



MANASLU CIRCUIT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Strenuous
TRIP STYLE: Tea House
5 Based On 11 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 19 Oct 2024
5 Trees Planted for each Booking

Manaslu Circuit is one of the classic treks in Nepal around an 8,000m peak called Mount Manaslu.

While trekking in Nepal around Manaslu you see the spectacular landscape of the Himalayas. The view from Larkya La is superb of Himal Chuli, Cheo Himal, and Himlung Himal mountains and the Annapurna region including Annapurna 2.

Mount Manaslu is the world's eighth-highest mountain in the world at an elevation of 8,156m. A Japanese and Nepalese team climbed to the summit for the first time in 1956.

There are many options for trekking in Nepal and in practice for many people, the Manaslu Circuit is one of the best treks with incredible Himalayan views. We walk through traditional villages with a range of ethnic groups. There is now a network of tea house lodges and is no longer a full camping trek. As the lodges are more basic than the [Everest Base Camp trek](#) or [Annapurna Base Camp](#) we also bring tents as a backup in case. The Manaslu region is a restricted area and we will obtain the trek permits for your visit.

The Manaslu trek starts at Machha Khola village further up the valley from the town of Arughat. The trekking trail passes through bamboo forests in the narrow Buri or Budi Gandaki gorge. After Lho village we enter the Nupri region inhabited by Tibetan immigrants. You see colourful Buddhist prayer flags, mani walls, and monasteries.

We spend two nights at Samagaon and Samdo villages for essential acclimatisation. From Samagaon you can walk towards Manaslu Base Camp. From Samdo there is an attractive path to follow toward Tibet where there are often blue sheep.

After Samdo village we start the approach towards the Larkya La pass at an altitude of 5,213m. The pass day is challenging and hard work although no previous mountaineering experience is required.

To combine a visit to Tsum Valley with the Manaslu Circuit trek itinerary, take a look at our longer [Manaslu Circuit with Tsum Valley trek](#). Manaslu hike has similar scenery and landscape to [Half Annapurna Circuit](#) in the Annapurna region further to the West.

REASONS TO CHOOSE US

- We organise an 11-day trek around Manaslu. We spend two nights for essential acclimatisation at Samagaon (3,450m) and Samdo (3,860m). The gradual ascent profile for this trekking holiday has worked well for our past groups.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Manaslu Circuit](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Manaslu region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group (“IPPG”) guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Twin share room at Hotel Ambassador in Kathmandu and The Old Inn in Bandipur.
- All meals are included while on the trek. Breakfast only in Kathmandu and Bandipur. In total for Manaslu Circuit, we provide 17 Breakfasts, 13 Lunches, and 12 Dinners. The meals at the teahouse lodges cost in the region of **£275 (US\$350)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Twin-share room with common bathroom at the teahouse lodge while on trek.
- All trekking arrangements including permits and fees, trekking guide(s), and porter(s). We provide one trekking guide for a group size of two people and two guides for a group size of three people and three guides for a group size of six people plus.
- Weather forecasts for the Manaslu region during your trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning, and group safety.
- Manaslu trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 5 trees for Manaslu Circuit for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust

(ABTOT) membership number is 5365).

- Pre-departure support and advice from The Mountain Company by email, phone, Zoom, or face-to-face meetings. After booking with us we will send our comprehensive “Nepal Pre-Trip Information” notes.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$40.
- Lunch and evening meals in Kathmandu and Bandipur.
- Personal clothing & equipment please see the Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$95).
- Other items not listed in “What is included”.

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs at Tribhuvan International Airport, you will pass into the passenger pick-up area outside. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal.

After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello ‘Namaste’, you will never forget that word after this holiday.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterward, you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4 pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan, and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second-largest separated from Kathmandu by the Bagmati river. Bhaktapur, the third-largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu, there is a bustle of activity, especially in the bazaars and markets. While the city has expanded it is possible to see traditional buildings and temples.

DAY 3: DRIVE TO MACHHA KHOLA (930M)

Drive to Machha Khola (9 to 10 hours driving)

Breakfast, Lunch and Dinner

Teahouse lodge

We leave Kathmandu early in the morning by private vehicle. It is a scenic drive with occasional glimpses of mountain peaks. After exiting the Kathmandu valley we drive along the Pokhara road. We turn off to head North following Buri Gandaki to Arughat Bazaar. Along the way, we see traditional villages surrounded by rice paddies.

After the busy market town of Dhading Besi, the road is no longer hard-topped. It is likely to be quite dusty on the bus so it is a good idea to bring a buff or scarf along with you. The road extends beyond Arughat so these days we continue the drive further up the valley to Machha Khola. This village is a better trailhead than Arughat as it saves two days walking along the dusty road. For the first night of the Manaslu Circuit trek, we have an overnight stay in one of the tea houses at Machha Khola.

