

## Manaslu Circuit Trek - 15 Days

Trek the Manaslu Circuit, an epic walk circumnavigating Mt. Manaslu (8,163m), the eighth highest mountain in the world. Manaslu trekking route was opened for trekking for foreigners only from 1991, and categorized under restricted trekking area, so the area is still pristine and exclusively exciting as it still only sees few trekkers annually.

While on the Manaslu Circuit trek you walk following the Budi Gandaki River valley through rocky gorges, shaky suspension bridges, subtropical to alpine forests and meadows, idyllic mountain villages, fertile farmlands that are scenic and soothing to eyes with non-stop natural vistas.

With extensive wilderness in the lower elevation and great mountain views in the higher, Manaslu Circuit trek takes you through the geographically spectacular and culturally fascinating area with the crossing of the highest point 'Larkye La Pass (5,213m)' which is believed to be one of the most exciting passes through the Himalayas that provides a superb view of Himlung Himal (7,125m), Cheo Himal (6,820m), Kang Guru (6,981m), Annapurna II (7,939m), and Manaslu (8163m).

Passing through traditional villages that are set or tucked on the side of Budi Gandaki River gorge, we get the impression that the lower altitude villages are dominated by Hindu faith, but as we head northwards the valley opens up to reveal alpine meadows, barren landscape, and Buddhism dominated villages in the higher altitudes that cluster beneath Manaslu's sweeping north face.

Following the ancient trade route along which caravans of yaks hauled salt from Tibet have traveled for thousands of years, we come across Mani walls and monasteries swathed in prayer flags symbolizing Buddhism faith everywhere in the thin air.

We visit Pung Gyen Monastery, tucked at the headwaters of a stream with an ancient temple and meditation caves in the rocks above. Eventually, the trail reaches Samagaon, the largest and most important village in the region where.

On the acclimatization day in Samagaun, we explore surrounding valleys deeper towards Birendra Lake and maybe to Manaslu Base Camp. We head west and cross the Larkye Pass (5160 m), a classic and tough route linking the Budi Gandaki valley with the Marsyangdi valley. The descent passes through beautiful alpine meadows at Bimthang, before joining the main Annapurna Circuit route at Dharapani.

### Is Manaslu Circuit Trek for you?

Manaslu Circuit Trek is a strenuous trek and challenging even for fit and experienced hikers. Some trekking experience is advantageous to participate in the Manaslu circuit trek. You should be comfortable walking 6-8 hours per day at a higher altitude with a light backpack (walking at higher altitudes makes greater demands on the body than walking in lower elevations).

Our itinerary is well designed to allow the best possible acclimatization but you will need to ensure you are physically prepared for the trek. While comparing Manaslu circuit trek can be said tougher than Everest Base camp and Annapurna Circuit trek days because of longer trekking hours most of the days.

### **What is the best time to trek through the Manaslu circuit?**

The best time to trek around Manaslu Circuit is March to May and September to November. Other months of the year are not recommended for Manaslu Circuit Trek because Larkye La pass is dangerous during extreme snow conditions.

### **PLEASE NOTE:**

Every effort will be made to keep to the above itinerary, but as this is Adventure journey in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of climbers can all contribute to changes. We will try to ensure that the trip runs according to plan, but your cooperation with an easy going nature will be an asset!

## PRICE INCLUDES

### Transport

- Private Vehicle: Airport pickups/drops and hotel transfers
- Private Vehicle: Kathmandu to Machha Khola (trek starts at Machha Khola) transfer
- Private Vehicle: Dharapani to Kathmandu transfer

### Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 11 nights' accommodation (twin sharing) during the trek in best available standard teahouses

### Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Normal tap water (suggested to drink after filtration or treatment)
- Breakfasts while in Kathmandu
- Farewell dinner in Kathmandu
- Seasonal fruit on trek

### Staff

- English speaking Trekking Guide/leader: One guide for each group including his accommodation, transportation, food, salary, transportation, and insurance
- One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- Tour guide for Kathmandu city tour

