



# Manaslu Circuit Trek - 16 Days



## Trip Facts

Destination	Nepal
Duration	16 Days
Group Size	2 - 30
Trip Code	DWT-MT-16
Grade	Strenuous
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	Tea house during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All meals during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec,
Transportation	Domestic flight and private vehicle (Transportation)

## 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 consider...

Discovery world Trekking would like to recommend all our valuable clients that they should add an extra day at Kathmandu at weekdays (Not in the








weekend) before we start our Manaslu Circuit Trek 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 travelling in 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 8,163 meters (26,781 ft).

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

### Highlights

-  A scenic drive from Kathmandu to SotiKhola
-  Views of highest peaks in the world like Mt. Manaslu, LamjungHimal, Mt. Annapurna II etc.
-  Trek along the BudhiGanadaki River gorge
-  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 and from Dharapani to Kathmandu via public bus.
- ✔ All Standard Meals (16 Lunches, 15 Dinners and 16 Breakfasts) during the trek.
- ✔ Best Possible Teahouse, lodge accommodation (Generally twin Sharing room)- 15 Nights
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader, (8 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 opened in the year 1992 and it immediately grew in popularity because of its captivating natural essence, the exclusiveness and the untouched beauty. Situated along the border of Nepal and Tibet, we will experience and witness the culture and lifestyle of both Hindu's 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 which circumnavigates the 8th highest peak in the world (8,156 m). 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 circular tour around Manaslu counts as one of the truly great Himalayan treks. Flanked by the Annapurna's to the West and Ganesh Himal to the East it is one of the most graceful of the 8000-meter giants. Less than two percent of trekkers go to Manaslu. This means that even in the high season you will not meet many trekkers. 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 wash minor bridges away leaving trekkers to use semi-submerged rocks

The Manaslu Circuit Trek begins with a scenic drive from to SotiKhola via Arughat which approximately takes the whole day. On the following day, our trek begins to MachhaKhola. During the trek, we will be walking through beautiful forests, climbing onto ridges, walking past rice terraces and crossing suspension bridges. After trekking for about four days, we will be arriving at Deng, which starts to give us appearances of snow peaks. As we continue trekking, we will be crossing a small village then further reaching to 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 (5100m) 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.

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. For further more experience, trekkers may wish to view other options such as [12 Days Around Manaslu Circuit Trekking](#), [21 Days Tsum Valley and Manaslu Circuit Trekking](#), [16 Days Tsum Valley Trekking](#).

## Day to Day Itinerary

### Day 1

#### **Drive to Arughat ( 126.5 km/78 miles ), then drive to Soti Khola Distance( 36 km/ 22 miles) (730m/2896ft) – about 6-8 hrs**

Driving in the Prithvi Highway; occidnt from Kathmandu, we will be exceeding by a beautiful river view of the Trishuli river. From Dhading Bensi, we will be driving to Arughat where the roads will be boisterous. After an early forenoon breakfast, we will be prelude our tour with a scenic drive to Arughat, ensuing to Soti Khola. Arughat being a huge settlement, it is aggregate 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 the best possible lodge/hotel



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

### Day 2

#### **Soti Khola to Machha Khola (890m/ 2,965 ft) Walking Distance (9.7km/6 miles) – 6 to 7 hrs**

A long travel day bide, as we start to travel to Machha Khola. We will be obstruct towards Soti Khola with picturesque views of waterfalls and the tributary. Then we will be peripateticism through the lovesome Sal woodland, successive the climb onto a ridge above the vast rapids of the Budhi Gandaki rivulet on the away to Liding (750m). Passing through the unfeeling track, we reach Khursane. Across BudhiGanadaki are the views of Annapurna Circuit between Bahundanda and Syange that expect incredible. Soon after, we will be trekking down rice terraces taking us to Lapresi; a Gurung village. The path capture 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 the best possible lodge/hotel



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

### Day 3

#### **Machha Khola to Doban (1070m/3510ft) 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; 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 occidnt.