DAY 4: TREK TO JAGAT (1,440M)

Walking 14.5km (7 to 8 hours)

Walking ascent 825m

Walking descent 375m

Breakfast, Lunch and Dinner

Teahouse lodge

Today we start the journey into the mountains. Our route heads North following the Buri Gandaki river, sometimes called Budhi Gandaki. We walk through terraced fields and a forest path often lined with troops of monkeys. The path follows the Buri Gandaki river climbing up and down ridges. We pass through the villages of Khorlabesi and Tatopani. After crossing the bridge over to the east bank of Buri Gandaki we hike through the forest to Dobhan. Further along, we cross the bridge over the Yaru Khola river. Shortly after we cross another suspension bridge over Buri Gandaki to Jagat village. We enter inside the Manaslu Conservation Area where we have to show our trekking permits at the police check post.

Hiking during the months of both April and early October will be very hot and humid. Temperatures are often more than 30 Degrees Celsius for the first two days of the trek. These dates are the optimal conditions for crossing the high pass. Please be aware of the hot start to the trek. It is important to bring plenty of water, wear a sun hat and apply sun cream.

DAY 5: TREK TO DENG (1,860M)

Walking 17.5km (7 to 8 hours)

Walking ascent 1,300m

Walking descent 700m

Breakfast, Lunch and Dinner

Teahouse lodge

After Jagat we cross a bridge over Dudh Pokhari khola. We walk through the villages of Salleri and Sirdibas. We descend to cross the bridge over Buri Gandaki to the larger village of Philim. We continue onwards to stay at Deng and enter this village through a Buddhist stone arch known as a kani.

DAY 6: TREK TO NAMRUNG (2,540M)

Walking 16.5km (7 to 8 hours)

Walking ascent 1,100m

Walking descent 350m

Breakfast, Lunch and Dinner

Teahouse lodge

A short distance out of Deng, we cross back over the Buri Gandaki onto what is now its north bank near Rana. From the suspension bridge, the path climbs a little before heading west on level ground. Shortly after we pass a large waterfall. Once over a wooden bridge, we contour up and out of the canyon. We climb high above the river before dropping into the Shringi Khola valley. After the suspension bridge over the Shringi Khola, there is a steep climb. The trail traverses along the Buri Gandaki as it flows between vertical walls of rock.

After a few more ups and downs through a pine forest, we turn a corner and arrive at Ghap. We enter through an intricate Kani with well-preserved paintings and an elegant mani wall. The mani stones are beautifully engraved in the Tibetan language. After leaving Ghap, you pass more mani walls on the southern side of the river. We walk through a forest and climb above the river. We pass a waterfall and continue through bamboo, fir, and rhododendron forests. The trail climbs and finally, we enter Namrung through another stone archway.

DAY 7: TREK TO LHO (3,020M)

Walking 9.5km (4 hours)

Walking ascent 565m

Walking descent 65m

Breakfast, Lunch and Dinner

Teahouse lodge

Today is a shorter day of hiking as we need to limit our increase in altitude to have time for acclimatisation. Not long after leaving Namrung, we arrive at Banjam with its wide fields. After Banjam we walk steeply up to the next village of Lihi. There is a fine view of Ganesh Himal and Shringi Himal.

After a further hour, we arrive at Sho and then followed by another hour to Lho. Along the way, we walk through juniper and birch forests. From Lho village, there are views of Mount Manaslu and the Kutang Himal. In the afternoon it is worth visiting Ribang Gompa overlooking the village.

DAY 8: TREK TO SAMAGAON (3,450M)

Walking 8.5km (4 hours)

Walking ascent 625m

Walking descent 255m

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving Lho the next village is Shyala. This place is on a plateau then after you cross a bridge over Numla khola. After crossing a boulder field, the path emerges onto the fields near Samagaon village. We walk through the extensive pastures of Samagaon with yaks grazing nearby. There is a lot to explore here, it is a little piece of Tibet with many gompas in a traditional Tibetan village. In the afternoon you can walk up to Phung Gyen Monastery located on a ridge above the village.

DAY 9: ACCLIMATISATION DAY AT SAMAGAON (3,450M)

Explore around Samagaon

Breakfast, Lunch and Dinner

Teahouse lodge

We spend two nights at Samagaon to help acclimatisation to the high altitude. It is essential to spend time acclimatising to prevent altitude sickness. There are several options for good day walks. One of them is to walk towards Manaslu Base Camp with views of Manaslu and Peak 29. It is well worth walking around the village to observe the Tibetan culture and to meet some of the local villagers. There are numerous chortens and mani walls in Samagaon village.

DAY 10: TREK TO SAMDO (3,860M)

Walking 7km (3 hours)

Walking ascent 390m

Walking descent 50m

Breakfast, Lunch and Dinner

Teahouse lodge

We follow the Buri Gandaki valley northwards to a bridge over a side stream. We pass several mani walls on the way towards Samdo. The valley widens with juniper and birch forest. After passing the stone huts at Kermo Kharka, we descend off a shelf to cross a wooden bridge. We climb up between a fork in the river to a promontory. From this vantage point, one can see the kani marking the entrance to Samdo. Like Samagaon, Samdo is also one of the Tibetan style villages of the Manaslu region of Nepal.

