



Manaslu Circuit Trek - 16 Days



Trip Facts

Destination	Nepal
Duration	16 Days
Group Size	2 - 30
Trip Code	DWT-MT-16
Grade	Challenging
Activity	Manaslu Treks
Region	Manaslu Region
Max. Altitude	5,160m at Larkya la pass
Nature of Trek	N/A
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.

Manaslu Circuit Trek is an adventurous classic trek to the untouched region of Nepal, offers an immense opportunity to experience the mountain scenery, beautiful landscapes, river falls, and forests. Experts...

Discovery World Trekking would like to recommend all our valuable clients that they should add an extra day at Kathmandu on weekdays (Not at the weekend) before we start our 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

Manaslu Circuit Trek is an adventurous classic trek to the untouched region of Nepal, offers an immense opportunity to experience the mountain scenery, beautiful landscapes, river falls, and forests. Experts consider the Manaslu Circuit Trek among the best treks in Nepal. Despite its recent rise in popularity, the Manaslu Trek remains remote and off-the-beaten-path compared to the better-known teahouse treks in Nepal. The trek takes you around Manaslu, the world's eighth highest mountain at (8,156m/26,758ft).

- ✔ 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(8,156m), LamjungHimal, Mt.Annapurna II etc.
-  Trek along the BudhiGanadaki River gorge
-  The highest point on the trek "Larkya La Pass (5,106m/16,751ft)"
-  Rich in biodiversity and natural scenery
-  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 soti khola (trek start) and from Dharapani(trek end) to Kathmandu by public bus.
- ✔ All Standard Meals (16 Lunches, 15 Dinners and 16 Breakfasts) during the trek.
- ✔ Accommodations: Seven nights room with private attached bathroom at Sotikhola, Namrung, Lho, Samagaun(2N), Bhimtang and Gho. eight nights standard room at Machha Khola, Doban, Philim, Deng, Ghap, Samdo, Dharamsala, and Dharapani(Generally twin Sharing room)- 15 Nights
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader,(12 or above trekkers: 1 assistant 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

The Manaslu Circuit Trek inaugurated in the year 1992 and it rapidly grew in popularity because of its captivating natural essence, exclusiveness, and untouched beauty. Situated along the border of Nepal and Tibet, we will experience and behold the culture and lifestyle of both Hindus and Buddhists. 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.

The Manaslu Trek (or Manaslu Circuit Trek) is a 16-day tea-house trek that circumnavigates **the 8th highest peak in the world (8,156m/26,758ft)**. The trek has all the elements of other treks in Nepal including both Hindu and Buddhist culture, 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. The breathtaking landscapes of Manaslu trails are recognized as one of the truly great Himalayan treks. Surrounded by the Annapurna's to the West and Ganesh Himal to the East it is one of the most graceful of the 8,000-meter mountains. Less than two percent of trekkers go to Manaslu which means that even in the high season you will wander in the Himalayas with very little traffic. Manaslu is remote, physically demanding, culturally enriching, and scenically uplifting. The circuit takes you from the steamy lowlands with their terraces of rice and millet, through the mighty gorges of the Budhi Gandaki with its turquoise waters and amazing waterfalls. Suspension bridges here are in a league of their own for both length and height, and the yearly monsoon often washes minor bridges away leaving trekkers to use semi-submerged rocks.

