



Around Manaslu Circuit Trek - 12 Days



Trip Facts

Destination	Nepal
Duration	12 days
Group Size	2 - 6
Trip Code	DWT-AM2
Grade	Strenuous
Activity	Manaslu Treks
Region	Manaslu Region
Max. Altitude	5,160m at Larkya la pass
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Mar, Apr, May, Sep, Oct, & Nov.
Transportation	Public Transportation from Kathmandu to Sotikhola via Arughat, & Dharapani to Kathmandu

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

The attraction of the under trekked trails of Around Manaslu (8,156m/26,758ft) and the high mountain scenery is hard for trekkers to resist. The Manaslu trek is a tea house trek...

Discovery World Trekking would like to recommend all our valuable clients that they should add an extra day at Kathmandu on weekdays (Not on the weekend) before we start our Around Manaslu Circuit trek the next day after for Manaslu special permit process where we need your original Passport with Nepali visa at Immigrant Office Nepal and also for official Briefing as proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey to make sure you haven't forgotten anything and if forgotten, then make sure that you are provided with those things ASAP on that very day at our office. On our way, we'll be traveling on public buses but if you want a bit comfortable ride as the road is not that good we can provide you jeep at some extra cost as simple cars can't go there.

About the Trip

The attraction of the under trekked trails of Around Manaslu (8,156m/26,758ft) and the high mountain scenery is hard for trekkers to resist. The Manaslu trek is a tea house trek that circumnavigates the eighth highest peak in the world, with an unfolding phenomenon of natural and cultural beauty.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  A scenic drive from Kathmandu to SotiKhola
-  Views of highest peaks in the world like Mt. Manaslu, LamjungHimal, Mt. Annapurna II etc.
-  Trek along the BudhiGanadaki River gorge
-  View of other peaks such as Mt. Lhotse(8,516m), Cho Oyu(8,201m) and Mt.Makalu (8,463m)
-  Captivating flora and fauna
-  Cultural exploration between Hindu's and Buddhists
-  Possibility of spotting a wild endangered species like Snow Leopard.

What is Included?

- ✔ Transportation from Kathmandu to Arughat to sofi khola (trek start) and from Dharapani(trek end) to Kathmandu by public bus.
- ✔ All Standard Meals (12 Lunch, 11 Dinners and 12 Breakfasts) during the trek.
- ✔ Accommodations: Five nights room with private attached bathroom at Sotikhola, Lho, Samagaun(2N) and Bhimtang, six nights standard room at Khorla Bensi, Philim, Ghap, Samdo, Dharamsala, and Dharapani (Generally twin Sharing room)-11 Nights
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader guide and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, and other necessary equipment
- ✔ Manaslu special permit with Conservation Area Permit, and Annapurna Conservation Area Permit (ACAP) fees
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9 kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

Overview

Manaslu Trek has all the elements of other treks in Nepal giving an insight into both Hindu and Buddhist cultures (**especially Tibetan influence**), protected wildlife, rhododendrons and wildflowers, raging rivers, precarious bridges, and stunning mountain scenery. The off beaten trails take us through many verdantly rich forests of rhododendron trees blooming beautifully, alpine woods like pine, cedar, birch, and juniper, and delightful meadows

It offers to enjoy the diverse range of ecosystems, the remote lifestyle of the local inhabitants, influenced by the Tibetan culture, and also the fantastic mountain scenery. Modernization and commercialization have not touched the purity of the environment and for the last few years, this quite untouched area is gaining huge popularity and offering the finest trekking experience in Nepalese Himalayan, so trek to Manaslu will be a time-travel experience.

Manaslu circuit trek gets really relaxing With beautiful landscapes, rivers fall and forests, It offers superb views of stunning peaks such as Lamjung Himal (6,983m), Annapurna (8,091m), Dhaulagiri (8,167m), Himalchuli (7,893m), and Ganesh Himal range. Situated along the border of Nepal and Tibet, we will experience and witness the culture and lifestyle of both Hindus and Buddhists up there. A thrilling new route circumnavigating the World's eighth highest peak, **Manaslu (8,156m/26,758ft)** was officially opened to trekkers in 1991. In terms of challenging, it is comparable with Annapurna Circuit Trek or Everest Base Camp trek. The highlight is undoubtedly the **spectacular unhindered views of Manaslu and the cultural variety**.

