



Manaslu Circuit Trek in Nepal - 12 Days



Trip Facts

Destination	Nepal
Duration	12 days
Group Size	2 - 6
Trip Code	DWT-AM2
Grade	Challenging
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 Manaslu Trek is a tea house trek that circumnavigates the world's eighth highest peak - Manaslu mountain. The whole trek takes place in remote regions through off-the-beaten trails and...

We request our valuable clients to arrive in Kathmandu at least two weekdays (office days) before the trek departure date as we need your passport (photocopy does not work) with a Nepal visa to acquire the special trek permit required for the Manaslu Trek. A day before the trip starts, we will hold a trip briefing to brief you about the trek and ensure you have the right things (gear/clothing). This package covers travel by public bus, but, for comfort, you can book a jeep for an extra cost as the road is quite rough.

About the Trip

The Manaslu Trek is a tea house trek that circumnavigates the world's eighth highest peak - Manaslu mountain. The whole trek takes place in remote regions through off-the-beaten trails and reaches an altitude of 5,106m (16,751ft) at Larkya La Pass, one of the longest passes in the Himalayas.

- ✔ 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 Soti Khola
-  Views of the highest peaks in the world - Manaslu,(8,156m), Lamjung Himal, Mt.Annapurna II, etc
-  Trek along the Budhi Gandaki River gorge
-  The highest point on the trek - Larkya La Pass (5,106m/16,751ft)
-  Captivating flora and fauna - including the possibility of spotting endangered species like snow leopards
-  Observe Hindu and Buddhist culture
-  Trek through Manaslu Conservation Area

What is Included?

- ✔ Transportation from Kathmandu via Arughat to Soti Khola (trek start) and from Dharapani (trek end) to Kathmandu by public bus.
- ✔ All standard meals (12 Lunches, 11 Dinners, and 12 Breakfasts) during the trek
- ✔ Accommodations total 11 nights. Five nights room with private attached bathroom at Soti Khola, Lho, Samagaun(2N), and Bhimtang. Six nights standard room at Khorla Bensi, Philim, Ghap, Samdo, Dharamsala, and Dharapani (Generally twin sharing room)
- ✔ Government Licensed English speaking Discovery World Trekking experienced trek leader (guide) and porters to help trekkers luggage. (1 porter for every two trekkers, luggage weight limit per trekker is 9 kg.)
- ✔ Guide and porters cost - 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
- ✔ Rescue arrangements during emergencies (funded by travel insurance)
- ✔ Souvenir - company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate after the successful trek
- ✔ Farewell dinner in Kathmandu at the end of the trek

What is Excluded?

- ❑ International flight airfare
- ❑ Nepal entry visa fees at Tribhuvan International Airport (paid in cash)

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 expenses (shopping, snacks, boiled water, hot (tea, coffee) 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 helicopter rescue and evacuation in addition to medical expenses (compulsory)
- ☐ Tips for guide and porters
- ☐ Additional costs due to circumstances beyond our control - including landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc
- ☐ All the costs and expenses not listed in "What is included in my Manaslu trek Package?" will be counted as excludes

Overview

Manaslu trek takes place in the remote Nepali Himalayas on a trail that is relatively new and uncrowded. However, you will be able to enjoy what Nepal has to offer - climatic variations leading to diverse flora and fauna, raging rivers and suspension bridges over them, mountain terrain, and hospitable people adjusting to changing environments.

From the Manaslu trek route, you can get superb views of stunning peaks such as **Lamjung Himal (6,983m)**, **Annapurna (8,091m)**, **Dhaulagiri (8,167m)**, **Himalchuli (7,893m)**, and **Ganesh Himal range**. As this region lies near the border of Tibet, you will be able to experience both Hindu and Buddhist culture. This trek is as adventurous as Annapurna Circuit Trek or Everest Base Camp trek.

Our journey starts with a bus ride from Kathmandu to **Soti Khola**. Throughout your bus ride, you will enjoy scenic views unique to Nepal - raging rivers, huge mountains, terraced fields, and traditional villages. Trekking trails begin from the following morning as we head to **Khorla Besi**. The route passes through spectacular waterfalls, rice terraces, various traditional villages and leads us to Khorla Besi.

On our third day, we will be reaching **Philim** from Khorla Besi, the road is quite rough, but you will be enjoying the fantastic views of Ganesh Himal and Shringi Himal. After our stop at Philim, we trek to **Ghab** - a Tibetan-style village. The next day you will reach **Lho** as the path takes you through dense forest consisting of fir, rhododendron, and bamboo. On your way, you might even catch views of Danphe (national bird of Nepal), Langur monkey, and other wildlife.

