

# Trip Notes

## Manaslu Circuit Trek



“The complete circuit of the 8th highest peak in the world “Mt. Manaslu” and crossing over the Larkya Pass is one of Nepal’s best kept secrets, following remote trails which see very few trekkers.”

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## Trip Facts



### Duration

21 days from Kathmandu to Kathmandu

### Physical Grading: 2

This trip is suitable for those with a high level of fitness and endurance. You do not have to be an experienced backpacker or mountaineer. Just relatively fit to walk each day for 6-7 hours with a light backpack.

### Trip style: Active

This trip is designed for outdoor adventurers who are ready to experience the new height and explore the vastness of the Himalaya.

### Service level: Basic

- ✓ Excellent value, competitive price
- ✓ For travellers preferring flexibility, convenience and the security of small groups
- ✓ Well-maintained campsites and/or simple and clean accommodations
- ✓ Highly experienced and educated Staffs, who are mainly the Sherpas from highlands of the Himalaya.
- ✓ Well designed itinerary by our experts, to suit from novice to experienced trekkers/mountaineers for the Himalayan adventure.

### Trip type: Small group

Group trips average about 12 travellers per departure, depending on the adventure. The maximum is usually no more than 16.

## Introduction

At 8163m Manaslu is the eighth highest mountain in the world. Meaning 'Mountain of Spirit', it was first climbed in 1956 by a Japanese expedition and as it is regarded as one of the most dangerous 8000m peaks it has only been climbed by a handful of westerners.

The complete circuit of this mountain over the Larkya Pass is one of Nepal's best kept secrets, following remote trails which see very few trekkers. The scenery is as diverse as it can be, from the sub-tropical foothills of the Himalaya to the arid Trans Himalayan high pasture bordering Tibet. This area has always seen relatively few trekkers, and the quieter trails, picturesque villages and stunning mountain views make it one of the classic yet unspoiled treks left in Nepal.

We begin the trek in Arughat Bazaar and follow the impressive Buri Gandaki River North to the village of Deng. Although initially quite wide, the river valley soon narrows and we find ourselves walking high above the river on spectacular paths. As we trek northwards the valley opens up again to reveal delightful alpine meadows and small Tibetan-style villages, which cluster below Manaslu's dramatic North face. We trek through these villages, with rows of prayer wheels and Mani stones. Eventually we reach Samagaon, the largest



and most important village in the region. From here we head West across the Larkya La (5213m), a classic route linking the Buri Gandaki and the Marsyangdi. The descent takes us through the beautiful alpine meadows at Binthang before we join the main Annapurna Circuit route for the last two days, back to the trailhead at Besisahar.

Much of this trek is on established trails and is within the capabilities of a fit and experienced walker. The trek is graded C because there some long walking days plus a high pass to cross. The first half of the trek is at fairly low altitude on reasonably well-maintained trails although there are some steep sections. The crossing of Larkya La is over rough glacial moraine and some of the descent is steep. You should be comfortable walking 4 – 6 hours a day, with an occasional longer day. The itinerary is well staged for acclimatization. This is a fully supported camping trek. We provide tents, dining and toilet tents, camp stools and tables. Staffs include guides, cook and porters. On trek you are woken with a mug of tea and provided with a bowl of warm water for washing. All camp chores are done by the staff and you only have to carry your daypack containing sufficient drinks for the day, personal mini first aid kit, spare socks, T-shirt, sun glasses, sun/baseball hat, and sun cream/lip guard. All the plans for the following day will be informed by your trek guide/Sirdar each evening.

## Trek Timing

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While trekking is possible in this area the whole year round, the best times to visit are from the beginning of March to end May and from the beginning of September to end November.

## Trek Highlight

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- ❖ Explore the ancient city of Kathmandu, Nepal:
  - Visit Swayambhunath (the monkey temple), a 2000 year old Buddhist Stupa
  - Visit the Bodhnath Stupa with its' 130 ft. dome
  - Visit the ancient Pashupatinath Temple with a holy cremation site.
- ❖ Scenic dirt road driving to Arughat from Kathmandu
- ❖ Exploring the Budhi Gandaki River valley
- ❖ Experience the Nepalese and Tibetan mixture culture
- ❖ Walking between the borders of Nepal and Tibet
- ❖ Crossing Larkya La (Pass) over 5,215m

## Grand Himalaya on the trek

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Our aim is to provide you with a safe, enjoyable and successful expedition to Nepal. We provide all of our climbers with a smooth and efficient service to maximize both your enjoyment and your chances of a successful trip.