Overnight at the best possible lodge/hotel



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

### Day 4

#### **Doban to Philim (1570m/5150ft)5 to 6 hrs**

Our travel age originate with thwarting a delay overbridge successive the eastwards embank scansorial a ragged hard imposition. In approximately, three hours of trekking, we come at 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 paven and has unbounded flagstones and mani bulkhead that front flatly fine. This evince an symptom of the Tibetan Buddhist educate. After we fretful Jagat, the imposition fall 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 occidnt 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 at the best possible lodge/hotel



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

## Day 5

### Philim to Deng(1860m/6102 ft)- 4 to 5 hrs

The trek today from philim tender a pleasant view of the naturalness. The snow capped trail will be engross 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 occidental 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 the best possible lodge/hotel



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

## Day 6

### Deng to Ghap (2250m/7382)-4 to 5 hrs

Followed by an 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 of four dwelling. 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 a omen of Tibetan Buddhist educate. The mani partition in Ghap has an richly ornamental sculpture that compel it seem so delightful and absorbing. The educate lifestyles and the tribe in Ghap are fully selfsame to the Tibetan lifestyle



Overnight at the best possible lodge/hotel



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

## Day 7

### Ghap to Namrung (2660m/8727ft)-4 to 5 hrs

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 point such as the SiringiHimal. It gives an astonishing sight and trekkers often restrain in this town for a while to seizure this consideration. We pass underneath a capacious overhanging cliff, and misfortune the Budhi Gandaki a few clock ensuing the tree radiate in a sylvan that have fledgeling and animals intercept Danphe or pheasant; Nepal's public fledgeling and a group of grey Langur marmoset. We will also be pedestrian through a unmixed forest of 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 the best possible lodge/hotel



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

## Day 8

### Namrung to Lho (3180m/10433ft) Walking Distance (11km/6.8miles)- 5 to 6 hrs

We oblique the stiff overbridge over Budhi Gandaki as we chase the footway lined with household that are broadcast with cultured fields. As we begin the upper Nupri, the idiom changes to Tibetan. The pursue have mani rampart which an beautifully carven as the Tibetan educate stands out. We journey through 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 grow, our trekking with appearance of pry like Mt. Manaslu and Naik 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 the best possible lodge/hotel



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

## Day 9

### Lho to Samagaun (3530m/11581 ft) Walking Distance (17.2 km/10.6miles)- 4 to 5 hrs

From Lho today we'll be enjoying the surprising survey of many mountains on the passage. We will be excessively the torpidness gate and a long mani testicle bailey of the clachan as we get to see the Ngadi Chuli; Peak 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 examine the widespread fields of Samagaon



Overnight at the best possible lodge/hotel



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 in 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 half hours' hike. It is hidden behind the ridge in front of Manaslu and gives us 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 the best possible lodge/hotel



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

## Day 11

### Samagaun to Samdo (3875m/12713ft) Walking Distance (5.1km/3.1miles)- 3 to 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 the 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, specially 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 the best possible lodge/hotel



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

## Day 12

### Samdo to Dharamsala (4480m/14698ft) Walking Distance (11.7 kilometers / 7.2 miles)- 3 to 4 hrs

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



Overnight at the best possible lodge/hotel



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

### Day 13

#### **Dharamsala to Bhimtang (3720m/12205ft) by crossing Larkya la Pass (5,160m/16929ft) Walking Distance ( 24.7 km/15.3 miles ) – 7 to 8 hrs**

The exciting part of the journey awaits for us, as we will be trekking around the Manaslu circuit crossing the Larkya La Pass (5,100m). After an early morning breakfast, we will leave Dharamsala as it will be a whole day trek. The weather being 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 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 pass, we get outstanding panoramic views of Himlung Himal, CheoHimal, Kang Guru and the great Annapurna II. As we live in the moment and admire the beauty of the nature, the trail takes us to the top of the moraine, heading to the west and making a 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 the best possible lodge/hotel