### Permits and Taxes

- Manaslu restricted area trekking permit
- Manaslu Conservation Area Permit
- Annapurna Conservation Area Permit (ACAP)
- All applicable taxes to be paid to the Nepalese government
- Temples and monuments entrance fees for Kathmandu city tour

### Others

- Complimentary down sleeping bag and down jacket provided for use for the duration of the trek (we suggest bringing your own if you have)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter)
- Complimentary Manaslu Circuit Trekking map

- First aid box including oxymeter carried at all times by guide

## PRICE EXCLUDES

### Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

### Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

### Food / Drinks

- Soft drinks, tea/coffee, bottled water and boiled water and alcoholic beverages are not included and must be purchased separately by the client
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

### Others

- Nepalese tourist visa (available on arrival at Kathmandu International Airport)
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal expenses such as phone calls, laundry, battery recharge, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips/gratuities for the staff

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

Icicles Adventure Treks & Tours representative will meet you at Kathmandu Airport (Tribhuvan International Airport). Finish your custom formalities (visa, etc.) and get to the airport waiting terminal, you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard. You will be then transferred to your hotel in our private vehicle.

You can either rest in your hotel or shop around the tourist market of Thamel for any gears for your trek.

### Day 2: Kathmandu (1,338 m/4,390 ft): Sightseeing and Trek Preparation

We start a guided tour to several pre-historic and spiritual sites in Kathmandu, listed as UNESCO World Heritage Sites. Kathmandu valley is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of fairs, festivals, and a lot of ceremonies.

We drive to Swoyambhunath (Monkey Temple) and walk the stone steps up to the summit of the hill where the famous Swayambhunath stupa has been resting for centuries. Upon reaching the top, you will observe swoyambhunath stupa and Hindu Temple together showing unique fusion of Buddhism and Hinduism in Nepal along with a view of entire Kathmandu.

Next, we explore medieval historic Durbar Square of Patan, a compound of temples, ancient palaces, and architecture. We will have lunch either at Patan Museum Cafe here or drive to Bouddhanath to enjoy the rooftop view of Boudanath with our food.

We take a tour of the celebrated Buddhist shrine (Bouddhanath) which is one of the large stupas in the world. The prominent Buddha eyes of Boudhanath Stupa attract Buddhist pilgrims from all over the world.

At last, we will visit the famous Hindu shrine of Lord Shiva, the holy Pashupatinath. You might observe the open-air pyre cremation of Hindu people on the bank of the Bagmati River.

After completing the sightseeing program, you will be driven back to the hotel. There will be a pre-trek meeting in which you will meet your trekking guide, get a short briefing on the trek along with a duffel bag to pack your things. You will also get a down jacket and sleeping bag (if you don't have your own).

In the evening, it's enjoyable to walk along the streets of the Thamel tourist exploring the market. You can also hire/buy trekking equipment from trekking gear stores in Thamel.

### Day 3: Drive from Kathmandu to Machha Khola (870 m/2854 ft): 156km/6-7 hours

We make an early morning departure from Kathmandu in a private jeep. Today's drive is pleasant and adventurous as it winds down, hugging the mountainside through terraced fields, rivers, bridges, and gorges. Following the side of the Mahesh River, we come to the Trishuli River until we cross a bridge over it and continue driving towards Dhading district's headquarters, Dhading Besi.

We continue our drive through bumpy rough from Dhading Besi to Arughat. Arughat is a small village on the bank of the Budi Gandaki River inhabited mainly by Newars. We further drive to Arkhet and again to Soti Khola. Usually, Soti Khola used to be the destination for the day, but we will extend the drive to Machha Khola.

We will drive through the mountain ridges and pass through Armala village. We will then go further to Lapubesi, a Gurung village. We will be able to see a few seasonal waterfalls from this trail. Finally, we will reach the small hamlet of Machha Khola, which was rebuilt after the flood destroyed it in the past. We will also see beautiful views of Ganesh Himal and Buddha Himal in today's drive.