The benefits of trekking with us in the Manaslu region are:

A very well planned itinerary and acclimatization schedule based on our experience of leading trekking and expeditions in the Himalaya for more than a decade now.

We provide a good level skilled of sherpa support. Our sherpas have at least trekked in the Everest region few times and will be walking, assisting the members all the time.

We have well maintained, neat and clean campsites.

## Travel Insurance recommendations



# Travel Insurance



We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (Trekking and climbing with guide and roped up) and localities in which you will travel Nepal, to elevations up to (Altitude 5213m/17103ft) above sea level).

## Emergency evacuation

Helicopter rescue services are available. Evidence of insurance will be required by the evacuation services before the helicopter will fly. And it can be landed anywhere in the Manaslu region. However, emergency evacuation cost is not included in your expedition cost.

Most helicopters struggle above 5000m. Often a helicopter can only take one person at the limit of its operating altitude. There is no mountain rescue squad available, the victims have to be evacuated to a safe helicopter landing site preferably below 5000m.

## Emergency Contact

Should you need to contact Grand Himalaya during a situation of dire need, here is the contact information furnished below:



1. Office Landline phone1: +977 1 4474479 (10am to 5pm/ Saturday off)
2. Namgya Sherpa (Managing Director) Cell No. + 977- 9851174471 (7/24)
3. Prem Gurung (Operations Director) Cell No.: + 977- 9851174470 (7/24)
4. Sonam Bhote (Marketing Director) Cell No. : + 977- 9851174472 (7/24)
5. Tendi Wongmu Sherpa (Manager) Cell No. : + 977- 9841427120 (7/24)
6. Mingmar Gyalpo Bhote (Accountant) Cell No. : + 977- 9849508129 (7/24)

## Flexibility

Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

## Passport & visa

A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:

- Single entry visa valid for 15 days - US \$25
- Single Entry Visa for 30 days - US \$40
- Multiple entry visa valid for 90 days - US \$100.



You will need **one** passport size photograph for the visa. **(We will forward you the visa form once you booked for the trip).**

4 passport size photographs and passport details will also be required for the climbing permit (if climbing in Nepal) and these should be supplied to Grand Himalaya before the start of expedition on the **Post Box No: - 9935** Kathmandu, Nepal.

*For more details, please check **Travel Tips** on our Website*

## Trip specific safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## Accommodation in Kathmandu

With Grand Himalaya trip cost, you will be accommodated in a 4 star category hotel in Kathmandu on B&B (Bed & Breakfast) basis. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However 5 star hotel accommodations will be arranged by Grand Himalaya on your request for additional cost. Your early booking the trip along with deposit of 25% of the total trip cost per person is highly required to make necessary accommodations in Kathmandu and Lodges in related trekking region, domestic flight reservation for your trip.

### Important note:

- Power cuts can and are a regular occurrence in Nepal, especially throughout Kathmandu. Although the hotel has generators there may be times when these won't work.

## Accommodation on trek

Because it's a camping trek, we'll be sleeping in our tiny little castle, "Tent".

The food will be served in a snugly and spacious mess tent, well equipped with tables and backed chairs. There will be another mess tent for cooking meals for the entire team and for storing the food and vegetables.

We have well maintained, neat and clean campsites. Most often the members' tents are put up away from the kitchen mess tent and away from one another, so that you can have an uninterrupted slumber after day's exhaustion. Each and every member will have their own tent along with reasonably thick foam mattresses, unless there are couples willing to share the tent

## Meals on the Trek

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This classic style of trekking are especially carried out in the isolated areas of Nepal, well furnished with the entire camping equipments along with the fresh food.

Our well experienced and qualified chefs will serve you with the Nepali versions of western recipes such as Italian pizza and pasta, American French fries and sandwich, Indian and Nepalese veg. curry rice, Chinese fried noodles and steam dumplings, Sherpas mix stew and Tibetan bread, and so on. Hot drinks, snacks, soup and desert are also in the list of our special menu. French toast, cornflakes, muesli, chapatti, scrambled and sunny side up fried eggs, accompanied by tea variety and fresh coffee are in the hit lists of our breakfast. And of course Nepali milk tea is served every day.

## Electricity Chargers

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### **Electricity**

230V

50Hz

### **Electrical Plugs**

European plug with two circular metal pins

Indian-style plug with two circular metal pins above a large circular grounding pin

### **Electrical Device Charging**

Most of our hotels en route on the trek, there will be pay electric devices charging facility.

## Time Difference

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GMT is less than Nepal by 5 hours 45 minutes

## Mobile phones, Internet and Wi-Fi connectivity

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Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

Check your mobile phone roaming services prior to leaving to know whether you might have service.