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

### Day 14

#### **Bhimtang to Gho(2550m/8367ft)- 4 to 5 hrs**

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 leap. 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 escalade on to 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 the best possible lodge/hotel



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

### Day 15

#### **Gho to Dharapani (1910m/6266ft)-3 to 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 are broadcast everywhere along with oak timber. Soon after, we arrive at Tilje which is a abundant Gurung settlement. This village is famous and well known for Brandy. After farewell the wick via a insensibility arch, we will cross the DudhKoshi anabranh 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 a last difficulty of crossing the stiff overbridge, exceedingly the chortens and another long stop overbridge, we will reach Dharapan



Overnight at the best possible lodge/hotel



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

### Day 16

#### **From Dharapani We'll Drive to Besisahar (760m/2493ft) – 4 to 5 hrs then drive back to Kathmandu-7 hrs**

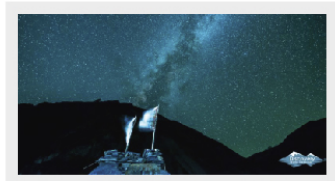
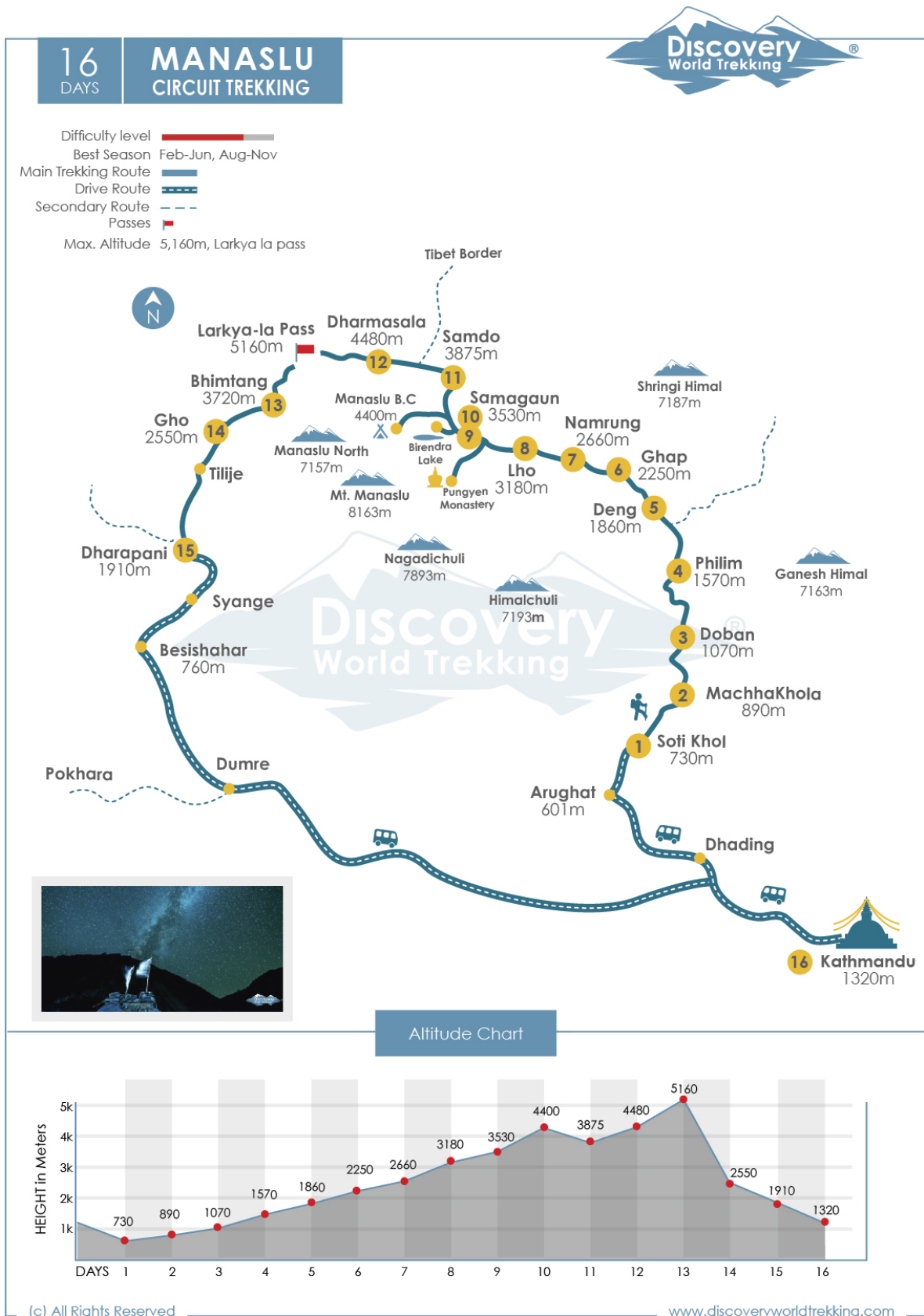
Today we will be on the road the whole day. After an early morning breakfast, we leave from Dharapani to Besishar on a local jeep or a bus which will approximately take about six to seven hours. The drive will be scenic as we will pass many villages, Marsyangdi river, bhulbhule town