Our Journey towards the **Around Manaslu Circuit trek begins** with a long drive from Kathmandu to Arughat(160km) then to Soti hours Khola which would approximately take about 8 to 9hrs and on our ride, we can see the green mountains and rivers flowing by our side. We will also enjoy the beautiful scene of nature when coming across pleasant alpine meadows and pouring waterfalls. Our First Exciting trek from Soti Khola to Sama Gaon will be an adventurous and challenging trek full of surprises from nature. Hiking through the beautiful Sal and bamboo forests up there to climb on the ridge above the big rapids of Budhi Gandaki river and spotting the national bird or a grey langur monkey is a stirring experience for every one of us. Tibetan prayer flags, mani stones will be seen along the trail. In fact, in Sama Gaon, We will be spending an **extra night to acclimatize** our body for future higher elevation by visiting **the Manaslu Base camp (4,750m/21,300ft)** or the Birendra Lake. Further following our destination we'll be trekking to **Larkya La Pass (5,106m/16,751ft)**, Our eyes will get a remarkable view of Mt. Manaslu and also the Larkya glacier. After leaving **our footprints on the Larkya La Pass summit**, a stunning panoramic view of many peaks like Himlung Himal, Kang Guna, etc will be waiting for us to give a feast to our eyes. Hiking Ahead We'll descend down the trail leading us to a large meadow in Bhimtang then further continuing to Dharapani where we ride the local transportation back to Kathmandu.

Around the Manaslu circuit trek gives you **the lifetime experience of viewing panoramic scenes of mountain ranges**, glaciers, and mostly the chance to see the unique cultural blend of Buddhists and Hindus. For those who want a more relaxing trek, our [16 days Manaslu Circuit trekking](#) would be ideal.

[21 Days Tsum Valley and Manaslu Circuit Trekking](#)

[16 Days Tsum Valley Trekking](#)

Day to Day Itinerary

Day 1

Drive from Kathmandu to Arughat - then drive to Soti Khola (730 m/2896 ft)

Itinerary Facts

Driving hours (160km/99.4 miles) -6-8hrs

Driving on the **Prithvi Highway**; coincident from Kathmandu, we will be exceeded by a beautiful river view of the Trishuli river. From Dhading Bensi, we will be driving to Arughat where the roads will be boisterous. After an early afternoon breakfast, we will prelude our tour with a scenic drive to Arughat, ensuing to Soti Khola. Arughat being a huge settlement, it is aggregated on both sides of the Budhi Gandaki river connected by a suspension bridge. The next two hours' drive will take us to Soti Khola. In the first few hours, we will reach **Dhading Bensi** which is the district headquarters of Dhading (1050m). Manaslu and Ganesh Himal range, small villages following the **Budhi Gandaki river**. Along the way we will see elegant mountain scenery resembling Mt. In this long drive, we will be stopping for multiple breaks and for lunch as well.



Overnight at "ABC Hotel" with an attached bathroom



Included all standard meals (Breakfast + Lunch + Dinner).

Day 2

Trek from Soti Khola (730 m/2896 ft) to Khorla Bensi (970 m/ 3,182 ft)

Itinerary Facts

Trek Distance 14 km/ 8 miles

Highest Altitude 970 m/ 3,182 ft

Trek Duration 7 to 8 hrs

After a long ride previous days today we'll be crossing the **Soti Khola**, we'll sightseeing the spectacular waterfall, and we'll have a gentle walk through beautiful sal forests towards **Khorla Besi** which climbs onto a ridge above the huge rapids on the Buri Gandaki. Across the Budhi Gandaki on the towering hillside view reminiscent of the Annapurna Circuit between Bahundanda and Syange. The trail goes and passes via rice terraces, then up and around the mountain with a half-hour walk to Lapubesi. A wide path opens and **Budhi Gandaki meanders** among wide gravel bars. Fortunately, We'll also have a glimpse of **Shringi Himal**. The route heads down again to Nauli Khola over a long suspension bridge, eventually, the trail traverses beside three isolated chortens together, heralding the arrival in Machha Khola. We'll continue the route following a serene and pleasant route through the lush landscape as we make our way up the picturesque Buri Gandaki Valley. The trail passes Woods, fertile fields, tributary streams, and waterfalls and makes a brief climb to Lapu Besi and on to Khorlebesi. In this way, our 2nd day of Around **Manaslu Trek will be successful**.



Overnight at "Ever Green Cottage"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 3

Trek from Khorla Bensi (970 m/ 3,182 ft) to Philim (1,590 m/5,217 ft)

Itinerary Facts

Trek Distance 23 km/ 14.2 miles

Highest Altitude 1,590 m/5,217 ft

Trek Duration 7 - 8 hrs

After a long exciting and adventurous trek towards **Khorla Besi**, We'll hike up to the ridge above Fast rapids in the Buri Gandaki and continue to Korsani. Hike along Korsani trail now gets a bit more challenging as we climb over a large rock and cross a stream on a single log on the bridge, then leaves its way up and down again to the banks of the **Buri Gandaki**. We'll continue an upward steeping rocky trail to the **Gurung village of Labishe**. Crossing the path of the village we'll reach Machha Khola. We trek through the narrow valley of the Buri Gandaki river and are more cultivated than the previous day. The view of Ganesh Himal and Shringi Himal is just magnificent like **nature's gift**. In this way, our 3rd day of Around Manaslu Trek will be successful.