Our journey continues from Lho and takes us to **Samagaun village** while providing us stunning views of Ngadi Chuli, Peak, Hiunchuli from the path. We will also be passing **Shyala village**. We will spend one day in Samagaun for acclimatization. However, you will remain busy as there are several side treks options - like a hike to Manaslu Base Camp, Birendra lake, and Pungyen Monastery. After a day's rest in Samaguan, we will restart the trek and reach **Samdo** - a Tibetan refugee village. Throughout the hike, you will be rewarded with great views of mountains, especially Manaslu.

From Samdo, the next destination for the day is **Dharamshala**. On our way lies Larkya La Glacier. We are sure that you will not be able to forget the magnificent Larkya Glacier and views of Manaslu that you will be catching on the way.

On our tenth day, we will be passing the **Larkya La Pass (5,106m / 16,752ft)** - one of the longest passes in the Himalayas. From Dharamshala, we ascend taking prayer flags as clues to the path forward.

Larkya La Pass is also the highest trek point in Manaslu Trek and lies between Dharamshala and Bhimtang. From the Larkya La Pass, you will see panoramic views of **Himlung Himal, Kang Guru, Choe Himal, and Annapurna II**. After enjoying views from the Larkya La Pass, we descend to Bhimtang, where we will be spending the night.

From **Bhimtang** we will be traveling to **Dharapani**. The trail will provide us the opportunity to appreciate the views of Phungi, Manaslu, Himlung Himal, and Cheo Himal. Once you approach the long suspension bridge over **Marsyangdi**, you will know that you have finally arrived at Dharapani.

On the last trek day, we will take a bus from Dharapani to reach Besisahar before 3 pm, because the last bus from Besisahar to Kathmandu leaves at 3 pm. If we miss the bus, you may need to add a day for the trek.

Around Manaslu trek is a long trek, and **there are many possibilities for side treks. So, our itinerary is flexible enough to adjust your trek interests.**

Day to Day Itinerary

Day 1

Drive from Kathmandu via Arughat to Soti Khola (730m / 2896ft)

Itinerary Facts

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

We start with a bus drive from **Kathmandu to Soti Khola**, the bus follows **Prithvi Highway**. Along the highway, you will be seeing huge mountains, pretty traditional villages, fast-flowing rivers, varied vegetation, and terraced fields. After you pass Dhading Besi, the road starts getting rough as we get nearer and nearer to the trekking zone.



Overnight stay at ABC Hotel (room with an attached bathroom)



Included all standard meals (Breakfast + Lunch + Dinner)

Day 2

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

Itinerary Facts

Trek Distance 14km / 8miles

Highest Altitude 970m / 3,182ft

Trek Duration 7 to 8 hrs

After a long last day's bus ride, we start our trek from Soti Khola to reach Khorla Besi. We start by crossing Soti Khola, followed by sal forest, and then crossing **Budhi Gandaki**.

The trail continues through rice terraces, then up and around the mountain to Lapubesi. Then a wide path opens as **Budhi Gandaki meanders** among wide gravel. From the route, you can get glimpses of **Shringi Himal**. As you move ahead, you will reach Lapu Besi and then finally to Khorla Besi.



Overnight stay at Ever Green Cottage



Included all standard meals (Breakfast + Lunch + Dinner)

Day 3

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

Itinerary Facts

Trek Distance 23km / 14.2miles

Highest Altitude 1,590m / 5,217ft

Trek Duration 7 - 8 hrs

This day you will be hiking up to the ridge above fast rapids in the Budhi Gandaki and continue towards **Korsani**. The trail is fairly challenging as it climbs up to a large rock and takes us across a single log bridge and back to Budhi Gandaki. Further, our route takes us to **Labishe Village** and then to **Machha Khola**, eventually taking us to **Philim**. While on the trek, you will be enjoying the views of Ganesh and Shringi Himal.



Overnight stay Manaslu River View



Included all standard meals (Breakfast + Lunch + Dinner)

Day 4

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

Itinerary Facts

Trek Distance 21km / 13miles

Highest Altitude 22,50m/ 7382ft

Trek Duration 6-7 hrs

The journey takes us further up the river along the valley of the Budhi Gandaki River. Compared to the last day, the path is less steep, and within an hour of hiking, we will reach **Chisapani village**, but we continue on our route, north through terraced **Ekle Bhatti village** fields to grassy slopes dotted with pine trees.