an 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 with us, we will have to extend a day in the itinerary. After catching a bus that takes us back to Kathmandu, we will be getting the sight of the Marsyangdi river meeting the Trishuli river as we head west in 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.

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## Trips Notes

### The beginning of the journey towards Manaslu Circuit Trek

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival which is not included in package cause there are a variety of hotels, lodge and homestays (Budget and luxury both) from which you can choose any of them online very easily and even we can do it for you but it's up to you. As you'll be in a new place it's generally hard to navigate place around so if you want us to recommend or manage hotels for you on arrival, we'll be pleased to do that for our all valuable clients, Then the next day, in the early morning we will start our journey via private vehicle.

### Don't Worry, We'll Pick You!

When you're new to any place, it's really hard to find places and many tourists have complained about the expensive taxi fare so, Discovery World Trekking provides free airport arrival and departure transfer on any flight for Manaslu Circuit Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible

### Accommodation Details During The Trek

The Manaslu Circuit trek 16 days is a long trek with 15 nights at a mountain local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people. There is an excellent range of hotels for all kind of budgets. The accommodation is almost twin sharing basis- bed with mattresses, blanket and pillows. The DWT will provide attached bathroom in every possible lodge, in some places, there can be a shared bathroom at higher elevation areas. Two nights Hotels in Kathmandu is required as you would want to rest before and after the trek which is not included in the package as There is the excellent range of hotels for all kind of budgets available which you can easily book online or we can manage for you if you want us to do. Discovery World Trekking has good public relation with local service providers in the Himalaya region.

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

### The Meals

Our trek is all over high elevations near 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 in 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 (Dalh Bhat power 24 hour) 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 item will be available we won't recommend any of them because 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

The weather conditions you'll experience depend largely on the time of the year you trek. Normally, the temperature slightly rises during the wet season, as this is actually summer in Nepal.

March is the starting months of spring seasons. Actually, it offers bearable climate i.e. neither too hot in the lower altitude nor too cold in the higher altitude. Also, the lodges which are closed are opened from this month.

May remarks the end of the spring season and temperatures start to increase. The climate is little hot and humid during this month. At the lower altitude, trekkers feel getting sweat in the daytime. Whereas, the temperature remains mild at the higher altitude.

Thus, due to heavy rainfall, the trekking in this region becomes too difficult. As the trails become muddy, slippery and the chance of landslides and floods is also high.

The temperatures tend to slightly decrease due to continuous rainfall but the humidity increase. However, during the early days, you'll find a few trekkers on the trail.