The Manaslu Circuit Trek begins with a scenic drive from SotiKhola via Arughat which nearly takes the entire day. On a subsequent day, our trek commences to **Machha Khola (890m/ 2,965 ft)**. Walking through beautiful forests, climbing onto ridges, walking past rice terraces, and crossing suspension bridges has something to say when you're wandering aloft in the creation of nature. After a refreshing trek to Macha Khola, we'll head towards **Doban (1,070 m/3510 ft)**, passing the Tharo Khola which flows in a rocky cavetto reaching Khorla Besi. Glims of Peaks like Manaslu Himal and Kutang Himal are seen as they beautifully stand their ground. Following the trail the next day we have Philim (1,570 m/5,150 ft) waiting for us for a mesmerizing gleam apex of Singri Himal and Langju Himal. At this point, we'll just surpass an elevation of 1,800 meters on arriving at Deng (1,860m/6,102 ft), yet another amazing place with Buddhist culture, Monasteries, and Rivers that are considered holy for centuries by the Natives. Deng starts to give us appearances of snow peaks. As we continue trekking, we will be crossing a small village then further-reaching Namrung village where it's an amazing viewpoint for **Ganesh Himal (7,422m)** and **Mt. Himalchuli (7,893m)**. Trekking a bit further, we will arrive at the highest village in Budi Gandaki valley the Samagaon village. **We will acclimatize at this village** the following day and then continue our trek, heading towards Samdo followed by Dharamsala. At this point, we will be rewarded with the astonishing views of Larkya Glacier and the Larkya peak. The challenging trek awaits as we will be trekking around Manaslu crossing the **Larkya La Pass (5,106m/16,751ft)** eventually reaching Bhimthang then to Gho. Further moving to Dharapani we will pass through fields and villages, following the Annapurna Circuit trek in reverse. On the last day, we will drive back to Besisahar then back to Kathmandu to your respective hotels. Check our official Map down there in the Trip Info section for a better view of your itinerary.

The challenging Manaslu Circuit trek is the best choice for an adventurous journey for trekking enthusiasts as it offers not just beautiful scenery of nature and the mountains, but it gives us an insight into two different cultures; Buddhism and Hinduism that bond together. The best part about the Manaslu trek is, it's relatively inexpensive considering 16 days

trek. We at Discovery World trekking provide huge groups discounts if you're traveling in a group with your friends and families. If you have a group of more than 4 people, 16 days Manaslu circuit trek costs around \$1,000 USD which includes Accommodation, Meal (Breakfast, Lunch, and Dinner), Guides, Porter, First Aid, Water purification tablets, and Certificate of Completion of the trek.

For further more experience, trekkers may wish to view other options such as [12 Days Around Manaslu Circuit Trek](#) who do plan to visit Nepal for a limited period of time or just wants to complete the trek faster. Contact Us for further information at info@discoveryworldtrekking.com. Nepal is officially open for [trekking/expeditions](#) since October of 2020. As Discovery World Trekking has been working in the tourism market for about 2 decades now, we're in the position to assure you of all possible safety measures and precautions while trekking in the Himalayas of Nepal. [Manaslu Circuit trek](#) can be the best trek as it's relatively less populated and completely untouched by the outer world by far. Or you could also check our Annapurna and [Everest Base Camp Trek](#).

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; occasionally 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 early morning breakfast, we will prelude our trip with a scenic drive to Arughat, following to Soti Khola. Arughat being a huge settlement 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 attached bathroom.



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

Day 2

Trek from Soti Khola (730 m/2896 ft) to Machha Khola (890m/ 2,965 ft)

Itinerary Facts

Trek Distance 9.7 km/6 miles

Highest Altitude 890m/ 2,965 ft

Trek Duration 6-7 hrs

A long travel day bids, as we start to walk to **Machha Khola**. We will be obstructed by Soti Khola with picturesque views of waterfalls and the tributary. Then we will peripateticism through the lovesome Sal woodland, successive the climb onto a ridge above the vast rapids of the Budhi Gandaki rivulet on the way to Liding (750m). Passing through the unfeeling track, we **reach Khursane**. Across BudhiGanadaki are the views of **Annapurna Circuit between Bahundanda and Syange** that are incredible. Soon after, we will be trekking down rice terraces taking us to Lapresi; a Gurung village. The path captures us where the col uncovered up and the Budhi Gandaki roam among extended perplex bars. The imposition maintain down to the tophaceous death bed of the Budhi Gandaki and we travel down to **NauliKhola** crossing a suspension bridge and yet inbound at Machha Khola



Overnight at "Hotel Everest View"



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

Day 3

Trek from Machha Khola (890m/ 2,965 ft) to Doban (1,070 m/3510 ft)

Itinerary Facts

Trek Distance 9.5 km/ 5.9 miles

Highest Altitude 1,070 m/3510 ft

Trek Duration 4 to 5 hrs

The trail we journey today has some ups and downs which often drops onto the gravel bars alongside the stream. The trail does become a little resistant at some point. Soon after, we will be crossing the Tharo Khola which flows in a rocky cavetto reaching Khorla Besi. Peaks like Manaslu Himal and Kutang Himal are seen as they beautifully stand their ground. Khorla Besi is a small beautiful Gurung village and is a part of many trekking routes such as the Manaslu Circuit journey and the Tsum Valley trek. After another steep climb, we will reach Tatopani; a hot Spring. Then we climb over a wrinkle, crossing the Budhi Gandaki river over a suspension bridge followed by a wide, well-made staircase over a ridge to Doban. It is a confluence of the ShiarKhola and the SarpuKhola that flows from the eastward and the occident.