#### **Day 4: Machha Khola to Jagat (1340m/4395 ft): 22km/ 7 to 8 hours walk**

We cross the Machha Khola River and head upstream to the tiny village of Khorlabensi. After Khorlebesi, followed by an hour of walking along the river, by tobacco and buckwheat fields, past rocks washed smooth by the river, often climbing up stone steps, to reach the hot springs in the center of the small, terraced village of Tatopani. We will have plenty of time to soak our grungy bodies in the voluble hot water streaming out of sculpted stone spouts.

A gentle climb through the woods past some spectacular waterfalls and sculpted rocks will bring us to a new suspension bridge across the Budhi Gandaki which we will cross. We will continue along a forested path and soon reach Dobhan. Then we will cross the Dhoban Khola on another suspension bridge above Dobhan village, the Budhi Gandaki descends in an impressive series of steep cataracts.

Sharing the trail with local sheep and goats we take steep steps along cliff walls to climb as the river descends even more steeply and stratified river rocks decorate our route. Eventually, the river valley widens and a good trail leads to Jagat, a village with a beautiful flagstone square.

#### **Day 5: Jagat to Deng (1860 m/ 6100 ft): 20 km/7 to 8 hours**

After getting the restricted area trekking permits at Jagat, we will start descending long stone steps to the river. Next, we will climb Salleri, holding a beautiful view of Sringi Himal (7190m), and finally pass through the village of Sirdibas. You might find people busy harvesting and thrashing if it is autumn time.

Here, we can see a traditional water mill called 'pani Ghatta.' Before fuel-running mills, villages used such 'pani Ghatta' for grinding.

We will cross a river ahead over a suspension bridge and soon reach Philim.

Ahead of Philim, we hike through some impressive farmlands on a high trail over the Budi Gandaki River. Continuing on this beautiful trail, we walk through a narrow gorge past a roaring waterfall to the right of the trail.

About two hours past Philim, we reach the metal bridge which spans the Budhi Gandaki with a trail leading east to the Tsum valley to our right.

We will descend from where we leave the main trail at the river junction, cross the Budhi Gandaki on a steel Bailey's bridge, and continue further north. After the bridge and passing the trail to Nyak on the left, we ascend gradually along a wide hillside trail through an open pine forest. Then, we cross the river twice on newly built steel suspension



bridges trekking through a dense forest of rhododendrons, bamboo, and wildflowers. As we climb, look back for views of Ganesh Himal IV.

After about an hour of relatively easy climbing, we leave the narrow gorge, cross the Deng Khola on a suspension bridge, and climb briefly to the hamlet of Deng. We will have magnificent views of the Ganesh Himal to our back and Lapuchen and Dwijen Himal to the north.

### **Day 6: Deng to Namrung (2630m/ 8626 ft): 20km/6 to 7 hours**

From Deng, we descend steeply and climb to Rana Village. We further climb through the beautiful pine forest and after crossing the bridge we reach Bihi Phedi and from here we see the Kutang Himal. Today along the trail we see very artistic mani stones, an indication that we are entering a Buddhism-influenced region.

We cross Serang Khola and the trail which rises high above the main Budi Gandaki River. The walk through the gorge is breathtaking, with spectacular views. In about two hours past a beautifully painted Chorten and after crossing a bridge over the Budhi Gandaki, we reach the outskirts of Ghap.

We then walk past long mani walls with Buddhas in several postures. Upon reaching Ghap, we see eggshells strung above the local 'tea-house doors in Ghap prevent the evil spirits from entering the house.

Today, as we gain a good bit of altitude, we start to feel cooler as we enter a dense forest of fir, rhododendron, bamboo, and oaks, giving occasional glimpses of snowy mountains. The valley is now becoming steeper with canyon and water cascades. Finally, we will cross the river a few times on suspension bridges and after a long climb on steep stone staircases, we reach the village of Namrung.