We will then be crossing the Budhi Gandaki bridge, and from the path, we will see the Shar Khola and Tsum Valley. You will then cross a bamboo forest to reach Deng. From Deng, the route ascends and descends several times until we reach **Ghap - a Tibetan-style village**. At Ghap, you can notice elegant carvings on Mani walls.



Overnight stay at Lama Hotel



Included all standard meals (Breakfast + Lunch + Dinner)

Day 5

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

Itinerary Facts

Trek Distance 16.3km / 10.1miles

Highest Altitude 3,180m / 10,433ft

Trek Duration 5 - 6 hrs

Today's path will consist of be passing below a **huge overhanging rock mountain** and forests full of different species of animals like langur monkeys and birds - including Danphe, the national bird of Nepal. You will be passing through a stone archway and entering **Namrung - famous for its typical houses**.

From Namrung, we climb past the mani walls and enter a forest continuing the hike. Slowly, you will get to enjoy the glorious views of **Manaslu North (7,157m)** and **Naika Peak (5,515m)**. Once you cross a small stream, you will reach Lho. **Lho is a comparatively large settlement** full of Tibetan-style chortens and gigantic mani walls.



Overnight stay at Hotel Majestic (room with attached bathroom)



Included all standard meals (Breakfast + Lunch + Dinner)

Day 6

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

Itinerary Facts

Trek Distance 17.2km / 10.6miles

Highest Altitude 3,530m / 11,581ft

Trek Duration 4 - 5 hrs

From Lho, we descend to streams and then ascend once more. Around two hours of the hike takes you to the Shyaula plateau surrounded by **Ngadi Chuli Peak (25,823ft / 7,879m)**, **Hiunchuli (7,893m)**. From Shyala, our path slightly ascends and then drops down to a river - that originates from **Pungyen Glacier**. Then we pass several chortens and gompas to reach Thosang Khola. After Thosang Khola, we descend into a rock-strewn moraine, and little ahead lies Samagaun.



Overnight stay at Hotel Manaslu (room with attached bathroom)



Included all standard meals (Breakfast + Lunch + Dinner)

Day 7

Rest day in Samagaun (3,530m)

We acclimatize at **Samagaon** to adjust to the thin air due to higher elevation. However, we will not stay idle but explore this village and learn about the lifestyles of the locals and their Buddhist culture. We have other options - hiking to the **Manaslu Base Camp** or **Birendra Lake (Tal)** and then climbing the ridge to Pungyen Monastery. This monastery lies south of Samagaon and takes about a two-and-a-half-hour hike. It is hidden behind the ridge in front of Manaslu and gives us tremendous views of the glaciers. Similarly, Birendra Tal is a glacial lake at 3,450m where ice blocks tumble into the lake with thunderous displays.



Overnight stay at Hotel Manaslu (room with attached bathroom)



Included all standard meals (Breakfast + Lunch + Dinner)

Day 8

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

Itinerary Facts

Trek Distance 8.2km / 5miles

Highest Altitude 3,875m / 12,713ft

Trek Duration 3 - 4 hrs

Today's trek is comparatively more pleasant because you will be trekking at flatlands. You will be passing through pasture areas and slowly ascending to the valley. The trail leads us to juniper and birch forests and reaches down the **Budhi Gandaki river**, which you will cross on a wooden bridge over it. From the route, you will be getting amazing views of the mountains, especially Manaslu, as you reach **Samdo - a Tibetan refugee village**.



Overnight stay at Yak Hotel



Included all standard meals (Breakfast + Lunch + Dinner)

Day 9

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

Itinerary Facts

Trek Distance 11.7km / 7.2miles

Highest Altitude 4,480m / 14,698ft

Trek Duration 3 - 4 hrs

We start our walk down the edge of fields and old mani walls, then cross the wooden bridge over the Budhi Gandaki river to reach a valley. Then we hike past the **Athahra Syar river**, followed by **Larke River**. While on the route, you will be witnessing several Mani walls and prayer flags.

After crossing two streams, you will get the view of **Larkya Glacier**, which is unquestionably magnificent. As we enjoy the view, we further trek around the valley of Salkha Khola and climb up again to reach the stone guest house (4,450m), which is not a lodge but a kind of shelter better known as **Dharamsala or Larkya La Phedi**.