Overnight "Manaslu River View"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 4

Trek from Philim (1,590 m/5,217 ft) to Ghab (2,250m/7382ft)

Itinerary Facts

Trek Distance 21 km/ 13 miles

Highest Altitude 22,50m/7382ft

Trek Duration 6-7 hrs.

After a spectacular trek the previous day, Our journey takes us further up the river along the valley of the Budhi Gandaki River. Today the path ahead will be much less steeply. We'll hike towards Chisapani which is less than an hour walk from **Philim** where trail turns towards the north as we can see traverses terraced fields of Ekle Bhatti, we'll enter a steep George and descends grassy slopes dotted with tall pine trees in the woods. After Crossing the **Budhi Gandaki bridge**, we see the large **Shar Khola and Tsum valley** joining the Budhi Gandaki on the opposite bank. We'll continue the route which makes its way up the western side Where the valley finally widens, offering us a pleasant walk through a bamboo forest to Deng. With all our excitement we'll climb all the way to Bihi Phedi, crossing the Sringi Khola, heading towards the west up of the Budhi Gandaki valley, climbing steeply and traverse with more ups and downs in forests, we'll be passing occasional mani walls, then contours to Ghap Finally. The mani wall in Ghap has particularly elegant carvings. Culture, lifestyle, and Houses are **completely alike Tibetan**. In this way, our 4th day of **Around Manaslu Trek** will be successful.



Overnight at "Lama Hotel"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 5

Trek from Ghab (2,250m/7382ft) to Lho (3,180 m/10,433 ft)

Itinerary Facts

Trek Distance 16.3 km/ 10.1miles

Highest Altitude 3,180 m/10,433 ft

Trek Duration 5 - 6 hrs

After a healthy Breakfast, Today our destination trail passes beneath a large overhanging rock mountain, crossing the Budhi Gandaki, we'll pass through tree streams in a forest where we can see big firs alive with birds, including the Danphe or imply a pheasant – Nepal's national bird, a tribe of grey langur monkey, Hiking up through a deep forest of fir, rhododendron, and bamboo and enters Namrung through a stone archway. Namrung has a picturesque stretch of buildings From Namrung, we head towards upper Nupri- the dialect changes to a form of Tibetan. With long days awaits for us, We'll climb past a mani wall, then continue up through a forest of firs, rhododendrons, and oaks, passe through a stone orch, and enter Lihi-exhibit the unusual architecture of this region. We'll be blessed with spectacular Manaslu, Manaslu North (7,157m), and Naika Peak(5,515m), which appears at the head of the valley. This trial towards Lho climbs past a small stream to Lho. Lho is a big village with a Gompa, a rough stone archway at the entrance, and a Tibetan-style chorten, and a huge mani wall. In this way, our 5th day of Around Manaslu Trek will be successful.



Overnight at "Hotel Majestic" with attached bathroom.



Included all standard meals (Breakfast + Lunch + Dinner).

Day 6

Trek from Lho (3,180 m/10,433 ft) to Samagaun (3,530 m/11,581 ft)

Itinerary Facts

Trek Distance	17.2 km/10.6 miles
Highest Altitude	3,530 m/11,581 ft
Trek Duration	4 - 5 hrs

From Lho today we'll be enjoying the surprising survey of many mountains on the passage. We will be excessively the torpidness gate and a long mani testicle bailey of the clachan as we get to see the **Ngadi Chuli; Peak 25,823ft (7,879m), HiunChuli (7,893m)** forth of us in Shyala village. From Shyala, the passing takes us up and easily after down to the affluent that originates from the glacier of **Pungyen**. Following the side moraine of the Pungyen glacier, we vanish through many chortens and monasteries with an enormous prayer compass. The hiking gradually increases and becomes challenging as we cross the crest and trek in and out of the gulch of **ThosangKhola**. Descending down into a rock-strewn moraine across the defense, we emerge into an edge that examines the widespread fields of **Samagaun**.



Overnight at "Hotel Manaslu" with attached bathroom.



Included all standard meals (Breakfast + Lunch + Dinner).

Day 7

Rest day in Samagaun (3,530m)

In this long journey, we acclimatize at **Samagaun** to adjust to the thin air as we are at a higher elevation. We will not stay idle but will explore this village of Buddhist culture. We will be noticing the lifestyles of the locals and experiencing their culture. Additionally, we have other explorations planned as well. The options include to hike to the **Manaslu Base Camp** or continue to **Birendra Lake** and then climb the ridge to Pungyen Monastery. This monastery is in the south of Samagaun which is about two and a half hours' hike. It is hidden behind the ridge in front of Manaslu and gives us a tremendous view of the glaciers. Birendra Tal is a glacial lake at 3,450m where ice blocks tumble into the lake with thunder displays. Samagaun is indeed an interesting place for acclimatization.



