north from Dhading. After leaving the highway, we go through the deep gorge of Budi Gandaki with a bumpy road drive. Stay overnight in Soti Khola, located on the bank of the Budi Gandaki river.
<b>Day: 4</b>	<b>Trek from Soti Khola to Machha Khola (900 M.) – 15 Km. (Approx. 6 hours walk).</b> Continuing our first-day trek alongside the Budi Gandaki river with a crossing suspension bridge at the beginning. Walking towards the north of the river with a view of waterfalls and high cliffs. We mostly walk on the newly built road to Machha Khola.
<b>Day: 5</b>	<b>Trek Machha Khola to Jagat (1370 m.) – 21 Km. (Approx. 7 hours walk).</b> Today we continue to follow north of Budi Gandaki river to pass through deep gorges and a suspension bridge. After a couple of ascends and descends, we arrive at a small natural hot spring called Tatopani. After a short climb up, we cross the suspension bridge and arrive at Dobhan. Passing through the jungle and small rivers via a suspension bridge, we shortly ascend to the small village of Jagat.
<b>Day: 6</b>	<b>Trek from Jagat to Deng (1,810 M./ 5,925 ft.) – 20 KM. (Approx. 6 hours).</b> After breakfast, we ascend to Salleri and descend to Sirdibas village. Continue walking to Philim village, a settlement of the Gurung community, where we turn to the north, and after a few hours' walk, we cross the Budi Gandaki river. Crossing bridges over rivers a couple of times and walking through bamboo forests, we arrived at Deng village.



<b>Day: 7</b>	<b>Trek to Namrung Village (2,635 m./ 8,640 ft.) – 20 KM. (Approx. 6 hours walk).</b> We start our trek after breakfast; at the beginning, we cross the bridge, and after a short ascend, we head in the west direction. After arriving in prok village, we cross the river to view this region's old monasteries and houses. Crossing through the jungle and steep climb at the end, we reached Narmrung Village.
<b>Day: 8</b>	<b>Trek from Namrung to Lho Village (3,180 m./ 10,433 ft.) – 10 Km. (Approx. 4 hours walk).</b> Today is a comparatively short trek; we continue climbing the opposite of the Budi Gandaki river stream. We pass through the Bhaniam village, Lhi, and Shyo villages before arriving at our destination. Today you can see the majestic view of the Manaslu range on the southwest side.
<b>Day: 9</b>	<b>Trek Lho to Samagaon (3,540 m/ 11,590 ft.) – 8 Km. (Approx. 4 hours walk).</b> Start our day with the majestic view of Mt. Manaslu, the Mountain of spirit. After breakfast, we can visit Ribung Monastery in Lho and continue our trek to Shyala village. This region is inhabited by local Tibetan people who practice Tibetan Buddhism. We walk through the rhododendron trees, and early April is the best time to see rhododendron blossom in the mountain region.
<b>Day: 10</b>	<b>An acclimatization day in Samagaon.</b> As we enter high altitudes, we have to acclimatize with altitude to prevent acute mountain sickness (AMS) or High-Altitude Sickness. Today we can rest in Samagaon, walk around the village, and explore sherpa culture and lifestyle. An alternative for a day in Samagaon is to hike to the Manaslu Base camp (48,00 meters), which is around 8 kilo meters and back to Samagaon.
<b>Day: 11</b>	<b>Trek to Samdo (3,880 m./12,740 ft.) – (Approx. 4 hours walk).</b> After breakfast, we start our trek by descending to Budi Gandaki river and a crossing bridge. We walk around Mani Walls on the way to Samdo, with a majestic view of the surrounding peaks.
<b>Day: 12</b>	<b>Trek to Larkya Phedi (Dharamsala) – 4,465 m./14640 ft. (Approx. 4-5 hours).</b> We start our trek with the descent from Samdo to Budi Gandaki, cross the wooden bridge, and ascend to the northwest. We can see the Larkye glacier and a couple of old Tibetan monasteries along the trail. After arriving in Dharmashala, we can rest in the tea house or walk around the Larkye Phedi.



