



## 16 DAY MANASLU CIRCUIT

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**Trip Duration:** 16 days

**Trip Difficulty:**

**Destination:** Nepal

**Begins in:** Kathmandu

**Activities:** 



### INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

### EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips

## Ultimate Expeditions®

**The Best Adventures on Earth.**

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

**We Know Travel.** Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

**Why Ultimate Expeditions®?** We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

### Ultimate Expeditions®

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### Itinerary

#### DAY 1 Arrive Kathmandu

Welcome to colorful Kathmandu where our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel. During this meet and greet your guide will discuss the daily activities of your trip.

#### DAY 2 Drive to Arughat, (1,988 ft / 606 m)

Today we travel to Arughat, the starting point for our trek via the Pokhara Hwy, roughly a six hour drive.

#### DAY 3 Trek to Soti Khola (2,362 ft / 720 m)

The path follows the Budhi Gandaki River, passing through rustic villages and rice fields. We ascend slowly to Kyoropani, and then descend to Soti Khola our village for the evening.

#### DAY 4 Trek to Machha Khola (3,051 ft / 930 m)

After crossing a bridge the path climbs a steep ridge, and then descends to the banks of the Buri Gandaki River. In places the trail clings to the side of a rocky cliff, we pass the Gurung village of Labishe as we make our way to Machha Khola.

#### DAY 5 Trek to Jagat (4,724 ft / 1,440 m)

From Machha Khola, we head to Jagat passing a natural hot spring in Tatopani along the way. The trek today is steep and exposed in some places making it moderately difficult.

#### DAY 6 Trek to Deng (6,102 ft / 1,860 m)

We descend the stone steps to the river then begin the climb to hill of Saguleri and witness the magnificent views of Sringi Himal in the distance. We trek through a deep gorge with towering walls and numerous river crossings until we reach the village of Deng.

#### DAY 7 Trek to Namrung (8,398 ft / 2,560 m)

After passing through the village of Lama, Mani Stones will become present. These are prayers etched onto rocks and are present in the Buddhist region. The trail crosses the river several times today and as we gain altitude and traverse into alpine territory the scenery becomes even more spectacular.

#### DAY 8 Shyaia (11,482 ft / 3,500 m)

We climb to the Tibetan village of Sho where Manaslu North and Main come into focus. The trail passes through the large village of Lho as we continue on to Shyaia.

#### DAY 9 Trek to Samagon (11,482 ft / 3,500 m)

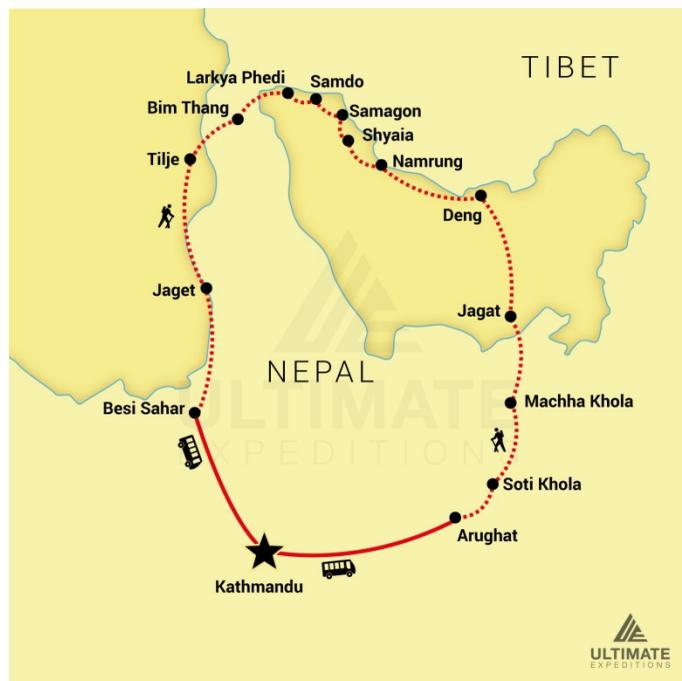
Today's trek follows the river bank with beautiful views of Peak 29 as a backdrop.

#### DAY 10 Trek to Samdo via Manaslu Base Camp (12,467 ft / 3,800 m)

Observe Manaslu's raw beauty as we detour from the main trail to visit Manaslu Base Camp. Then re-connect with the route and climb steadily to the Larkya La pass to Samdo.

#### DAY 11 Trek to Larkya Phedi (14,632 ft / 4,460 m)

Snowcapped mountains tower above as we push toward Larkya Phedi. We pass ruins of a once thriving village that has diminished. We will stay in the Larkya Phedi lodge that is just at the foot of the pass.



**DAY 12 Trek to Bim Thang via Larkya La Pass (12,139 ft / 3,700 m)**

The ascent of Larkya La (16,752 ft) is a gradual winding climb, until we reach the northern face of the Larkya Glacier. From the top the views of Cho Danda and Larkya Peak are incredible. A long descend to the valley trail we pass the village of Tambuche, and finally arrive Bim Thang.

**DAY 13 Trek to Tilje (11,482 ft / 3,500 m)**

Our hike begins with a gentle climb towards Karcha La pass. The descent begins after crossing the small pass until reaching Tilje.

**DAY 14 Trek to Jagat (4,724 ft / 1,440 m)**

Today is the last day of the trek and quite pleasant. We will be trekking through farm lands and terraces, passing several villages along the way.

**DAY 15 Trek to Besi Sahar, Drive to Kathmandu**

After an easy morning hike we arrive in Besi Sahar and drive approximately 6 hours to Kathmandu.

**DAY 16 Depart Kathmandu**

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.

## NEPAL

### Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

### March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

### June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

### Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

### November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

### Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

### Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

### Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

### Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

### Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

### Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%