Overnight at "Hotel Manaslu" with attached bathroom.



Included all standard meals (Breakfast + Lunch + Dinner).

Day 8

Trek from Samagaun (3,530 m/11,581 ft) to Samdo (3,875m/12,713 ft)

Itinerary Facts

Trek Distance	8.2 km/ 5 miles
Highest Altitude	3,875m/12,713 ft
Trek Duration	3 - 4 hrs

The trek today is comparatively more interesting and pleasant. We will be crossing the pasture areas and ascending to the valley. The trail leads us to forests with juniper and birch where we enjoy the beauty of nature. As we reach down the **Budhi Gandaki river**, we will be crossing the wooden bridge over it and climb up steeply across the river. We will be getting an amazing view of the mountains, especially Manaslu as we will be reaching Samdo, which is a Tibetan refugee village. Upon reaching Samdo, we will also explore the village and the surrounding hills



Overnight at "Yak Hotel"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 9

Trek from Samdo (3,875m/12,713 ft) to Dharamsala (4,480 m/14,698 ft)

Itinerary Facts

Trek Distance	11.7 km 7.2 miles
Highest Altitude	4,480 m/14,698 ft

Trek Duration 3 - 4 hrs

With an exciting day ahead, we walk down the edge through fields and old mani walls, crossing the wooden bridge over the BudhiGanadaki river. We begin walking upward of the valley. We will be noticing the mani walls and the prayer flags hung on the route, signifying the closeness of the Larkya La Pass. After crossing two streams, we will witness the Larkya Glacier which is unquestionably magnificent. As we enjoy the view, we further trek around the valley of SalkhaKhola and climb up again reaching the stone guest house (4,450m). The stone guest house is not a lodge but it is a kind of shelter better known as Dharamsala or Larkya La Phedi. Today's day would be a gratifying day as we will get an amazing view of the Larkya Glacier and the amazing view of Mt. Manaslu from a great angle. The short trek today gives us plenty of time later onwards to acclimatize and relax.



Overnight at "Dormitory /Tent"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 10

Trek from Dharamsala (4,480 m/14,698 ft) to Bhimtang (3,720m/12,205ft) by crossing Larkya la Pass (5,160m/16,929ft)

Itinerary Facts

Trek Distance 24.7 km/15.3 miles

Highest Altitude 5,160m/16,929ft

Trek Duration 7 - 8 hrs

The exciting part of the journey awaits us, as we will be trekking around the **Manaslu circuit** crossing the Larkya La Pass (5,100m). After early morning breakfast, we will leave **Dharamsala** as it will be a whole day trek. The weather is the most important factor, it will decide if the trek becomes more challenging as strong winds and a storm could possibly occur. We begin by crossing the moraine, descending down to a small lake. The trail begins to be rough and unclear as we have to cross the south of a steep grassy slope. Our route stays on the moraine to an edge which is marked by two landmarks. The prayer flags mark that the route is visible so that we can continue trekking. Carefully trekking ahead, we will descend to four frozen lakes then finally climbing a steep trail to the pass. The four frozen lakes look undeniably striking. From the Larkya pass, we get outstanding panoramic views of Himlung Himal, Cheo Himal, Kang Guru, and the great Annapurna II. As we live in the moment and admire the beauty of nature, the trail takes us to the top of the moraine, heading to the west and making steep, rough bends. We further cross the moraine then descend gently to another grassy **moraine at 4,450m**. As we have descended, the trail becomes easier to walk in, and then we reach a small meadow. The valley begins to widen as we near the large meadow, mani walls, and small houses that indicate we have reached Bhimthang



Overnight at "Punkar Guest House" with attached bathroom.



Included all standard meals (Breakfast + Lunch + Dinner).

Day 11

Trek from Bhimtang (3,720m/12,205ft) to Dharapani (1,910m/6,266ft)