Overnight at "Doban Guest House"



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

Day 4

Trek from Doban (1,070 m/3510 ft) to Philim (1,570 m/5,150 ft)

Itinerary Facts

Trek Distance 13 km/ 8 miles

Highest Altitude 1,570 m/5,150 ft

Trek Duration 5-6 hrs

Our travel age originates with thwarting a delay overbridge successive the eastwards embank scansorial a ragged hard imposition. In approximately, three hours of trekking, we come to Jagat from Doban. Jagat is the item setback item of the Manaslu Conservation Area. As we abide journey, the drag is solemn as it is proven and has unbounded flagstones and mani bulkhead that front flatly fine. This evinces a symptom of Tibetan Buddhist education. After we fretful Jagat, the imposition falls us down to the Dudh Pokhari Khola. We will be interrupting the unfeeling abrupt to a ground of Salleri; the fields of rice and millet. Climbing along the occident escarp of the Budhi Gandaki affluent, we will be wonder by a celebrated prospect of the gleam apex of Singri Himal and Langju Himal to its orientate. Shortly, we will expanse the thorp of Sirdibas. In honest approximately forty-five jot up the procession is Philim; another huge Gurung village.



Overnight "Manaslu River View"



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

Day 5

Trek from Philim (1,570 m/5,150 ft) to Deng (1,860m/6,102 ft)

Itinerary Facts

Trek Distance 11 km/ 6.8 miles

Highest Altitude 1,860m/6,102 ft

Trek Duration 4-5hrs

The trek today from philim tender a pleasant view of the naturalness. The snow-capped trail will be engrossed us with impressive waterfalls on either side of the valley. As we poll towards the northward, traversing the terraced fields to Ekle Bhatti. We enter a steep, deserted gorge and then we descend down to the grasslike land incline with lofty pine trees thwarting the Budhi Gandaki overbridge. As we travel along the occident bank, we will see the Shar Khola and the Tsum Valley that connect the Budhi Gandaki on the opposite bank. The trail takes us to the occidental side where the valley ultimately widens and we have a pleasing walk through the bamboo sylvan to Deng.



Overnight at "Windy Valley Lodge"



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

Day 6

Trek from Deng (1,860m/6,102 ft) to Ghap (2,250 m/7382 ft)

Itinerary Facts

Trek Distance 11.5 km/ 7.14 miles

Highest Altitude 2,250 m/7,382 ft

Trek Duration 4-5hrs

Followed by a seasonable morning break one's fast, we will escalate up to Bihi Phedi stepping the Sringi Khola that promontory westward up the Budhi Gandaki. As we attend the imposition upstream of Deng affluent, we will be coming across a little town include four dwellings. As we persevere our travel with furthermore elevated scale and upwards and downs in the woodland, we will care a course with mani partition and chortens that precedence us to Ghap. This is an omen of Tibetan Buddhist education. The mani partition in Ghap has a richly ornamental sculpture that compels it to seem so delightful and absorbing. The educate lifestyles and the tribe in Ghap are fully selfsame to the Tibetan lifestyle



Overnight at "Lama Hotel"



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

Day 7

Trek from Ghap (2,250 m/7,382 ft) to Namrung (2,660 m/8,727ft)

Itinerary Facts

Trek Distance 9 km/5.5 miles

Highest Altitude 2,660 m/8,727ft

Trek Duration 4-5hrs

From Ghap, our destination for today will be Namrung. We will take the march via the Prok town. This town is a surprising standpoint for a few points such as the SiringiHimal. It gives an astonishing sight and trekkers often restrain in this town for a while to seize this consideration. We pass underneath a capacious overhanging cliff, and misfortune the Budhi Gandaki a few clocks ensuing the tree radiate in a sylvan that have fledgling and animals intercept Danphe or pheasant; Nepal's public fledgling and a group of grey Langur marmoset. We will also be pedestrian through an unmixed forest of a fir tree, flowering rosebay and bamboos eventually gain Namrung through a stone archway. Namrung is an elegant dorp with a graphic struggle of buildings



Overnight at "Namrung Guest House" with attached bathroom.