### **Day 7: Namrung to Shyala (3500m/11480ft): 11 km/ 4 to 5 hours**

Past Namrung, we walk through extensive barley fields and pastures and reach the settlement of Banjam. Again after climbing steeply, we reach the picturesque village of Lihi (2920m). Lihi houses two old gompas, and is spread along the trail with barley fields. It is famous for its unusual architecture - apartment-like units with a common roof.

Shortly after Lihi, we can see beautiful mountain, Simnang Himal (6251 m). We cross a large stream flowing down from the Lidanda Glacier, and pass through the Tibetan village of Sho. Just above this village we get a first sight of majestic Manaslu.

Small descent out of Sho, we start to climb up to Lho where a large sprawling village adorned with a lot of prayer flags, a lovely little monastery, numerous chortens, mani walls and an elaborated white stupa. Also a bigger Nyingma Rimjung gumpa is there decorated with colorful prayer flags and houses more than 100 monks.

The two peaks of Manaslu now dominate the area but Ganesh I is also visible looking back and to the northeast is a most impressive wall of rock rising to the snow capped summit of Saula (6235).

We pass barley fields, a long mani wall and, old Chorten followed by another big Chorten from where we see very panoramic views of Mt. Manaslu. We follow the right bank of Budi Gandaki with views of Ngadi Chuli ahead.

Soon climbing through the forest with occasional stream crossings, we reach summer settlement of Shayla which provides a splendid panorama of Phungi, Manaslu and Himal Chuli. We see Hongsanbu Gompa on our way to Shyala.

Today we sleep in Shyala village where you will be surrounded by mountains like Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Manaslu and large glaciers. Other snowcapped peaks can be seen to the right, and at the far end stands Ganesh Himal.

### **Day 8: Shyala to Sama Gauon (3520m/11545 ft) via Pungyen Monastery: 17 km/5-6 hours**

We cross a stream that is the outflow from the Pun Gen Glacier and then climb next to the stream to the edge. We take a side trip to get to Pung Gen monastery which sits at 3870 m. Walking past the beautiful herding settlements through Numla Khola and the Pung Gen glacier, we will see majestic views of Mount Manaslu near the monastery.

The Pun Gen Gompa includes a cave gompa, which provides an even better prospect of the valley. After enjoying the panorama, we continue to trek to Sama Gaun.

Sama Gaun (3660m), a comparatively larger village on the Manaslu Circuit trail sits at the base of Mount Manaslu. Settled by Tibetan descendants the residents are Buddhist and you can see the prayer wheels, mani stones, and Ribung monastery at the village denoting the deep Buddhist faith of the people there. Tibetan Buddhism permeates the culture and the way of life in these high mountain villages.

It might be interesting to wander through the alleyway of Sama, its stone houses with wooden decks and shingles look similar in style to the ones in Lho and Lihi. Tibetan descendant people have lived for hundreds of years in elevated stone houses with animal pens underneath their homes. Most families make living growing barley and potatoes for three months of the summer and the rest of the year they trade with lower villages and Tibet. Yaks and dzobkios share the narrow passages, which have small waterways running in the middle of them and planks to bridge the two sides.

### **Day 9: Acclimatization day at Sama Gauon- Hike to Manaslu Base Camp (4800m/15748 ft.) (12 km/6-7 hours) Or Hike to Birendra Lake (3 km/2-3 hours)**

Today is a rest day at Sama Gaun where we will acclimatize ourselves with the altitude before we proceed ahead to higher elevation.

We follow the trail to Glacial Birendra lake and might return back after a short exploration. If we want to go to Manaslu Base Camp, we continue into the forest and slowly walk steep up to the remarkable Manaslu Glacier to Manaslu Base Camp (4800m). Trek to Manaslu Base Camp takes about 4 hours, and trek back to Sama Gaun is 3 hours.

Starting early is good for the best views and to avoid snow burn due to sunlight reflected by the glacier. The trail offers amazing views of Manaslu Glacier, Birendra lake, and the typical village Samagaun. If it's the season for Manaslu climbing, we will find Manaslu Base Camp full of tents, climbers, guides/sherpas, and porters.