Itinerary Facts

Trek Distance 20 km/ 13.6 miles

Highest Altitude 3,720m/12,205ft

Trek Duration 7 -8 hrs

Today our destination will be **Dharapani**. From Bimtang after an early breakfast, we'll head towards trail crossing over the side of the moraine and descend to the headwaters of the **Dudh Khola**, and crosses a wooden bridge, then into pine and rhododendron woods to **Hompuk (3,430m)** with a rock shelter. We can see the rhododendrons' unique appearance in a wide range of colors, sheep, horses, and monkeys fill the forest. The panoramic view of Phungi, Manaslu, Manaslu north peak, Cheo Himal, and Himlung Himal, is clearly visible on our way. We'll descend downhill for 30 minutes in the forested area to reach the meadow of **Sangore Kharka**. Then we'll be crossing a landslide before making a steep climb to a ridge decorated with prayer flags making the environmental view like **paradise**. We again make a descent towards the river bank at Gho(2,575m). The route continues down with a few ups, mostly through fields, but also through some dense pine forest. Less than an hour walk through fields and intermittent stands of rhododendron and oak we'll arrive at Tilije, a very mix of an ethnic community settlement. After having Lil bit of taste of Tilije, we again continue our trek via the village through a stone arch, crossing the Dudh Khola, and following along its embankment we'll be descending through the scrub forest. The walls of the **Marsyangdi Valley** loom larger and finally, the houses of Dharapani

appear in the distance. Passing through Thonje via a wooden bridge and through a chorten-shaped arch, we'll finally arrive where Dharapani lies across a long suspension bridge over the Marsyangdi.



Overnight at "Heavan Guest House"



Included all standard meals (Breakfast + Lunch + Dinner).

Day 12

From Dharapani (1,910m/6,266ft) We'll Drive to Besisahar (760 m/2,493 ft) - then drive back to Kathmandu .

Itinerary Facts

Driving hours 224km/139miles

Highest Altitude 1,910m/6,266ft

Today we will be on the road the whole day. After early morning breakfast, we leave Dharapani to Besishar on a local jeep or a bus which will approximately take about four to five hours. The drive will be scenic as we will pass many villages, Marsyangdi river, bhulbhule town, and Khudi. According to the schedule, we should be reaching Besisahar at least before 3 pm so that we can catch the last bus to Kathmandu. In case the time is not favorable to us, we will have to extend a day in the itinerary. After catching a bus that takes us back to Kathmandu, we will be getting the sight of the Marsyangdi river meeting the Trishuli river as we head west on the Prithivi Highway. The drive has many beautiful and natural scenery that pleases our eyes with terraced lands and a last few glimpses of the peaks.

Note-If time goes beyond this due to delay by unforeseen or unexpected cause, one day in the itinerary is highly recommended. Upon arrival in Besisahar, then after, we make the start by bus on a journey back to Kathmandu. The road follows along the scenic Marsyangdi River Valley and then meets the Trishuli River as we head west along the Prithvi Highway. Along the way, we will have good views of the lush scenery and terraced farmland and perhaps even some final glimpses of the mountains.