Overnight stay at Dormitory /Tent



Included all standard meals (Breakfast + Lunch + Dinner)

Day 10

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

Itinerary Facts

Trek Distance 24.7km / 15.3miles

Highest Altitude 5,160m / 16,929ft

Trek Duration 7 - 8 hrs

Today will be an exciting day as we trek around the **Manaslu** crossing the Larkya La Pass (5,100m). We leave **Dharamsala** and start crossing the moraine. Then we will descend to a small lake. The trail begins to be rough and unclear as we cross the south of a steep grassy slope.

Our route stays on the moraine to an edge marked by two landmarks. The **prayer flags provide us the direction** to our trekking as we descend to four frozen lakes. The trail climbs up once again leading to the Larkya La Pass. The Larkya La Pass (5,160m), thanks to its altitude, provides panoramic views of several mountains - **Himlung, Cheo, Kang Guru, and the great Annapurna II.**

After admiring the natural beauty from the Larkya La Pass, the trail takes us to the top of the moraine, heading to the west and making steep, rough bends. Then, the descent begins, and the trail becomes easier to walk in and opens to a small meadow. The valley begins to widen as we near the large meadows, mani walls, and small houses, which indicates **we have reached Bhimtang.**



Overnight stay at Punkar Guest House (room 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	20km / 13.6miles
Highest Altitude	3,720m / 12,205ft
Trek Duration	7 -8 hrs

From Bimtang, after an early breakfast, we start our trail by crossing over the side of the moraine and descending to the headwaters of the **Dudh Khola**, which we cross on a wooden bridge. We continue through the pine and rhododendron woods to **Hompuk (3,430m).**

From the route, you can enjoy the panoramic views of Phungi, Manaslu, Manaslu north peak, Cheo Himal, and Himlung Himal. We descend downhill for 30 minutes in the forested area to reach **Sangore Kharka meadow**. Then we will be crossing a landslide before making a steep climb to a ridge followed by a descent towards the river bank at Gho(2,575m). The route is filled with ups and downs, passing mostly through the fields but occasionally through dense pine forest. Less than an hour walk through the fields, and intermittent stands of rhododendron and oak trees take us to **Tilije**, a multi-ethnic community settlement.

After resting at Tilije, we continue our trek crossing the Dudh Khola, and following along its bank, we descend 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 arrive at **Dharapani after crossing a long suspension bridge over the Marsyangdi.**



Overnight stay at Heaven Guest House



Included all standard meals (Breakfast + Lunch + Dinner)

Day 12

From Dharapani (1,910m / 6,266ft) drive to Besisahar (760m / 2,493ft) - 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. The scenic drive past typical villages, Marsyangdi river, Bhulbhule town will take four to five hours.

To be on schedule, **we should be reaching Besisahar before 3 pm** to catch the last bus to Kathmandu. If we cannot catch a bus on time, we need to extend our trip by a day. The bus will move along the Prithivi Highway following the Marsyangdi and Trisuli rivers and continue to Kathmandu, where your journey had started.