### ***Nepal - Kathmandu***

Most overseas roaming-enabled mobile phones work in Kathmandu and Pokhara. You should be aware that occasionally an SMS (text) message sent to you will arrive 20 times. You can send messages out, normally without problem. Blackberry services and GPRS etc are now available. Local SIM cards can be bought from corner shops and start at around \$8 (cheap!), and refills by scratch cards, very easy and convenient. You need an UNLOCKED phone to use a local SIM. Internet cafés litter Thamel and other tourist haunts, so checking your Yahoo, Gmail etc. is easy and cheap. For laptop users there are more and more free Wi-Fi cafés.

### ***Manaslu Region, Nepal***

No cell phone coverage is available in this Manaslu region, but the landline phone is seldom available en route.

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## Feedback

After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

*“What is the shortest word in the English language that contains the letters: abcdef?”*

**Answer:** feedback. We believe that feedback is one of the essential elements of progress.”

## Short Itinerary

**Day 1:** Arrive Kathmandu

**Day 2:** City sightseeing tour in Kathmandu valley

**Day 3-14:** Drive to Arughat, trek to Dharamsala

**Day 15-18:** Cross Larkya La and trek Bhulbhule

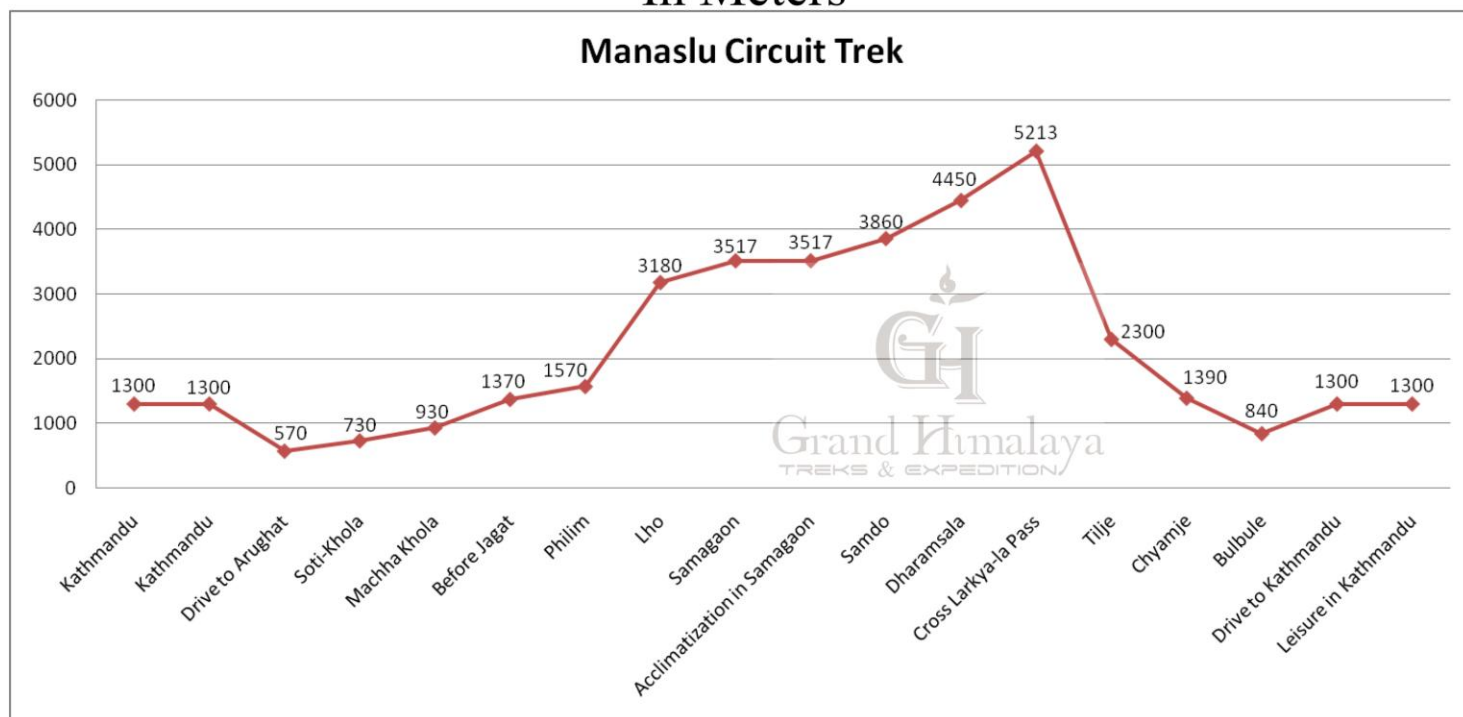
**Day 19:** Drive back to Kathmandu

**Day 20:** Leisure in Kathmandu

**Day 21:** Depart for home

## Altitude Profile In Meters

### Manaslu Circuit Trek



## Itinerary disclaimer

The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as a guide and leader, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not



pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok, just watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway!