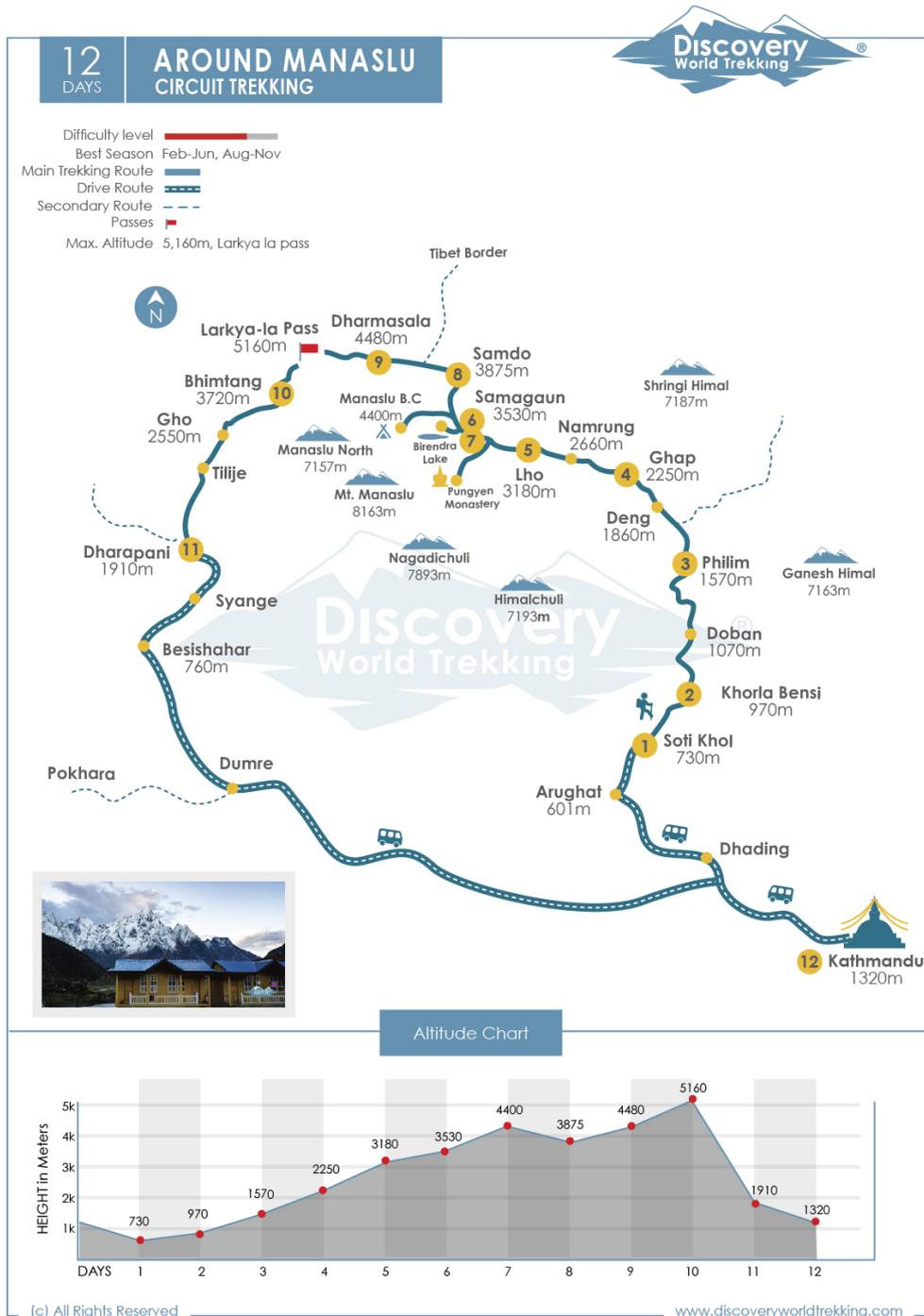


Overnight at your selected hotel in Kathmandu



Included all standard meals (Breakfast + Lunch).

 **Route Map**



Trips Notes

Covid-19 updates & safety precaution for Around Manaslu Circuit Trek

Manaslu circuit is the most remote hiking trail in Nepal, completely untouched by any kind of modern disturbance. The population is relatively very low compared to other trails of Nepal which makes Manaslu one of the best trails to go for after the **covid-19 travel restriction is over**. The notable places of the trek are Samdo, Dharmasala which are above 3500 M above sea level, you'll be around white snow-capped mountains forgetting the busy lifestyle of the city for a moment. According to most travelers who have been to Manaslu, it's **perfect for most age groups** making the trek more worth taking. We also are aware of the risk of Covid-19 for which we're well prepared with everything we're updated and informed by WHO & Ministry of Health of Nepal. Here are a few things which we've on our belt already.

Apart from **Geographical safety**, Discovery World Trekking has taken precaution in following things to make travel as safe as possible making the most out of it without any worry!

- Our guides are well trained with **Intensive wilderness First Aid**
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- **Encouragements and motivation** will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

The beginning of the journey towards Around Manaslu Circuit Trek

The first day is your arrival day in Nepal. The second day is a must to apply for the restricted area permit to Manaslu. In the meantime, we conduct a trek briefing, guide introduction, and equipment checklist. On the third day, we'll drive to Sotikhola via Arughat for the start of the trek.

Local Transportation (KTM to Arughat, Soti Khola, then Dharapani to Besisahar back to Kathmandu) is included in the package; private jeep is available at an extra cost

Don't Worry, We'll Pick You!

We offer a complimentary Kathmandu **TIA (Tribhuvan International Airport)** airport pick up and drop off service. Upon your arrival, you are welcomed and greeted at your arrival gate (Holding your name on the company pamphlet) by our representative member from Discovery World Trekking, then transfer to your selected hotel in Kathmandu. For departure transfer, we will come to pick you up at your stay hotel in Kathmandu and take you to the airport for your international flight.

Accommodation Details During The Around Manaslu Circuit trek.

12 Days Around Manaslu Circuit trek includes **11 nights lodge to lodge stay** at a mountain where we use the best available lodge and select the best accommodation during the trekking. We provide a five **nights room** with a private attached bathroom at Sotikhola, Lho, Samagaun(2N), and Bhimtang, **six nights standard room** at Khola Bensi, Philim, Ghap, Samdo, Dharamsala, and Dharapani.

Three nights Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

The Meals During The Trek!

Our trek is all over high elevations around the world's 8th highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel (Dal Bhat Power 24 Hour) for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **12 Breakfasts, 12 Lunch, and 11 Dinners** provided in the trek. Some of the popular menu items are -

Twelve breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Twelve lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Eleven Dinners -(Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shortened. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Though plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea houses/ Lodges or in cafes except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Best Time for Around Manaslu Circuit Trek

Focusing both on weather and temperature, 12 Days Around Manaslu Circuit trek is preferably best for two seasons from March to May, September to November.