<p><b>Day: 13</b></p>	<p><b>Trek to Bimthang (3590 m/11,770 ft.) via Larkya La Pass (5,160 m) – (Approx. 9 hours).</b></p> <p>Today is the longest day of the entire trip. We start early morning, around 4 or 5 a.m. On the way to Larkya pass, we can see Larkya Peak and Cho Danda. The Larkya-La Pass is an excellent point to see the surrounding snow peaks like Himlung Himal, Cheo Himal, and Annapurna II. After spending a few minutes, we walk steeply down to Bhimthang.</p>
<p><b>Day: 14</b></p>	<p><b>Trek from Bimthang to Tilije (2,300 m/7,546 ft.) – 16 Km. (Approx. 5 hours walk).</b></p> <p>After breakfast, we continue to descend southwest via crossing Dudha Khola. Walking through the rhododendron forest, we reach the cultivated field at Karche. Continue to walk to Gho village till you reach Tilije village.</p>
<p><b>Day: 15</b></p>	<p><b>Trek Tilije to Tal (3,520 m.) – 12 Km (Approx. 6 hours walk).</b></p> <p>Today is our last day of the trek; we continue to follow the Dudha Khola and turn south after crossing the Marsyangdi river. We stop at Dharapani for lunch and continue to descend to Tal, a small village at the bank of the Marsyangdi river in Manang.</p>
<p><b>Day: 16</b></p>	<p><b>Drive back to Kathmandu from Tal.</b></p> <p>After breakfast, we will drive back to Kathmandu via Besisahar. Jeep from Tal to Kathmandu depends upon the group size and demand. We recommend public transportation in case of a small group of fewer than three people, whereas a private jeep will provide for more than four people.</p>
<p><b>Day: 17</b></p>	<p><b>Final Departure:</b></p> <p>Our office staff will drop you in airport 3 hours before flight schedule.</p>

**Note: If you have extra days in Kathmandu, inform your guide or tour operator. If you want an extra trip after this trek, like Pokhara, Chitwan, or Bardia National Park, for a wildlife safari. Please inform your tour operator in advance.**