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit.

Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

## Includes and Excludes

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### What the price includes:

- ☒ 4 night hotel accommodation in Kathmandu in Hotel Shankar or similar, a 4 star hotel with all rooms having private facilities. Breakfast is included. Accommodation is on a twin share basis but single rooms are usually available at an additional cost. Please inform us as early as possible if you wish to have a single room.
- ☒ Transportation: A private Mini bus/Land Cruiser/Van according to group size from Kathmandu to Arughat and from Bulbule-Kathmandu at the end of trip.
- ☒ Trekking permit & all Conservation fees both for Manaslu and Annapurna and government taxes.
- ☒ All pickup and drop transportation between airports.
- ☒ One day city sightseeing tour in around Kathmandu plus transport and city tour guide.
- ☒ Meals during the trekking period three times a day Breakfast/Lunch/Dinner tea/coffee/hot chocolate and soft drinks sufficient prepared by our well trained Nepali chef.
- ☒ Set of Oxygen and mask regulator for medical use only.
- ☒ An experienced Sherpa guide & appropriate number of Sherpa staff.
- ☒ Appropriate number of porters.
- ☒ A well trained cook & appropriate number of Kitchen boys.
- ☒ Good quality two man tent with sleeping mattress. Tent will be on twin share during the trek.
- ☒ Group dining tent with table /Chairs and solar light inside plus toilet and shower tents.
- ☒ All kitchen utensils and camping gears.
- ☒ Cultural celebration meal either at Nepali Chula or similar after the trek with the.
- ☒ All local staff & porters properly insured & equipped.

### What the price does not include:

- ☒ International airfares, transfers en route & excess baggage.
- ☒ Your personal insurance. Medical, mountain rescue & repatriation cover is obligatory.
- ☒ Your personal expenses e.g. phone calls, laundry, alcoholic beverage, mineral water.  
Your Nepal entry visa fee (USD \$40 or equivalent convertible foreign currency, available on entry)  
Valid for 30 days.
- ☒ Main meals (**Lunch & Dinner**) in Kathmandu apart from celebration meal in Kathmandu.
- ☒ Tipping to the guide & local staff at the end of trek will be appreciated. Approx. \$ 150-200 per person (Client).

- ☒ Each member is responsible for his/her own personal medical and first aid supplies.
- ☒ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary

## Booking Conditions

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A deposit of 25% of the total trip cost is payable at the time of booking and the final balance due 6 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

## Cancellation

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Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip:

- ✓ More than 42 days before departure – 25% of total cost
- ✓ 42 to 29 days – 50% of total cost
- ✓ 28 days to 15 days – 75% of total cost and
- ✓ 14 days or less – 100% of total cost.

These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

## Note

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No refund if any member breaking from the group due to illness or otherwise and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

## What to take

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This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. Please note that between every 2 members there will be 1 porter/Yak and your trekking gear will be carried by the porter/Yak in a water-proof duffel bag that we will provide you. The maximum the porters/Yak is allowed to carry in Nepal is 30 Kg/22lbs, which means the average weight of each member's duffel bag shouldn't exceed 15Kgs. Besides, the airlines company that flies to the trekking areas of Nepal has a similar policy of allowing 15Kgs of luggage including your hand baggage for every passenger.

Some of your luggage can be left in Kathmandu, but you will need to take all your trekking gears with you.

## Be a safe Trekker

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1. Keep your eyes on your team mate while trekking and try to cohere with the group at all times. Trekking tracks in the Himalayas are often connected with caravans and nomads trail, trails to the villages nearby the trekking route, domestic and wild animals trail, etc. These off the trekking track can often mislead you and consequently, people could wander off the track towards the hazardous door.