March to May - Spring

This is **the best time of the season to trek in 12 Days Around Manaslu Circuit Trek**. Stunning views of Mt. Manaslu and glaciers will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time. On the journey, the rhododendron flowers will be blooming at its best in a variety of colors. Snow during the winter melts away by the end of March to April, clearing the route to cross Larkya La Pass. Daytime temperature in lower land (from Sotikhola, Khorlebesi, Philim, to Ghap) reach to 24-degree celsius, and in upper mountains (Lho, Samagaun, Samdo, Dharmasala, till Bhimtang) up to **Max 18°C at daytime to min -4°C at night and morning degree celsius**.

September to November - Autumn

This is also one of the perfect seasons for **the 12 Days Around Manaslu Circuit trek**. This season is the peak of tourists due to the favorable weather and temperature. Generally, the monsoon ends at the end of August, from mid-September, weather becomes stable and sunny with clear skies, and stunning mountains view. Tourists in this season are also attracted by the main festival of Nepal; Dashain, Tihar, Chhad. Daytime temperature in low land (from Sotikhola, Khorlebesi, Philim, to Ghap) may go up to 25-degree celsius, and in high mountains (Lho, Samagaun, Samdo, Dharmasala, till Bhimtang) to **15 degrees celsius**. **The night time temperature in a high region falls down to -6 degree celsius**. From December, the temperature starts to get cold and begins to snow. Lodge at Dharmasal close during this time, Larkya La pass is tough due to heavy snowfall.

The weather in the Mountain region can be unpredictable and the temperature may change quickly from day to night.

Acclimatization

Altitude sickness in high mountain journeys is a common problem being faced by most trekkers during the trek; its symptom is preventable and needs immediate treatment after being severely affected. It might be a life-threatening situation if its symptom is left ignored. As per the itinerary, from **Samagoun 3530m/11581 ft**, we spend four to five nights over 3500m. **Dharamsala 4480m/14698ft** is the highest point of the trek. The symptom of altitude sickness is the most likely to occur only from the elevation of 3500m. Our

12 Days Around Manaslu Circuit Trek itinerary is designed to prevent mountain sickness, starting the trek from Sotikhola, 730 m above the sea level, continue hiking up seven days in reaching **Samagaun** which provides plenty of time for our body to adjust automatically with existing high elevation. Moreover, for a proactive approach, we ascend slowly but gradually, take a day **rest in Samagaun** and drink plenty of water each and every day. We can make a successful **Larkya La Pass** without any problem. Your health and safety is the first priority and we guarantee that we will not compromise on it at any cost. In case you have been rigorously affected, the only cure would be to descend immediately. Also, it is important to know that your group leader has the definitive response to decide whether you can continue the trek based on your overall health conditions.

Trip Grade: Fitness level, Medical, and Health

12 Days Around Manaslu Circuit is an alternative short trek to 12 Days Around Manaslu Circuit. There is no **rest day in Samagaun** for proper acclimatization. We need to hike 6 to 7 hours each day in the lower part starting from Sotikhola to Lho, as the day in low altitude region is shortened/customized, however, hiking per day in the upper mountain from Samagaun to Bhimtang follows the exact day to day itinerary to our 16 Days Manaslu Circuit. This trek is designed for those who have previous high-altitude trekking experience, a good level of physical fitness, and the **ability to hike 6 to 7 hrs a day**. Novice trekkers are not recommended to join. This is a remote mountain journey, the trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. This trek is not recommended to those who suffer from **sensitive medical conditions such as heart or lung disease**.

Trekking group/single

The group will be **generally 2 to maximum up to 30 people on the trek** -led by a leader guide and a porter for every two trekkers, an assistant guide for a group of 12 or above people. **The price of a group discount is applied** to having your own taxes in your group. We are able to lead and handle any size of the participants in a group. Solo trekkers can take a part in our group joining trek but are not allowed to get an entry special permit for private trek for the Manaslu area, at least two people are required to obtain it due to the restricted area. So we do not organize private trips for solo travelers in the Around **Manaslu Circuit**.

A typical day on the 12 Days Around Manaslu Trek

Every day will be rewarded with a unique experience of trekking, climbing in the ring scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk **around 7 AM to 8 AM**, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. **Dinner is served around 6 PM to 7 PM**. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like **monopoly**, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

Communication on trek Around Manaslu Circuit Trek

On the **Around Manaslu circuit Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate with all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (**Most of the places have wifi service available with an extra cost**) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (**both luxury & budget**) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with

them to cover costs of **meals and accommodations in Kathmandu**, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only **Nepalese currency is accepted**

Electricity and battery recharge, water on trekking

Throughout the lodges at **Around Manaslu Circuit Trek**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shops or filling boiled water at an extra cost. **A water purification pill will be provided to make water drinkable.**

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems

Travel Insurance Policy

This trip grade is ranked the challenging difficulty as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The **Around Manaslu circuit trek**. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to **Discovery World Trekking**. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to **6000m**) **for trekking members**.