While climbing up, the scenery becomes more spectacular with the nearest glacier, Manaslu peak, Naika Peak, and the views of surrounding hills. The final part of the trip is to climb between 4400-4800m, which is steeper with snow



and ice (seasonal). After reaching Manaslu Base Camp at 4800m, we feel like being in the abode of mountains, and finally trek back to Sama Gaun.

### **Day 10: Trek to Samdo (3875m/12710 ft): 10km/3 to 4 hours**

Early wake up at Sama Gaun will show us the stunning view of sunrise over Manaslu and other mountains. After breakfast, we cross a small bridge and head west towards Manaslu Base Camp and Birendra Lake along the grassy lateral moraine.

As we hike up through the woods on a dirt trail, past birch, juniper and rhododendron, the lake opens up below us and we get closer to the remarkable icefall of the Manaslu Glacier. We'll hike up further to over 4000 meters for acclimatization.

After crossing a stream and heading north we trek past rough woods of Himalayan birch during the walk up to Samdo. We pass by the left side of the long Mani walls at Kyonggma Kharka and afterward spot the entrance Chorten of Samdo. We descend back to the Budhi Gandaki and cross a small bridge leading to a short climb to Samdo.

We can take a walk around the village where the inhabitants live an essentially Tibetan lifestyle, herding their yaks, sheep, and goats, training their horses, and planting barley. There is also a small gompa in Samdo.

### **Day 11: Trek to Larkya Phedi/ Dharamsala High Camp (4480 m/14694 ft): 6km/3 to 4 hours**

We leave Samdo on the old trade route towards Tibet. We then cross a small bridge, and climb towards the west above the ruins of Larkya Bazaar. We ascend through grazing hamlets, open, grassy plateaus filled with dwarf juniper bushes, rhododendron, and lichenized stones. The landscape becomes increasingly stunning along with the views of Glacier on the other side of the valley which tumbles down from Manaslu and Manaslu North peaks.

Finally we come to Dharmasala, the high camp for the Larkya La pass. Herds of blue sheep might appear to graze in the barren slopes nearby. Due to freezing temperature and the high altitude, it's better we spend relaxed afternoon and keep ourselves warm.

If still feeling energetic, we can hike up either of the ridges that form the boundary of the valley, or hike up alongside the small spring-fed stream back of the teahouse and enjoy the birds, marmots and blue sheep. We get to see awe-inspiring views of Naike Peak to the south and the tip of Manaslu in the front.

### **Day 12: Cross Larkya La (5160m/16924 ft) to Bimthang (3590m/11775 ft): 16 km/7 to 8 hours**

We start early with the longest day on our Manaslu Circuit Trek. After climbing briefly, we hike along the right side of the lateral moraine. Watch for blue sheep, pika, marmot, and Tibetan snow-cock tracks in the snow and if lucky you might see snow leopard footprints too.

As soon as we reach the ablation valley on the north side of the Larkya Glacier we see beautiful views of Cho Danda and Ganesh Himal-I to the east and then of Larkya Peak (6250m) to the west. We continue across the often snowy, surging moraine of the glacier, past the many snow markers, and in about two hours reach a small hut, at 4920 m.

Two hours more gradual and steep ascent to reach the top of Larkye pass. The views from the top of the Larkye La are breathtaking, mountain views equally amazing from both sides. From the east, we'll look down on Samdo Peak and the peaks bordering Tibet, and Larkye Peak to the southeast.

To the west towards the Annapurna region rise Kang Guru ridge, Himlung Himal, Cheo Himal and a bit further down the pass the views open up to include Gyagi Kung and Annapurna II. We take a steep climb down a razor-edge ridge and then a descent, often slippery and icy and slightly steep, to a trail following the left side of the Salpudanda glacier moraine.