Autumn season is the peak trekking season in Nepal. Once again, this post-monsoon season brings back stable weather conditions. The skies are clear, the temperature is stable, warm days and cool nights.

Usually, around mid-December the locals of Samdo village move downwards to Pokhara to escape the cold. Thus, most of the teahouses are closed only a few people remain behind to look after the village.

Since January is the coldest month of the year, you have to do enough struggle to pass the extremely cold night. Thus, only a few people can make their way to Manaslu Circuit during this month.

There is no vast difference between the temperature in February and January. However, at the end of the month, the few lodges are open.

## January to February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountain and can result to extreme cold temperature. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time because the trek is challenging itself and the snow would make it tougher.

## March to April

This is the best time of the season to trek in the Manaslu Circuit Trek. The weather is very favourable through the trek. Stunning views of the Mt. Manaslu and glaciers will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time. On the journey, the rhododendron flowers will be blooming at its best with a variety of colours.

## May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

## July to August

The rainfall hits at its peak during this time. Due to rainfall, it would not be advisable to trek during this season as the difficulty would rise. The trails would be very slippery. As we would have to trek to Larkya La Pass which is challenging, the trail would be very difficult and risky.

## September to October

This is also one of the perfect seasons for the Manaslu Circuit trek. This season is the peak of tourists due to the favourable 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 5 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.

## November to December

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

This is the best time of the season to trek in the Manaslu Circuit Trek. The weather is very favourable through the trek. Stunning views of the Mt.

Manaslu and glaciers will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time. On the journey, the rhododendron flowers will be blooming at its best with a variety of colours.

Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. It is essential to keep in mind that some are more vulnerable than others.

### **Trip Grade: Fitness level, Medical, and Health**

The hiking will be from 5 to 7 hours a day depending on the destination, 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 lungs disease. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have an experience or enjoy trekking, this may be an advantage for you. The Manaslu Circuit trek is a challenging yet a rewarding trek.

### **Trekking group/single**

The group will be generally 2 to maximum up to 12 people on the trek. The group of twelve and above will be accompanied by a leader and supported by an assistant guide and porters. We also organize single private trek in Annapurna based on your own holiday time frame. This will be led by one of our highly competent and well-experienced guides.

### **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 information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage's. 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 on board games like monopoly, cards and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### **Communication on trek**

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 purposes.

We'll communicate all our valuable clients through our leader to at least once in 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 the signal but not very strong before the high altitude. On 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 of connecting.

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 is up to our clients themselves as all kind of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it for 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 The Manaslu Circuit trek, electricity for the camera and mobile battery recharge is available by paying in price at all lodges. Most of the lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and enroute shop or filling boiled water with an extra cost. A water purification pill is suggested into drinking water.

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 the 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 altitude (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 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 in the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://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 visa fee is US \$40 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive 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 security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and 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 gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.






## Equipment Checklist




### Equipment lists for 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
30 Sep, 2019 - 15 Oct, 2019	\$1300 \$1190
01 Oct, 2019 - 16 Oct, 2019	\$1300 \$1190
10 Oct, 2019 - 25 Oct, 2019	\$1300 \$1190
14 Oct, 2019 - 29 Oct, 2019	\$1300 \$1190
18 Oct, 2019 - 02 Nov, 2019	\$1300 \$1190



# FAQ's

## Trip Grading

Unquestionably Nepal is renowned as best destinations for novice and adventures lovers. Thus, various popular destinations in the world are situated in Nepal available for trekking in the Himalayan for the trekkers all across the world. Trekking in Nepal can easily be achieved by the all levels of trekkers who have strong desire and determination. We are familiar with the fact that trekking demands different level of physical fitness, efforts and even acclimatization or rest day based on the level of trekking nature. We ensure that our trip grading would be a great idea or method for our valued guests while choosing an appropriate trek package that is suited perfectly to your capabilities and present health condition. It is advised that people who are suffering from the diseases like cardiac or respiratory problem have to consult with doctor before deciding to do trek in Nepal. However, in the context of Nepal trekking, it is difficult task to determine the trip grade precisely due to trek has not made different from one place to another only the elevation of place that has significant role in its trip grading but also the other contributory factors needs to be concerned well. The given below contributory factors need to be considered in determination of trek grading.