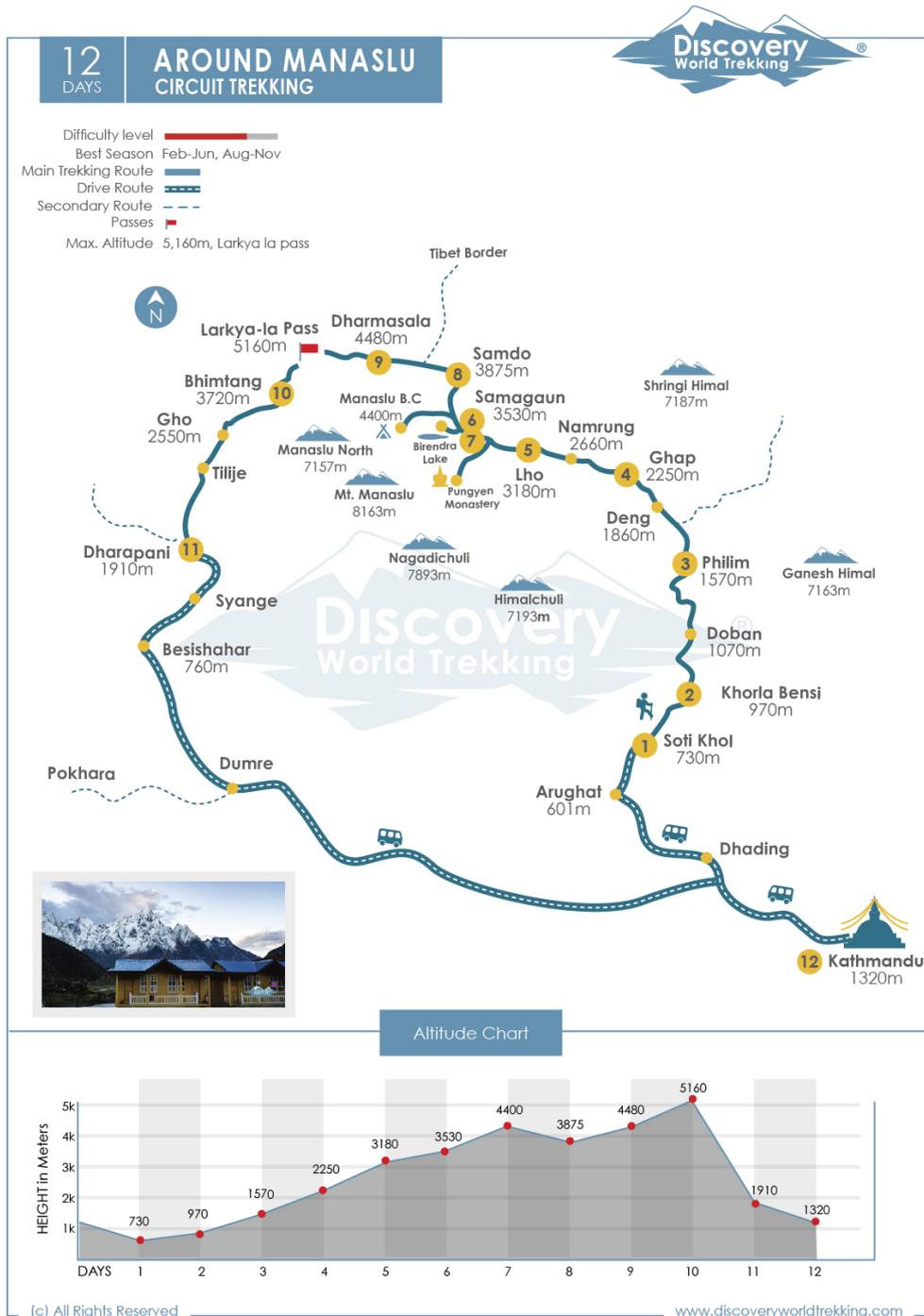


Overnight stay at your selected hotel in Kathmandu



Included all standard meals (Breakfast + Lunch)

 **Route Map**



Trips Notes

Safety precaution for the Manaslu Trek

Manaslu Trek takes you to a remote hiking region almost untouched by modern advancements. However, due to remoteness, rough trails, and high elevations, we need to keep an eye on safety. Discovery World trekking takes the safety and security of our clients very seriously. Therefore, we will be taking the following precautions to ensure safety.

- Our guides are **Intensive Wilderness First Aid** trained
- We will enhance your determination and encourage you to for a successful trek.
- We use high-quality masks & gloves along with sanitizers for everyday use.
- Trek leaders and guides have years of trekking experience
- We recheck food & accommodations in trekking regions for extra hygiene

Manaslu Trek with Discovery World Trekking

You **need to arrive in Kathmandu two office days before the trip departure** date because we need your original passport and visa to acquire a special permit for Manaslu Trek. A day before the trip departure, we will conduct a trip briefing to check if you have the right luggage and mentally prepare for the trip. On the trip departure day, we will drive to Sotikhola via Arughat - from where the trek starts.

This package includes local Transportation (KTM to Soti Khola, then Dharapani to Besisahar back to Kathmandu). However, the roads are rough so, for comfort, you can rent a private jeep for an extra cost.

Complimentary airport transfer service

We offer free Kathmandu **TIA (Tribhuvan International Airport)** airport pick-up and drop-off service. Upon your arrival, our company representative will be there at the airport holding a pamphlet with your name on it. S/he will then take you to your hotel in a private vehicle. During departure transfer, we will pick you up from your hotel and take you to the airport.

Accommodation Details During Manaslu Mountain Trek

The Manaslu Trek package in Nepal includes **11 nights stay** at the best lodges in the trek regions. We provide **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.

You might require three nights hotel stay in Kathmandu before and after the trek, but it is not included in the package. Kathmandu has a wide range of hotels that caters to your wallet and tastes.

Hot showers, Wi-Fi will be available at trekking regions for an extra cost.

The Meals During The Trek

Manaslu Trek takes you to remote high elevations in the Himalayas, therefore requires enough nutritious food. You will get enough hygienic and nutritious food in trek regions. However, as you climb up menu gets shorter.