We find a flat place and have lunch and continue to traverse downhill with another steep section ahead, soon reaching a flatter valley full of primulas and azalea bushes. We still have a good 2-3 hours to reach Bimthang. A circular descent through boulder-strewn trail leads us, finally, to Bimthang, where the Samdo people keep their yaks and horses in the summer and winter months.

### **Day 13: Bimthang to Dharapani (1965m/6445 ft): 24 km/8 to 9 hours**

We leave Bimthang after breakfast and climb to a ridge over the moraine, soon afterward crossing a boulder-strewn river on a wooden bridge. We ascend and then head down through open forests of rhododendron, juniper, birches, and spruce past the meadows below Bimthang.

With the backside of Manaslu opening up, we follow the intersecting glacial rivers, increasingly large as we drop, and eventually cross a steel Bailey's bridge and reach the small hamlet of Karche.

We continue along the rocky riverbed, often on trails that traverse sliding hillsides, to several small, green villages, a sign that we have reached lower altitudes. We reach the large village of Tilje, a mixed village with its residents being Manangis, Ghale Gurung, and Chettris. We follow Dudh Khola through bamboo forests down to Dharapani, an impressive Tibetan village with prayer flags fluttering in the windreaching the Annapurna trail.

### **Day 14: Drive from Dharapani to Kathmandu: 240 km/9-10 hours**

The drive from Dharapani to Kathmandu is a journey that transitions from the serene and rugged landscapes of the Himalayas to the bustling, historical city of Kathmandu. Starting early in the morning after breakfast, you will leave the quiet village of Dharapani, known for its stunning mountain views and as a key stop on the Annapurna Circuit trek.

The drive typically takes about 8-10 hours, depending on road conditions and traffic. Initially, the route winds through narrow, mountainous roads offering breathtaking views of terraced fields and local Nepali villages clinging to the hillside. The road may be rough in parts, requiring careful navigation.

As you descend from the high mountains, the vegetation becomes more lush and dense, with frequent glimpses of rivers and waterfalls alongside the road. The drive includes several stops at local teahouses or roadside eateries, where you can stretch your legs, have a meal, or simply enjoy a hot beverage.

Upon reaching the outskirts of Kathmandu Valley, the traffic begins to increase, signaling your approach to the urban environment. Once in Kathmandu, the day concludes with a drive through the city to reach your hotel, where you can rest after the long journey.

### **Day 15: Depart Kathmandu-Airport drop**

Today marks the conclusion of your Manaslu Circuit journey. Our airport representative will ensure your transfer to Kathmandu's international airport for your departure flight. We trust that the stunning landscapes of Nepal, the majestic Himalayas, and the rich cultural experiences you encountered during your trek will leave a lasting impression. As you head home, we hope you carry with you enduring memories and a profound sense of accomplishment from your adventures in Nepal.

## FAQ

### 1. When is the best time for Manaslu circuit Trekking?

The best times to trek the Manaslu Circuit are during the spring (Mid-March to May) and autumn (September to November) seasons. These periods offer the most stable weather conditions, clear skies, and moderate temperatures, making them ideal for trekking.

It's advisable to avoid the monsoon season (June to August) due to heavy rains, slippery trails, and limited mountain views, and the winter months (December to February) can be extremely cold at high altitudes, which may lead to challenging trekking conditions specially at the Larkye pass.

### 2. What is special at Manaslu? How it is different from Everest trek and Annapurna trek?

Highest point during Manaslu Circuit Trek is achieved while crossing the 'Larkya La Pass' at 5213m that offers excellent views of Himalayas like Manaslu, Annapurna range, Kangaru, Cheo Himal, Himlung himal and other snow capped peaks. Stunning views of landscapes, Tibetan influenced Buddhist cultures and traditions exploring opportunities are available.

Another major difference is that Manaslu Circuit is lately opened trail for outsiders and is less crowded than Everest and Annapurna trails. Being a circuit trek, you will never follow the same path again, every day you will be seeing new things, meeting new people and exploring new places during this exceptionally beautiful trekking journey.