We can recommend insurance companies to help you but we don't directly get involved in the sale of the insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100-118 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

How Much Luggage can I take during Manaslu Circuit Trek?

The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but you should carry your own knapsack or backpack (**with your valuables or anything important**) on your own. Only carry what is essential, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and **it'll be completely safe.**

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

Around Manaslu Circuit Trek Safety

Discovery World Trekking guarantees our valuable client's **safety, security, and satisfaction. Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment lists for Around Manaslu Circuit Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference for clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

Hands

-  Light weight gloves
-  Heavy weight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)

-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants

Foot wear

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)

Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)

Toiletries

-  Medium size drying towel
-  Tooth brush
-  Tooth paste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
09 Dec, 2020 - 20 Dec, 2020	\$1450 \$750

FAQ's

Is trekking to Manaslu Circuit difficult?

No, basically you do not need any ropes or ice picks. Moreover, there is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill, Discovery World Trekking will guide you to reach Manaslu Circuit trek.

How safe is Manaslu Circuit trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen level at high altitude and offers regular health check-up facilities.

Which is the best time of the year to Manaslu Circuit trek?

Spring (March to May) and Fall (October to November) are the best seasons to trek Manaslu Circuit trek to explore a clear view of the Himalayas. The temperature is cold between December and February but the visibility is still good. Trekkers choose this season because there are few tourists on the trails. Admittedly, Discovery World Trekking can make it happen in any season you want with all the safeties and fun.

How to avoid altitude sickness in Manaslu Circuit trek?

- 👉 Cut off caffeinated, alcoholic, and smoking items.
- 👉 Drink at least 4 liters of water a day.
- 👉 Trek slow.
- 👉 Don't skip the acclimatization days.
- 👉 Better to continue with Diamox (if any symptoms show up).
- 👉 Drink Garlic Soup.

How long do I need to walk per day during my trek to Manaslu Circuit

The hiking will be 5-7 hours a day depending upon the landscape and destination.

Do I need any permits before starting the trek to Manaslu Circuit trek?

You need Manaslu special permit with Conservation Area Permit, and Annapurna Conservation Area Permit (ACAP) fees, Discovery World Trekking will help you with all the necessary paperwork and let you enjoy your holidays to the fullest.

Do I need Travel Insurance to trek in Manaslu Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking.

What about the Insurance of guides and porters?

Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

What is the weather condition at Manaslu Circuit trek?

Month	Temperature	Weather and Nature
January	Max -5°C at daytime to min -10°C at night and morning	Coldest month

February	Max 15°C at daytime to min 8°C at night and morning	Mild and humid, good visibility
March	Max 10°C at daytime to min -6°C at night and morning	Frozen lakes begin to thaw out, streams begin to fill and new buds begin to sprout
April	Max 12°C at daytime to min 4°C at night and morning	More colorful month because of red, green, white, blue, and pink rhododendrons
May	Max 18°C at daytime to min 4°C at night and morning	Warmest month
June	Max 25°C at daytime to min 10°C at night and morning	Humid, as the rain and clouds often overshadow the hot sun
July	Max 22°C at daytime to min 8°C at night and morning	Wettest month
August	Max 20°C at daytime to min 6°C at night and morning	Monsoon makes the trail lush, dense, and gorgeously green but quite slippery
September	Max 21°C at daytime to min 7°C at night and morning	A fresh and pleasant climate
October	Max 15°C at daytime to min -2°C at night and morning	Stable weather condition and best month to trek
November	Max 13°C at daytime to min -3°C at night and morning	Cold and dry weather
December	Max 12°C at daytime to min -8°C at night and morning	Driest month

What documents do I need for trekking to Manaslu Circuit trek?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

What is the accommodation on the trails of Manaslu Circuit trek?

For the Manaslu Circuit trek, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. The toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

Is meal easily available on the trek to manaslu Circuit trek?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tendum, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

What types of liquid do I need to drink at high altitude?

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitudes.

Is the drinking water safe in the trek to manaslu Circuit?

Bottled water is easily available at a low cost. But you can not use plastic bottles in Manaslu region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

Do I need to bring medicines for trekking to manaslu Circuit trek?

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

Is there pick service by the Company?

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's tour packages for more information.

What is the booking and payment method for manaslu Circuit trek?

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged extra amount as service fee by the bank. So, Discovery World Trekking recommends you to pay in Cash to enjoy the benefit of discount. Any currency is accepted.

Is tipping necessary for porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

Can I buy the gear in Nepal?

Discovery World Trekking will introduce dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

Is internet access available in manaslu Circuit trek?

Yes, most guesthouses offer Wi-Fi, for a small charge



Discovery World Trekking

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