We will provide you - **12 breakfasts, 12 lunches, and 11 dinners** during the trek.

Some of the popular menu items are -

Twelve breakfasts -Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Pancakes, Muesli Breads, Fruits, Vegetables, Hot Drinks (varieties of teas and coffees, hot chocolates, etc.)

Twelve lunches - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potatoes, Vegetables, Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Desserts, (Rice Pudding, Apple pie), etc

Eleven dinners - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk Spaghetti, Noodles Thukpa, Pasta, Vegetable Curry, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Raman, Desserts (Rice Pudding, Apple pie), Hard Drinks Steaks, etc

We select lodges that serve fresh, hygienic, tasty, and nutritious food. The menu offers local, Asian, and western cuisine, but as you climb up, the menu gets shorter. We recommend you take fresh vegetables along with plenty of liquids (green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must), etc.)

Though plenty of non-veg items will be available in trekking regions, we do not recommend them for hygiene concerns. We also highly encourage you to avoid dairy items, alcoholic drinks, caffeinated items, and hot chocolates at high elevations.

All personal bills - alcoholic drinks, hot (tea, coffee), and cold drinks in tea houses/ lodges/ cafes except standard meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

Best Time for the Manaslu Trek

Due to weather conditions and keeping safety in mind, **Discovery World Trekking conducts Manaslu Trek from February to June and August to December only.** Here is a brief weather description in high trek regions during spring and autumn.

March to May (Spring)

It is the **best time to trek to Manaslu** as you can get stunning views of Mt. Manaslu along with several glaciers in the regions. Temperatures start rising from the mid of March, and with clear skies, snow mountains look at their best.

The path looks welcoming - with rhododendron flowers blooming in several colors. By the end of March, the winter snow melts away and the route to cross Larkya La Pass becomes trekkable. Daytime temperatures in lower lands (Sotikhola, Khorlebesi, Philim, to Ghap) reach up to **24°C**, and in upper mountains (Lho, Samagaun, Samdo, Dharmasala, till Bhimtang) daytime temperatures can reach up to **18°C**, and it can fall to **-4°C** at nights.

September to November (Autumn)

Autumn is also a perfect season for **the 12 Days Manaslu Trek**. Favorable weather and temperature bring many trekkers to the Manaslu. Generally, the monsoon retreats at the end of August, and from mid-September, the weather becomes stable with clear skies revealing stunning mountains views.

Tourists in this season are also attracted by two main festivals of Nepal- Dashain and Tihar. Daytime temperature in low lands (Sotikhola, Khorlebesi, Philim, to Ghap) may go up to **25°C**, and in high mountains (Lho, Samagaun, Samdo, Dharmasala, till Bhimtang) it can rise to **15 °C**. **The night time temperature in high regions can fall to -6 °C.**

From December, the temperature starts to get cold and begins to snow. Lodge at Dharmasla closes during this time and, Larkya La pass crossing is almost impossible due to heavy snowfall.

The weather in the mountain regions is unpredictable and change quickly.

Acclimatization

Altitude sickness in high mountain journeys is common among trekkers and is preventable, but it requires immediate treatment if it is acute.

From **Samagaun (3530m/11581 ft)**, we spend four to five nights over 3500m. Altitude sickness is the most likely to occur over 3500m. We have designed the **Manaslu Trek itinerary** 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 with high elevation.

Moreover, we ascend slowly but gradually, take a day's **rest in Samagaun**. We also advise you to drink plenty of water every day. With precautions, we are sure that you can cross **Larkya La Pass** without any problem. Your health and safety are very important for us, and we will not compromise when it comes to your wellbeing. If a trekking member falls sick, your trek leader has the authority to decide whether to continue forward or descend, taking into account the interest of the team as a whole.

The Manaslu trek difficulty | Trip Grade: Fitness level, Medical, and Health

The 12 day Manaslu package in Nepal is an **alternative short trek to 16 days Manaslu trek**. You need to hike 6 to 7 hours each day in the lower trek regions starting from Soti Khola to Lho. However, the trek in the upper trek regions from

Samagaun to Bhimtang follows the same itinerary as the 16 Days Manaslu package.

This trek is 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. Manaslu trek difficulty is above average and is a remote mountain journey that involves long climbs, steep descents, and a steep forward trail in the rocky paths and forests.

We do not recommend this trek to those who suffer from medical conditions such as heart or lung diseases.