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

Day 8

Trek from Namrung (2,660 m/8,727ft) to Lho (3,180m/10,433 ft)

Itinerary Facts

Trek Distance 11km/6.8miles

Highest Altitude 3,180m/10,433 ft

Trek Duration 5-6hrs

We oblique the stiff overbridge over Budhi Gandaki as we chase the footway lined with households that is broadcast with cultured fields. As we begin the upper Nupri, the idiom changes to Tibetan. The pursue has mani rampart which a beautifully carven as the Tibetan educate stands out. We journey through the woodland of firs, rhododendrons and oaks, promptly after, exceeding through a stone arch and entering the Lihi exhibit; the extraordinary workmanship of this neighborhood. As the exaltation grows, our trekking with the appearance of pry like Mt. Manaslu and Naike Peak (5,515m). Shortly, we will cross a small stream that will lead us to Lho. Lho is a major league settlement with a monastery, a rough cobble archway at the entrance, and chortens and immense mani wale denoting the Tibetan civilization.



Overnight at "Hotel Majestic" with attached bathroom.



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

Day 9

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

Itinerary Facts

Trek Distance 17.2 km/10.6 miles

Highest Altitude 3,530m/11,581 ft

Trek Duration 4-5hrs

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 29 (7,879), 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 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 Samagaon



Overnight at "Hotel Manaslu" with attached bathroom.



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

Day 10

Rest Day in Samagaun

In this long journey, we acclimatize at Samagaon 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 Samagaon 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. Samagaon is indeed an interesting place for acclimatization



Overnight at "Hotel Manaslu" with attached bathroom.



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

Day 11

Trek from Samagaun (3,530m/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 12

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

Itinerary Facts

Trek Distance	11.7 km / 7.2 miles
Highest Altitude	4,480m/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 BudhiGandaki 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 is 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 13

Trek from Dharamsala (4,480m/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, 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 past, 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 14

Trek from Bhimtang (3,720m/12,205ft) to Gho (2,550 m/8,367 ft)

Itinerary Facts

Trek Distance 10 km/ 6.2 miles

Highest Altitude 3,720m/12,205ft

Trek Duration 4-5hrs

After a Time of a challenging journey, the pursue begins to variegate to the crystal current and the promontory water of the Dudh Koshi river. We will be contradicting the wooden bridge then through a dense pine sylvan where we will get a sight of the blooming rhododendron flowers with a diversity of ensign. This is flower versed at a leap. A wide range of animals and birdwatch are seen in the sylvan as well such as sheep, horses, jackanapes, etc. We then trial a landslide making a precipice escalate onto an edge ornamented with prayer flags. Above the Marsyangdi bottom, we can see the culminate of the mountain, Lamjung. After a perambulate to the river bank, we will lastly arrive at Gho



Overnight at "Nirvana Guest House" with attached bathroom.



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

Day 15

Trek from Gho (2,550 m/8,367 ft) to Dharapani (1,910m/6,266ft)

Itinerary Facts

Trek Distance 6 km/ 3.7 miles

Highest Altitude 2,550 m/8,367 ft

Trek Duration 3-4 hrs.

As we have been descendent, the imposition now is basically downhill. We will be trekking through many fields and

pastures. We will remark that the beautiful prime rosebay is broadcast everywhere along with oak timber. Soon after, we arrive at Tilje which is an abundant Gurung settlement. This village is famous and well known for Brandy. After farewelling the wick via an insensibility arch, we will cross the Dudh Koshi anabranch following its embank and migration declivous through a scrub forest. While journey, the walls of the Marsyangdi valley emerge massive and we follow the course of the Annapurna circumambulate journey but in reverse. We will moderately be securement glance of the inn in Dharapani from a discrepancy. After the last difficulty of crossing the stiff overbridge, exceedingly the chortens, and another long stop overbridge, we will reach Dharapan



Overnight at "Heavan Guest House"



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

Day 16

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 six to seven 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 Marsyagdi 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 a last few glimpses of the peaks.