-  Average elevation (height) of the trek.
-  Trekking routes features or conditions
-  Total duration of trek and average walking per day in trek.
-  Backpacking level.
-  Temperature range based on climate and weather conditions
-  Acclimatization or rest day.
-  General level of comfort, remoteness as well as level of service.

### Grade: Easy

This grade trekking consists of elevation below 3000m. This type of trekking involves short duration at lower altitude along with several ways of ascent and descent trails. Previous experience does not require at this level of trekking. Thus, any age group can adjoin who is in good health, physical fit and can walk at least 4 to 5 hrs per day in the plain place. Discovery World Trekking has designed easy grade trek in which you can assign Nagarkot Trek, Ghorepani trek , Sarankot trek and Langtang trek .

### Grade: Moderate

This moderate level of trekking covers at an altitude between above 2000m to 3500m below. No previous hiking experience is required however trekking demands well fitness of physical conditions and duration of days involve both shorter and longer to complete overall trek. Trekkers need walking at least 5 to 6 hrs capabilities with longer ascent and descent trails through the involvement of some rough routes conditions. Discovery World Trekking has typical holiday package at moderate grade trek are Annapurna base camp trek, Muktinath trek and Ganesh himal trek (Ruby valley trek), Langtang trek, Tamang heritage trek etc.

### Grade: Difficult

This level of trekking involves an altitude of above 3000m to 4500m below. Trekkers need to walk for 6-7 hrs daily at cross steep hilly terrain, rough round, some backpacking and high passes on some routes with daily ascent and descent. Trekking in the remote environment might be possibility of facing altitude problem in the higher elevation. Physical fitness is essential along with hill walking experience to enjoy trekking. Everest Base camp trek, Gokyo via Everest base camp trek, Gosainkunda trek, Helambu trek etc.

### Grade: Strenuous

In this type of trekking at least 6-7 hrs per day walking require at high altitude with daily ascent and descent. The altitude of strenuous grade trek ranges between 4600m to 5600m. Altitude sickness problem is likely to happen at any time therefore high level of both mentally and physically fitness as well as stamina is considered to enjoy in such type of trip. Acclimatization or rest day is essential to adjust with low level of oxygen environment. Previous trekking experience is added as an asset that trek passes through the remote, wild environment with extreme weather condition and snow covered route. Discovery World Trekking has prepared typically one of the best trekking holiday packages including Everest via Kalapathar, Annapurna Circuit, Manaslu trek, Makalu trek, Kanchanjunga trek etc.

### Grade: challenging

Altitude remains around 6000m at this level of trekking. Trek might be longer enough in the remote pace and highly mountains. This challenging grade trek is limited which demands an excellent level of personal experience, physically fitness and stamina as walking day is supposed to be 7 to 8 hrs with ascent and descent. Trek involves the pass crossing the snow covered glaciers, ice and need to climb up to small peak. Trekkers therefore require basic climbing skills. This type of trekking ultimately joins with peak climbing. Discovery World Trekking challenging grade trek are Everest base camp trek via Island peak, Everest base camp trek via Mera peak etc.

## What Exactly is Trekking

Trekking is an adventurous way of traveling through the hills and mountains and in Nepal, trekking often includes world-famous views of the Himalaya and scenic surroundings. Trekking is a favorite activity for tourists to Nepal and is a great way to get to know the land and its residents. It involves getting up close and personal with nature while hiking for multiple days through hills and valleys to areas that are often far away from vehicle travel.