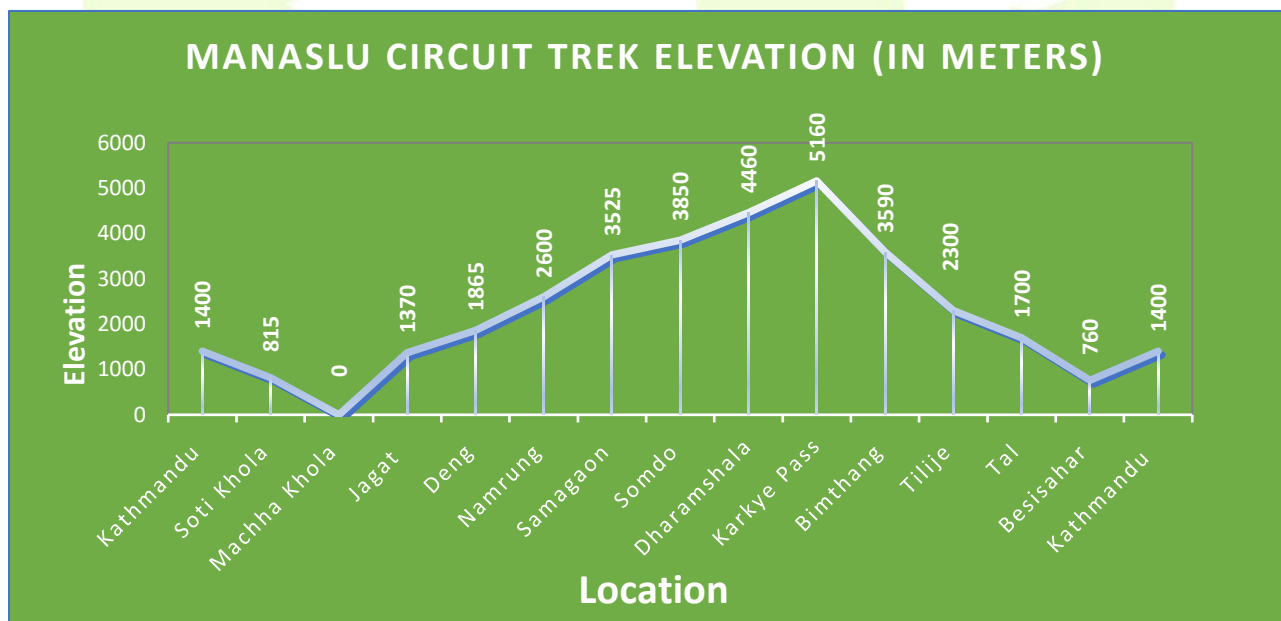
## What's included

- ✓ 3 nights' in Kathmandu in 4 stars hotel on sharing basis. Tea houses on sharing basis during trek.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and conservation area permit.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

## What's not included

- ✗ Personal Travel and Medical Insurance.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Lunch and Dinner in Pokhara.
- ✗ Visa fees and vaccination

Manaslu Circuit Trek Elevation (In Meter)

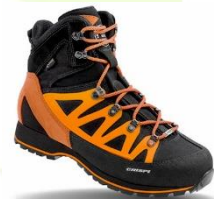




## WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, with temperatures often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although at night the temperature may fall to near freezing.

From October to November, the start of the dry season, is the best time. With the monsoon finished and a clear sky, the countryside is green and lush. Usually, the temperature is low and visibility is excellent for trekking in the mountains. From December to January, the climate and visibility are good, although it's very cold. From February to April, the second-best time to visit. The weather gets warmer, so high-altitude hiking is easier. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so there's plenty of color to be seen along the trekking trails.



**Note: Note: This is just a sample and not for an advertisement.**



## Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a visa at the border check post. You are also allowed to receive a visa issued by a Nepalese Diplomatic Mission prior to your departure from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be on the safe side.

### On Arrival Visa Fee

- 15 Days – 30 USD.
- 30 Days – 50 USD.
- 90 Days – 125 USD.

Note: Some countries tourist on arrival visa is not accepted by immigration authority, consult or check on Nepal immigration website for details.

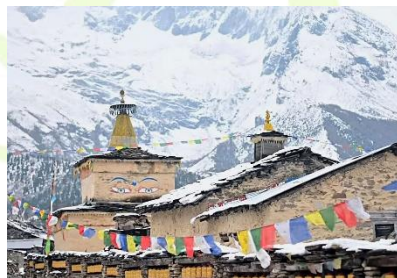
## Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the trek and at each stop point to reduce plastic bottle use.



## Mountain Range on the way to Everest Base Camp.





## What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you are planning on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

## Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your personal equipment necessary for the trek. These bags are designed to be carried comfortably by our porters or yaks, so you can leave your personal bag at the Kathmandu hotel. But you should carry your own backpack during the trek. A backpack can be used to carry your valuable items and documents and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because it will be carried by porters on the trek.

## Here is list of items to pack before start your trip:

- ✓ Couples' passport size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank





## Accommodation and Meals

This trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you're staying at your private hotel, your hotel charges in Kathmandu will be deducted from your trip cost. Your trip is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. You should eat lunch and dinner at the Lodge and guest house once you check in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is not available regularly, but hot water or hot showers are available on request in some places. It's a good idea to bring your sleeping bag to protect against bedbugs and the cold.



**Note: The products shown in the images are just examples.**



## Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high, the best cure for this sickness is descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

### Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

### Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

## Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to the high altitude.

## If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.