2. Try not to ascent rapidly especially first few days of the trekking, no matter how physically tough you are. I presume trekking in the Himalayas is entirely different than trekking in the Alps and Andes. Keep your eyes all around you when trekking because there is an utmost possibility of seeing wild lives and some other interesting sites, rather than speeding up towards the next camp and end up holding your heads rest of the day.
3. Drink plenty of plain fluids at least 4 liters a day. Keeping yourself hydrated after day's exhaustion is a must which can prevent you from having AMS (Acute Mountain Sickness). Avoid drinking alcohol once you hit high altitude, which is above the altitude of 3500 meters. Make yourself habit of drinking water, tea, soup, juice and so on, instead of alcohol. Drinking alcohol at high altitude has been scientifically proved to be making your body more susceptible to AMS.
4. Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and readjust it.
5. Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frost bite at high altitude due to the freezing temperatures. Remember, although the temperatures at high elevations may not seem cold, wild chill can reduce this temperature even further. Always be prepared with something to cover your face, warm gloves and thick walking socks.
6. We advise that you take some plasters/a blister prevention kit with you to keep your feet in good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.
7. Keep your head torch in your daypack, always. You never know when and where you end up walking in the dark.
8. Walking poles can aid your trek, providing additional support and balance. Walking poles also helps to significantly reduce knee strain, particular during decent.
9. Your guides and sherpas are very much experience about the places you are trekking. So we always recommend you to follow their instructions and help yourselves by helping them to create a most memorable plus successful trip.

*We the entire family members of Grand Himalaya would like to wish you safe and successful trips.*

## Important to note

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- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

## ✓ Essential gear checklist

### Personal Clothing

- ☐ 1 pair of 3 season walking boots, must be well fitting & comfortable
- ☐ 1 pair of Trainer (approach) shoes
- ☐ 2+2 pairs of Warm woollen socks plus thin cool max socks
- ☐ A warm woollen base layer
- ☐ 2/3 Cotton or Cool max T-shirts
- ☐ 1 suit of Thermal top & bottoms Icebreaker are recommended
- ☐ 1 suit of Wind proof jacket with hood (Gore-Tex)
- ☐ 1 Suit of Waterproof jacket & trouser
- ☐ A fleece jacket & trouser with side zips
- ☐ 1 Warm hat woollen which covers your ears.
- ☐ Thick Gore-Tex & thin fleece gloves
- ☐ 1+1 Sun & snow Glacier glasses 100% UV protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)
- ☐ 1 Down jacket (available for hire in Kathmandu at charge of \$ 2 per day) if required.
- ☐ 1 – 4 season sleeping bag (available for hire in Kathmandu at charge of \$ 4 per day) if required.
- ☐ 1 Rucksack 50 litre
- ☐ 3 Walking trousers must be warm & comfortable
- ☐ 1 pair of Sandal
- ☐ 1 Shade hat or baseball cap

- ☐ 1 Small duffel bag for luggage storage in Kathmandu
- ☐ 1 Kit bags
- ☐ 1 Fleece scarf or neck gaiter
- ☐ Good quality Camera to capture the memorable moments of your life in the Himalaya.
- ☐ Swim suit while you in Kathmandu hotel

### Personal Equipment

- ☐ Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- ☐ 1 Head lamp with enough spare batteries (Petzl or Black Diamond)
- ☐ 1 pair Gaiters for boots appropriate to type of boot
- ☐ 2 Water bottle (1 litre Nalgene) with wide mouth
- ☐ 1 Hydration bladder with drinking tube for lower altitude - (optional).
- ☐ 1 pair warm gloves Fleece or wool
- ☐ 1 pair Foldable Trekking-poles
- ☐ 2 Lip guard. At least SPF 20.
- ☐ Pocket knife (Swiss knife)
- ☐ 1 set - Personal first-aid kit with Ibuprofen, Amoxycillin, Ciprofloxacin, Immodium, Diamox, Stemetil, Paracetamol and any other doctor recommended medications. Blister on the feet are quite common problems during the walking or trekking period. So it might be good idea to have some appropriate plasters, there are few different shape of Compeeds available now a days.

### Other Personal Gear



- ☐ Valid Passport and passport size photos
- ☐ Fanny pack or wallet for travel documents, money & passport
- ☐ Favourite snack foods
- ☐ Paperback books, Sudoku book, cards, Walkman, iPod etc
- ☐ Personal toiletries as necessary
- ☐ Small padlock for duffel bag is also essential during the trek

- ☐ Towel
- ☐ 2/3 packets wet wipes for cleaning hand and face are useful
- ☐ 100ml Anti-Bacterial Hand Hygiene (Hand Sanitizer) Gel
- ☐ Water purification Iodine tablets or Polar-pure crystals.

### **Equipment supplied by us**

- ✓ 1 Kit bag (Kit bag with your name on it will be provided to you in Kathmandu for the trek. This will be included in your trek cost. Your travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.)
- ✓ Satellite phone if you are travelling in a remotest part of Nepal (pay for air time used: USD \$5/minute)
- ✓ Group medical kit (for altitude illness, trauma, reserve antibiotics)

**NOTE:** You must have most of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (If forgotten) but don't rely on it.





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Pull your socks...tie your shoe lace...let's get started!