

# Around Manaslu Trek

Trip Code: MAN

Version:



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Classic circuit trek around Manaslu, the 8th highest mountain in the world
- Link the Burhi Gandaki and Marsyangdi valleys across the Larkya La
- Rare views of Manaslu and the Annapurnas from the north
- Tibetan Buddhist villages, mani walls, monasteries and prayer flags
- FREE sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 12 days trekking
- Max altitude - 5135 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

A challenging trekking holiday around Manaslu in the Nepal Himalaya. Manaslu at 8163 metres is the eighth tallest mountain in the World. Situated close to the border with Tibet, some 100 kilometres north-west of Kathmandu, the valleys to the north and east of Manaslu were a restricted area until the early nineties when KE Adventure Travel were one of the first companies granted permission to take groups trekking into the region.

This area has always seen relatively few trekkers when compared to the more popular regions of the Annapurna and the Khumbu and the simple villages, together with the stunning scenery around Manaslu make this one of the classic yet unspoilt trekking adventures in the Himalaya. Travelling via Gorkha and Arughat to the south of Manaslu, we ascend the impressive gorge of the Burhi Gandaki for several days, passing through tiny villages perched on the steep valley sides, to reach the Tibetan world beyond the village of Ghap. We have the feeling of entering a secret Buddhist world of monasteries, mani walls and prayer flags as the valley starts to open out, and there are remarkable panoramas of the peaks on the Nepal-Tibet border, as well as those of the Manaslu group. The scenery becomes even more impressive as we climb up into the alpine environment on the approach to the Larkya La (5135m), with big peaks on all sides. The principal peaks that we will see on this first part of our trek are Himal Chuli, Manaslu, Cheo Himal and Himlung Himal. Beyond the Larkya La, we drop down into the heavily forested valley of the Marsyangdi River, where we are now trekking beneath the giants of the Annapurna range, following the river down to a meeting with the roadhead. Once only accessible to fully self-sufficient camping groups, the Manaslu circuit can now be completed using local lodges and tea houses giving a unique opportunity to interact with the local people who live in these high Himalayan valleys.

## Is this holiday for you?

Much of the walking on this trekking holiday around Manaslu involves straightforward walking on good trails, and should be within the capabilities of any fit and experienced hillwalker. The first part of the trek ascends the Burhi Gandaki Valley on village trails through a mix of dense forest, terraced fields and hill villages. Occasional gorge sections require high level traverses with some degree of exposure, though these are always on good, well-maintained trails which are also used by animals. Approaching and crossing the Larkya La, we will encounter rough glacial moraine, and a final short steeper section to the summit. Once in the Marsyangdi Valley we will descend the main Annapurna Circuit trail. It should be noted that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations, and is of itself challenging even for fit and experienced hikers. Our itinerary is well staged to allow the best possible acclimatisation but you will need to ensure you are physically prepared for the trek. You should be comfortable with walking for up to 7 or 8 hours each day (although as we gain

elevation several days will be much shorter than this to allow for acclimatisation).

# Itinerary

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Version:

# Extensions

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When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

**3 days from**  
**US\$1,545** per person



## Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from  
**US\$175** per person

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals
- Guided sightseeing tour of Kathmandu
- Full trekking service including all equipment (excluding personal equipment)
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals included in the holiday price from dinner on the day of arrival to breakfast on the day of departure.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Typical meals provided in the lodges will include some Nepali dishes but also international cuisine from pizza and chips to apple pie. To ensure that the group can eat together, we order meals in advance and your trip leader will arrange a set menu for the group, which will alternate daily between local and international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we take our meals in the hotel and local restaurants.

## Accommodation

During this trip the group will spend 3 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker. Whilst on trek there are 13 nights in lodges/tea houses. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road it is not surprising that they are simple establishments as everything must be carried up by porters or animals. The lodges on the Manaslu circuit are not as well developed as those in the more popular Everest and Annapurna regions but they are a step up from camping. Often these lodges have heated dining areas which are sometimes attractively decorated depending on the creativity and resources of the owner. Accommodation is basic in unheated rooms with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities which are sometimes located in separate buildings. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. At the highest overnight stops prior to crossing the Larkya La, lodge facilities are limited and we may opt to camp on one or two nights. All accommodation is on a twin sharing basis (note that in some lodges only dormitory beds may be available). If you are travelling by yourself you will be paired up with another single client of the same sex. For the 3 nights in Kathmandu single rooms are available at supplementary cost. Additional hotel nights in Kathmandu can also be pre-booked.

## Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

## Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

[www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

## Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up by porters or animals, these items become more expensive as you gain altitude.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £90 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.



## **Baggage Allowance**

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

## Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Highlights of Dolpo - Tarap to Phoksumdo (DNB). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DNB, DTM, MAN - you will be required on arrival in Kathmandu to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking up to 8 or 9 hours each day. We would suggest that you adopt a weekly exercise regime. Regular walking in hill country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better stamina. Whatever your chosen method of training, before departure, we suggest that you try to fit in a number of long walks in hilly country.

## Climate

October-December and March-May are the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres and approximately 3°C at 5000m.. The 'real feel' temperature in the middle of the day will be much warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000m. and at our highest camps night time temperatures may drop as low as -15°C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti.
- Manaslu- Trekkers and Visitors guide - Cicerone Press.
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People:Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

## Maps

### Manaslu High Route 1:110,000 Himalayan Maphouse

Contours at 125-metre intervals, with spot heights and relief shading, Trekking routes are clearly marked. An index of settlements also lists peaks and passes. Note: All clients will be given a free trekking map in Kathmandu before the start of their trek.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

### You must bring the following items:

- Daypack 30 litres
- Hiking boots
- Gaiters
- Training shoes
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)\*
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sun protection (including total bloc for lips, nose etc.)
- Selection of dry bags (to keep your kit bag contents dry)

- Travel clothes
- Sleeping bag (comfort rated -15°C)\*
- Headtorch and spare batteries
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small Towel
- Small padlock (to lock your kit bag)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent (DEET), and re-hydration salts (Dioralite).

### The following items are optional:

- Sleeping bag liner
- Pillowcase
- Swimwear
- Trekking poles (recommended)
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

### Notes

\*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items. In-step crampons where needed will be provided.

### Specialist Equipment

For this trip you will also need to bring EITHER a set of trekking poles or a 'walking' ice axe\*. This is a safety measure only for the crossing of the Larkya La, and you will not necessarily be required to use these. In certain conditions, the trip leader may issue 'in-step' crampons to group members for the pass crossing. These are small lightweight crampons which can quickly and easily be attached to any kind of walking boot. If you have brought your own footwear traction such as the excellent Kahtoola Microspikes you can use these instead.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

### Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount

with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

## Why KE

24 Years Manaslu Experience! The first KE group to complete the trek around Manaslu was in 1995 and since then it has been one of our favourites. Why would you trek this classic trail around the 8th highest mountain in the world with anyone else?

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change