Manaslu Trek Cost | Group, Single & Private Treks

This trek requires a **minimum of 2 trekkers** to acquire special permits. If you are a solo traveler, we can arrange a group for you. Discovery World Trekking can handle all group sizes, and **if you have your group, the bigger your group is, the more discounts you will get**. We add an assistant guide for a group of 12 or more trekkers.

A typical day on the 12 Days Manaslu Trek

Every day you will be rewarded with a unique experience **of trekking, climbing, taking photos, and exploring the local villages**. During the trek, our experienced and friendly Sherpas will accompany you, and they can also provide you with information about the places you will be traveling. We assign porters to carry your luggage, but you need to carry a small backpack for your essentials.

The day starts with an early morning hot cup of tea/coffee. After 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, we will stop for lunch followed by 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 and explore nearby places before it gets dark.

Communication on trek

During the **Manaslu Trek in Nepal**, internet service will be available at the lodges with some extra service charge. You can contact your family and friends from the lodges. At high altitudes, we will communicate through mobiles.

Discovery World Trekking remains in contact with all valuable clients through our trek leader at least once a day. You can buy a local sim card in Kathmandu, but the signals in high altitudes may not be strong enough.

Wi-Fi is available in lodges but comes with an extra cost.

Extra personal expenses

Meals and accommodations in Kathmandu are up to our clients themselves, as all kinds of hotels/lodges **are available in Kathmandu to suit your budget and tastes**. In addition, all our valuable clients will have to bring personal spending money to cover costs of **meals and accommodations in Kathmandu**, visa processing, travel insurance policy purchase, beverages, snacks, hot (tea \ coffee) and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (major currencies), which you can easily exchange for Rupees in Kathmandu.

Trek regions accept Nepali Rupees only.

Electricity and battery recharge, water on trekking

Throughout the lodges at **Manaslu Trek region**, electricity for the camera and mobile battery recharge is available at an extra cost.

Similarly, you can buy either packed mineral water from local lodges and en route shops or fill boiled water into your water bottle at an extra cost. If required, we can provide you water purification pill.

We advise you not to drink water from rivers, taps, or wells in trekking regions for health concerns.

Travel Insurance Policy

Manaslu is a challenging trek with a possibility of high altitude sickness and other unforeseen events such as landslides. So **travel insurance is compulsory**.

All trekkers must provide a copy of their comprehensive travel insurance policy certificate to **Discovery World Trekking before the trek**.

The policy must cover medical and emergency repatriation - including helicopter rescue and evacuation expenses at high altitudes (up to **6000m**).

We can recommend insurance companies, but we do not sell insurance policies.

Trekking members are kindly requested to send their detailed insurance information after trek booking. In emergencies, we will use your insurance policy and informational documents to arrange a quick and effective rescue operation, etc.

Before buying travel insurance, make sure to call the insurance companies and recheck if they have heli-rescue and evacuation up to 6000m. Don't just rely on the web content of insurance companies.

Tourist Visa Nepal

All foreigners except Indians require a visa to enter Nepal. You can get an on-arrival Visa is available at Tribhuvan International Airport. For a visa application, you will need a passport valid for at least six months, a passport size photo, and a visa application fee. The current visa cost for 30 days is USD 50 that you can pay in cash. Visa rules can change without notice. For the latest information, please visit www.immigration.gov.np.

Citizens of China and the SAARC countries will receive a free visa. Citizens from certain countries - including Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not receive on-arrival visas. So citizens from these countries need to contact their local Nepalese embassy.

Money exchange | USD to NPR

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

(1 USD = ~120 NPR).

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display their rates visibly. Please note that only Indian Rupee Notes of 100 and 2000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, **we recommend cash exchange for you** to avoid hassles like lengthy processes and high bank commissions.

You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Several ATMs are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using a foreign card. If you use the money exchange facilities at banks and financial institutions, the service fee charge imposed is about four percent or more depending upon the bank.

Most established Asian banks do not accept old, torn, or faded foreign currency notes. Please ensure that you have new, clean notes.

How much luggage can I bring to the Manaslu Trek?

The luggage weight limit is **9 kg per trekker**. Porters will be assigned to carry your luggage. For every two trekkers, we assign one porter, and their combined luggage should not exceed more than 18 kgs. You may need to carry your backpack for your valuables and important documents.

Please carry what is essential. You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We will recheck your luggage during the trip to ensure that you have the right essentials.

Equipment Checklist

We recommend you to carry only the basic clothing and accessories for the trek. Though things you need for your trek might differ according to weather and your preferences, here is our list for your consideration.