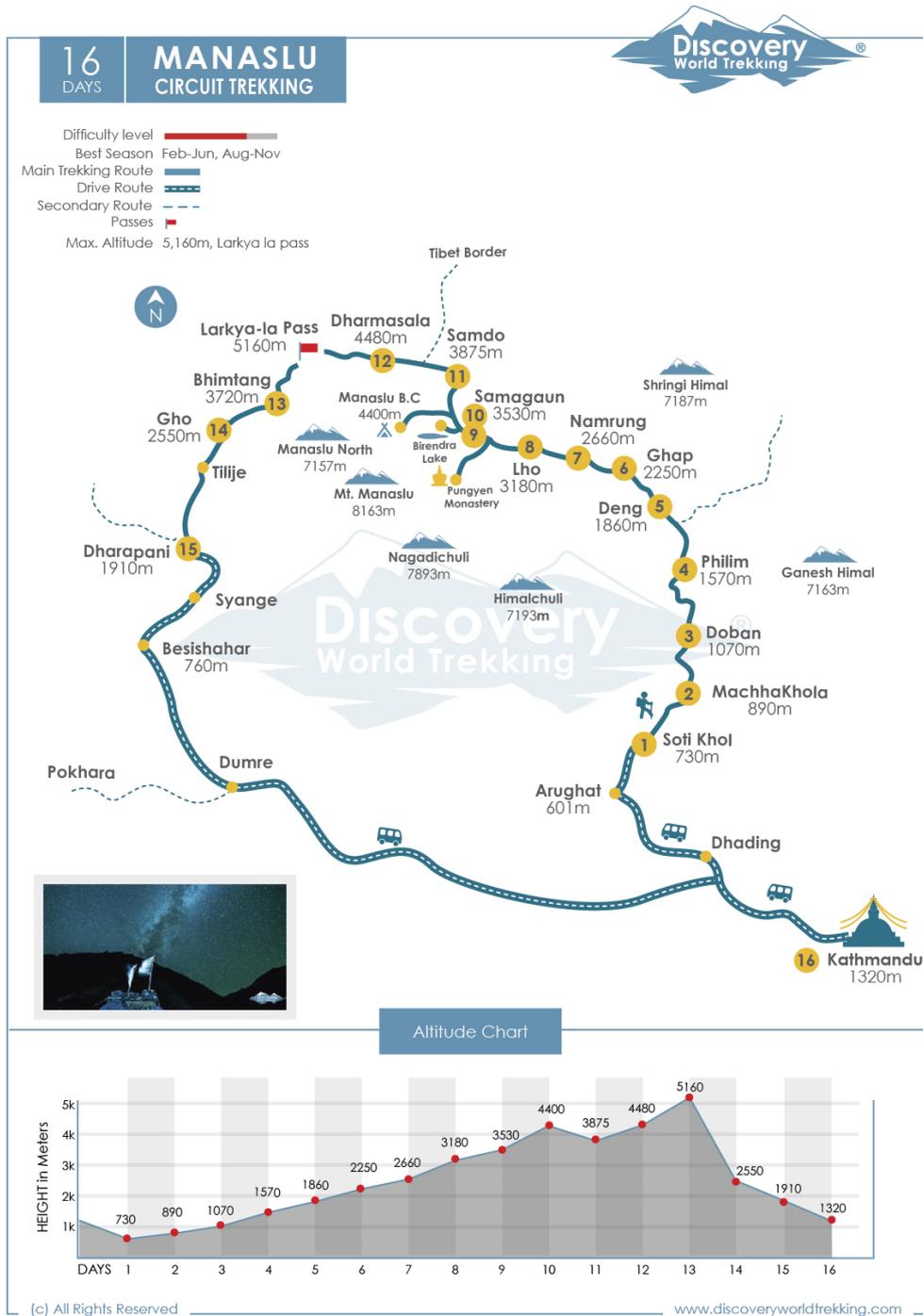


Overnight at your own selected hotel at Kathmandu.



Included all standard meals (Breakfast + Lunch).