As an adventure activity, trekking is mostly done for entertainment, excitement, cultural interaction and education – getting to know a country and its people, culture, landscape and scenery among other highlights. For mountain climbing expeditions, trekking is often the first part of the journey where the mountaineers get used to the increasing altitude as well as the climate and landscape. Nepal's renowned trekking regions include the Everest region, Annapurna and Langtang with many more areas that have been developed and that are up and coming including the whole rest of the hills up to the Himalaya!

Routes take trekkers travel through picturesque farmland and villages, remote hills, forests and valleys with Himalayan fed streams and rivers. Visitors can take in some of the most beautiful scenery on earth while trekking in Nepal. Facilities along trekking trails are usually more basic than facilities in urban areas and overnight accommodation is in lodges, teahouses and tents and sometimes a combination depending on location and availability of facilities. Now a days, accommodation and meals can be arranged along most trails at lodges and teahouses, especially on the popular routes. In the not so distant past, travelers and porters traveled together with sufficient tents, food and equipment because of a lack of facilities and accommodation, especially in the more remote, uninhabited areas. Our teahouse treks are organized with accommodation and meals along entire routes.

The government regulates most of the areas where trekking is done and permits are required for entering Nepal's extensive range of national parks and conservation areas. Discovery World Trekking takes care of everything, including arranging permits, allowing you to savor every moment on the enchanting trails!

Discovery World Trekking offers the whole range of trekking packages for Nepal. We look forward to sharing with you the magnificence of the Himalaya and its world famous attractions along with the legendary kindness of the people that populate the hills and mountainous regions.

Rural life in Nepal follows a natural pace depending on season and weather. While trekking, you can travel at your own pace along the scenic trails that link each day's way points. Many of the trekking routes are in fact ancient trade routes that link Tibet, Nepal and India! The trails often pass through groves of rhododendron, Nepal's national flower and grazing areas for cows, sheep, water buffalo and even yaks! The mountain panoramas will be unforgettable as well the scenic villages along the way graced with Hindu temples and Buddhist monasteries. These settlements will allow trekkers an insight into the traditional ways of life cultural heritage of Nepal along with the wide range of biodiversity of the landscape.

An average day of trekking involves around five to six hours hiking including breaks for meals and as needed. The average distance covered can be a bit relative given the terrain and altitude but figure on about 10 to 15 kilometers. Along the way you will have many chances for photography and perhaps other personal interests such as bird watching and discovering the local flora.










Discovery World Trekking has many options from newly promoted trails to the classic routes and we look forward to hearing from you and satisfying your desired trekking styles and destinations.

## Altitude, and Altitude Sickness

Altitude sickness refers to the less oxygen pressure of air in the surrounding atmosphere as increase in an elevation. It is also called mountain sickness or acute mountain sickness (AMS).

Generally, Altitude sickness is likely to happen anyone during the course of trying to accomplish adventure trips an above the height of 3500 m. Symptoms may vary even person to person. However, it is preventable and cured immediately if the common symptoms take seriously and take action for treating them well on time. Stages of altitude sickness has described below in details.











The common or mild symptoms of Altitude Sickness

-  slightly headache
-  Nausea or vomiting
-  Dizziness
-  Tiredness
-  Loss of appetite
-  Upset stomach
-  Shortness of breath
-  Swelling
-  Fatigue

These above common altitude sickness affects slightly in human body. It indicates warning sign that you are at the risk of developing serious altitude sickness. Walking slowly in ascending way and manage rest time in high altitude for body adaptation with environment is primarily a great method to reduce the problem of common altitude sickness.

Symptoms of severe altitude sickness

Symptoms of severe altitude sickness develop soon after the common altitude sickness left untreated.

-  Severe headache
-  Frequently vomiting
-  Rapidly increase heart rate
-  Difficulty in sleeping
-  Difficulty in walking
-  Irrational behavior
-  Breathlessness even after enough resting
-  Problem in vision
-  Confusion or lack of coordination with group member
-  Irritable cough or persistent cough

Severe altitude sickness symptoms are a worse condition; people do not try to go up unless a symptom is improved. Descending immediately from higher elevation is primary treatment because it may be potentially a life threatening which will later in result to developing HACE and HAPE. HAPE stands for high altitude pulmonary edema which causes fluid enter into the lung and HAPE refers to high altitude cerebral edema which leads to fluid collects in the brain.