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

- ☞ Lightweight gloves
- ☞ Heavyweight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long-sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Lightweight cotton pants
- ☞ T-Shirt (bring Lightweight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Waterproof jacket and pants

Foot wear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair 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
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Toiletpaper
- ☞ Deodorant floss
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

- ☞ Money
- ☞ Watch

 Cell phone

 Camera

Extra items

 First aid kit

 Extra passport photos and passport photocopies

 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
28 May, 2022 - 08 Jun, 2022	\$1150 \$750
30 May, 2022 - 10 Jun, 2022	\$1150 \$750
01 Jun, 2022 - 12 Jun, 2022	\$1150 \$750
03 Jun, 2022 - 14 Jun, 2022	\$1150 \$750
06 Jun, 2022 - 17 Jun, 2022	\$1150 \$750

FAQ's

Is trekking to Manaslu trek difficult?

No. Manaslu Trek does not need any ropes or ice picks. There is no vertical climbing. Even if you're new to trekking, as long as you are reasonably fit and can walk for 5-6 hours a day, you can complete this guided trek.

How safe is this trekking?

Discovery World Trekking guarantees clients' safety and security. We are always prepared to face any situation - by carrying necessary gear, equipment, and first aid kits. Our crew members have completed extensive first aid training. We also carry oximeters to monitor oxygen levels at high altitudes.

If a trekker falls sick at a high altitude, the trek leader will decide whether to continue the trek or descend taking into consideration the interest of the group as a whole. In emergencies, Discovery World Trekking deploys a rescue helicopter (funded by insurance) to bring you back from the higher elevation.

Which is the best time to hike in Manaslu?

For safety, Discovery World Trekking conducts Manaslu Trek from **February to June and August to December** only. The best seasons are spring (March to May) and autumn (October to November).

How to avoid altitude sickness during the trek?

You can take the following steps to decrease the risk of altitude sickness.

-  Cut off caffeinated, alcoholic, and tobacco.
-  Drink at least 4 liters of water a day
-  Trek slow at your own pace
-  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 Manaslu Trek?

The average hiking will be 5-7 hours a day. If you are reasonably fit and can walk at a steady pace, it is just a long hike that provides you with fantastic views of the Himalayan terrain.

Do I need any permits before starting the Trek?

You require Manaslu Special Permit along with Conservation Area Permit, in addition to Annapurna Conservation Area Permit (ACAP). **Discovery World Trekking will help you with all the necessary paperwork** so that you are at peace.

Do I need travel insurance to trek in the Manaslu region?

Travel insurance is **compulsory** and must cover medical and emergency repatriation- including helicopter rescue and evacuation expenses at the highest altitudes.

What about the insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry combined 18 kgs of luggage (maximum **9 kg for each trekker**).

What is the weather condition at Manaslu region?

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 this Trek?

You need to email us the following documents after the advance deposit.

-  A copy of your passport
-  Passport size photos
-  Flight details
-  Copy of travel insurance (Insurance must cover heli rescue and medical evacuation).

What are accommodation arrangements during the trek?

You will be staying at **teahouses/lodges**, generally offering twin sharing rooms and healthy local foods. The toilets in squat forms are often outside the room or the house. Hot showers/running water are available at extra cost in most lodges.

Is meal easily available during the Trek?

The meal on this trek is very convenient, but options are limited compared to cities. Along with western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tendu, noodles, and thukpa will be available. Discovery World Trekking will arrange meals in special areas for its clients.

Is the drinking water safe in Manaslu trekking regions?

Bottled water is easily available at a low cost, but you can not use plastic bottles in the Manaslu region. So, you need to **bring a water bottle and fill it with filtered or boiled water.** It is better to use water purification drops (or tablets), which you can bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purification pills.

Do I need to bring medicines for the Trek?

If you are allergic, it is better to consult your doctor and bring your own medicine during the trek. Our team also carries medical kits for safety.

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians.**

Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it**. S/he will take you to your selected hotel in a **private vehicle**.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

What are the booking and payment methods for the Trek?

For booking confirmation, we **require a 10% advance**, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

Is tipping necessary for porters and guides?

Porters and guides form a big part of your successful trek. So **tipping is a way to appreciate** their service to you. However, it is totally at your discretion.

Can I buy the gear in Nepal?

Discovery World Trekking **can introduce you to dozens of shops selling knock-off gear in Kathmandu**. Moreover, you can rent the gear if you do not want to buy them. Similarly, you can purchase equipment in Kathmandu at a reasonable price.

Is internet access available during the Trek?

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



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