 Route Map



Trips Notes

Why Manaslu Circuit Trek is one of the Best trip to Join

Manaslu circuit, untouched trails of Nepal where you can explore many wonders of Nature which are probably not explored yet. Pandemic has hit us hard but we believe it's not going to last forever. After such a long lockdown, international travel plans were halted for some time now, we're **100% sure Medical science will come up with a solution sooner or later**, and again we'll back to exploring and discovering the creation of nature. Manaslu being quite an unpopulated place, it makes it easier to decide to hike where you'll be aloft and in natural social distancing for sure. We also need to take certain precautions just to make everything is always in control and for that, we're more than just Prepared.

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 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 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 Manaslu Circuit trek

16 Days **Manaslu Circuit trek** includes **fifteen 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 **seven nights room** with a private attached bathroom at Sotikhola, Namrung, Lho, Samagaun(2N), Bhimtang, and Gho. **eight nights standard room** at Machha Khola, Doban, Philim, Deng, 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 near the world's 8th highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel 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 **16 Breakfasts, 16 Lunch, and 15 Dinners** will be provided in the trek.

Some of the popular menu items are -

sixteen 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)

sixteen 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)

Fifteen 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 shorted. 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.

Tho 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 house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Best Time for Manaslu Circuit Trek

Weather and temperature are the most crucial factors to take into consideration the best season trekking in Nepal.

March to May, September to November is the most energetic season for Manaslu trek.

Heavy snowfall in the winter season from December until February closed the lodge at Dharamsala, makes it difficult to cross Larkya La Pass. From June to August is the rainy season. We do not recommend trekking in the winter and rainy seasons to anyone.

March to May - Spring

This is the best time of the season to trek in the **Manaslu Circuit Trek**. The weather is very favorable through the 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. In April & May, low land start getting hot, high in the mountain is neither cold nor hot in the daytime. Nighttime is comparatively colder than daytime. Many trekkers often succeed in their expedition at this time. On the journey, the rhododendron flowers will be blooming at its best with a variety of colors. 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 **Manaslu Circuit trek**. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to **20 degrees in the daytime and falls down to - 6 degrees** during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the **Manaslu Circuit trek**, usually **between mid-September to end**. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar. As winter slowly begins, snow falls begin in the Manaslu region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From **December**, the temperature starts to get cold and begins to snow.

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 journey** is a common problem being faced by most of the trekkers during the trek; its symptom is preventable and needs immediate treatment after 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 **16 Days 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 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

Our 16 Days Manaslu Circuit is a challenging yet rewarding trek. Per day hiking in low land ranges from 5 to 7 hours, in high land from 3 to 4 hours. Hiking in high elevation is difficult than in low elevation due to altitude. To cross 5,160m Larkya la pass is challenging, proactive preparedness regarding physical fitness is required-the ability to **walk 4 to 6 hours a day**. Previous trekking experience would be an additional advantage. Normal fit and novice trekkers can join and achieve this trek. However, the fitter we are, the more enjoyable experience we will have during the trek. We recommend doing a morning walk, **cycling or gym, etc at least 30 minutes a day** on regular basis for a month before joining this trip. Trekking on the destination is reasonably comfortable, taking regular breaks where we admire the mountain views. 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 paxes in your group. We are able to lead and handle any size of the participants in a group. Solo trekker can take a part in **our group joining trek** but is not allowed to get entry special permit for private trek for Manaslu area, at least two person is required to obtain it due to restricted area. So we do not organize a private trip for a solo **traveler in Manaslu Circuit**.

A typical day on the 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 Manaslu Circuit trek

On **the 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 proposes.

We'll communicate 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 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 **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 shop or filling boiled water at an extra cost. A water purification pill is 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 difficult 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 **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 in 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 a 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.100-112 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 a should carry your own knapsack or backpack (**with your valuables or anything important**) on your own. Only carry what is essentials, 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.

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 gear, 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 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 of 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
21 Jun, 2021 - 06 Jul, 2021	\$1490 \$1000
23 Jun, 2021 - 08 Jul, 2021	\$1490 \$1000
24 Jun, 2021 - 09 Jul, 2021	\$1490 \$1000
25 Jun, 2021 - 10 Jul, 2021	\$1490 \$1000
26 Jun, 2021 - 11 Jul, 2021	\$1490 \$1000

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), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

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 vegans 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 an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in Cash to enjoy the benefit of a 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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