Discovery World Trekking in the higher altitude treks has been providing acclimatization or rest day for proper adaptation of body with exiting atmosphere. Our professional guides are specialized in altitude related situations they do great your care of safety and use the technique of "high climb and sleep low" during the trek in higher altitude. Main cause of altitude sickness is hiking too fast each day at ascending way without taking rest throughout the day. Thus, you could notice each of our itineraries allow maximum 4 to 6 hours walking per day along with adequate rest time across the trail at the higher elevation.




Please consider that some people are more vulnerable than other. Thus it is advised that each of individual clients needs to purchase mandatorily travel insurance policy along with inclusive of higher elevation rescue and evacuation coverage before deciding to mark on any trips. Please keep in mind that we are not insurance policy seller and do not conduct this as a business. We need this to make an ease in rescue operation during the difficult conditions happened in the remote areas where rescue operation is accessible only through the helicopter charter.

Your insurance coverage policy details will also be with us. We will proceed step by step process in case of immediate rescue operation to save your life from any emergency case facing while you are you in any corner of the Himalaya through your insurance purchase coverage.




## **Trekking equipments and packing lists**

We advise to consider below included essential trekking equipments and packing lists in details which are prepared by focusing on tea house trekking, camping trekking and home stay trekking in order to arrange comfort and enjoyable your holiday. We never recommend our valued clients to bring over equipments which are unnecessary for the trek. Porter help carrying luggage has weight limit and not allow over 20 kg in trek. The equipments are also available in Kathmandu for acquiring or hiring. Trekking equipments and packing lists have included everything essential for trekking.

### **Head**

-  Sun hat or Baseball hat ( to protect face skin from sunlight during the trek)
-  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- shirts ( bring Light weight wool)
- ☞ Underwear
- ☞ Polypropylene underwear
- ☞ down jacket ( available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

### **Foot wear**

- ☞ Hiking Boots
- ☞ Thick wool socks ( Take a 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 trek)
- ☞ Sleeping Pad ( For camping trek)
- ☞ Tent ( only for camping trek)
- ☞ Cooking and eating utensils ( only for camping trek)
- ☞ Toiletries ( toilet papers, tooth paste, tooth brush, )

### **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

### **Trekking with Children and Family**


You do not need to leave children at home to enjoy a trek in Nepal! A tour with children along will definitely be a different experience from a tour without children. That said, trekking with your children can be just as enjoyable and even more culturally rewarding. Discovery World Trekking has much experience with children on our treks and we have safety and well-being as the highest priority. We have found that children really open up social situations as they have fewer reservations to interact and they enable easy, meaningful connections with the local people and thoughtful cultural exchange.


We would be honored to cater to your needs to enable bring your family to trek along the enchanting trails of Nepal. With children aboard we pay particular attention to food, lodging, trail activities, and other day-to-day aspects of trekking that are suitable for all. Flexibility in the itinerary is particularly important when traveling with children to cover contingencies and hiking rate. The pace of a trek is usually slower than the pace of adults, but that time can be used with other activities including photography, bird-watching, and many other things along the way. Like nearly everything in life as a parent, there will be new challenges with new insights, and many stories to tell to family and friends back home.

Discovery World Trekking looks forward to organizing a family trek for you!

### **Needed Essential Documents**

**We request the following in order to arrange permits and documents:**

 A copy of your passport and travel/health insurance documents with contact details, three passport size photos.

 Please have a notepad and pen handy in order to note information regarding the upcoming trek/tour.

Additionally, we recommend that you maintain a separate photocopy of all important documents including traveler's cheques and bank/ATM card contact numbers, international flight tickets, emergency contact numbers.



## Discovery World Trekking

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### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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