### 3. Is solo trek possible in Manaslu Circuit?

Two people is needed to apply for Manaslu circuit trekking permit. According to Nepal government rules, there should be minimum of two trekkers with licensed guide to embark in for Manaslu Circuit Trek. But we can arrange solo trek for you by paying for a ghost permit too.

### 4. Is previous trekking experience required for this adventure?

Previous trekking experience is not mandatory to join Manaslu Circuit Trek, however you need to be physically fit and strong with passion towards exploring the less explored remote areas of Nepal. If you are first timer, then it gives you so much things to offer, you will certainly return for Nepal trekking holidays next time.

### 5. How do I begin preparations for this around Manaslu trekking?

Prepare your body first. It means increasing your stamina by getting involved in cardio vascular exercise, swimming, cycling, skipping, and going for short hikes on the weekend. If you continue these physical exercises and maintain your fitness, then there will be fewer chances of AMS and other illness with more of enjoyment and worthwhile experiences.

### 6. What are the required permits for Manaslu Circuit Trek?

TIMS card is not required for Manaslu Circuit Trek. You need to have ACAP and MCAP permit that costs Nrs 2000 each which is included in your trip cost. All these permits will be arranged by the company itself. You just need to focus on enjoying the trip and making it once in a lifetime of memory.

## **7. Is there any specific health and fitness requirements?**

There is no hard and fast rule on this. But you need to have physical strength to walk at least 6 to 7 hours a day through rough terrains, uphill and downhill walk. If you have any respiratory, cardiac or other illness, please let us know beforehand. You do not need to be athlete though; normal person with fit body can surely join this trip.

## **8. Where is the starting and ending point of trek? How do we get there and what are the transportations?**

Manaslu circuit Trek starts from Arughat and ends at Syange. You will get a drive from and to Kathmandu on private jeep or local bus. We recommend you to take private jeep for comfortable ride. It will be around 6 hours drive from Kathmandu to Arughat and 7 hours from Syange to Kathmandu.

## **9. What should my insurance policy cover on Manaslu Circuit hike?**

Your insurance policy should cover the helicopter rescue operation that will be used in case of medical emergencies. Our trekking leaders are high altitude trained guides and have an ability to take right decision on right time. If he encounters AMS symptoms, then first, you will be taken to lower altitudes, and if still condition worsens or further medical attention is required then you will be airlifted to hospital in Kathmandu. All these medical expenses along helicopter charges should be covered by your insurance policy.

## **10. What would be recommended packing list for Manaslu trek?**

If you have your own sleeping bag, sleeping mat, airbag, trekking boots, then we recommend you to pack those and use during the trek. However, we can arrange all the trekking gears and equipments after your arrival at Kathmandu. We have created an extensive list of equipments you might need to checklist before trekking in Nepal.

## **11. What type of accommodation is provided during the this trek?**

Accommodations during the Manaslu Circuit Trek are usually basic in terms of facilities being offered. The facilities include twin sharing beds in a room, meals, shared toilet etc. You are requested to use the sleeping bag specially while crossing the Larkya la pass at high altitudes when temperature drops along with oxygen level in an atmosphere. Camping Trekking can also be another option for Manaslu Circuit Trek, where all accommodation and meals are arranged by our company staffs.

## **12. What food and meals do we eat on the course of Manaslu Trek?**

Basically the food items available during the Manaslu circuit hiking are rather basic like rice, lentil and vegetables, soups, porridge, Tibetan style syabale, noodles, tea etc. And for quick boost of your energy, you need to carry few packets of dry fruits like cashew nuts, raisins etc. along with chocolate bars like Mars. It helps retain your blood glucose level that helps in reenergizing.

## **13. Can I customize this trek?**

Yes, we can bring changes in Manaslu Circuit trekking as per the need and requirements of our valuable clients. From trip costs to number of days, excursions to sightseeing trips, we will manage every aspect of the trip to fit your budget and style. Let us know what you want and we will ensure we will make it happen just like the way you ordered.