DAY 11: ACCLIMATISATION DAY AT SAMDO (3,860M)

Explore around Samdo

Breakfast, Lunch and Dinner

Teahouse lodge

We spend two nights at Samdo to help acclimatisation before ascending to Larkya La. There is a good day walk towards Gya La which is a trading pass on the Tibetan border. There are blue sheep in this area so look out for these on the grassy slopes.

DAY 12: TREK TO DHARAMSALA (4,460M)

Walking 5.5km (3 to 4 hours)

Walking ascent 640m

Walking descent 40m

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast, we leave Samdo and start the ascent to the Larkya pass. We descend through fields to an old mani wall and stone arch. After dropping down to the river we cross over on a wooden bridge. This place shows up on maps as the mythical Larka Bazaar. This used to be a flourishing market, but nothing remains there.

Another mani wall marks the beginning of the ascent to the pass. We walk up through the tundra and juniper. We can see the Larkya Glacier coming down from Manaslu. We stay on the ridge to the right to find a trail that crosses over the top of two ravines. The path becomes steeper and ascends up the side of a gorge to a viewpoint at the edge of a gorge at 4,000m. Near Larkya Glacier, we reach Larkya Phedi, where there is a small lodge nestled on the grassy lateral moraine. This is very basic accommodation built for trekkers crossing the Larkya La.

DAY 13: TREK OVER LARKYA LA PASS (5,213M) TO BIMTANG (3,590M)

Walking 14km (8 to 9 hours)

Walking ascent 580m

Walking descent 1,345m

Breakfast, Lunch and Dinner

Teahouse lodge

After an early morning start, we follow the trail up a long gentle climb across the moraine. Today you should walk slowly as this is the most efficient way of trekking at a high altitude. We descend a short way to a lake. Then the path becomes indistinct as it crosses to the south of steep grassy slopes. The trail stays on the moraine to a ridge marked by two cairns. From here we can see the prayer flags marking the Larkya La pass. We descend to four frozen lakes and then make the final climb on a steep rocky trail to the pass.

Soon after we arrive at the Larkya La pass at 5,213m and this is the high point of the Manaslu Circuit trek. The view of the Himalayas is superb with snow-capped mountains in all directions. Take some time to enjoy the spectacular scenery of the high mountains of the Himalayas. The prominent Larkya peak can be seen from the pass as well as the Annapurna range and Mount Manaslu. The mountain views include Himlung Himal (7,125m), Cheo Himal (6,820m), Kang Guru (6,981m), and Annapurna II (7,939m).

The conditions for crossing the pass vary depending on the time of year. We include micro crampons,

gaiters, and walking poles in our kit list. You will need to use this equipment if the pass is icy and slippery.

The steep descent from the pass follows switchbacks sometimes on snow and other times of year on loose rocks. Lower down we descend a slope on loose gravel to a grassy moraine at 4,450m. The trail now becomes easier to follow and reaches a small meadow and spring at 4,080m. The valley becomes wider and we enter grassy meadows. We pass a mani wall and then enter the cluster of lodges at Bimthang at an altitude of 3,590m.

DAY 14: TREK TO DHARAPANI (1,860M)

Walking 22km (8 hours)

Walking ascent 140m

Walking descent 1,990m

Breakfast, Lunch and Dinner

Teahouse lodge

From Bimthang we descend to a glacial stream and these are the headwaters of the Dudh Khola river. We cross a bridge and descend into pine and rhododendron forest to Hompuk at 3,430m. The path improves as it descends to a fork in the river and then follows the river at 3,030m. Soon after we reach the fenced fields of Karche. We cross a landslide before making a steep climb to a ridge decorated with prayer flags. We make a descent to the river bank at Gho.

We continue through fields and intermittent stands of rhododendron and oak. We arrive at the large Gurung village of Tilje in the Annapurna Conservation Area. We exit the village through a stone arch and cross the Dudh Khola river. We follow along its embankment descending through a pine forest on a stone paved trail.

We see the steep walls of the Marsyangdi Valley and finally, the houses of Dharapani appear in the distance. We pass through Thonje on a wooden bridge and through a chorten-shaped arch. Then Dharapani lies across a long suspension bridge over the Marsyangdi river. We need to go to the police checkpoint for checking our permit before going to our tea house lodge for the night.

DAY 15: DRIVE VIA BESISAHAR TO BANDIPUR

Drive to Bandipur (6 hours)

Breakfast, Lunch

The Old Inn in Bandipur

After Dharapani we are now on the popular Annapurna Circuit. As there is a road, these days we drive by jeeps down to Besisahar. It will be a bumpy ride but we feel that it is a better option rather than walking on a dusty road with passing vehicles. After reaching Besisahar, we switch vehicles to our private bus sent from Kathmandu to collect you. From here, we drive on a black-topped road down to the main Pokhara to Kathmandu highway. Then we drive up to the traditional Newari town of Bandipur where we stay the night in a hotel. We stay at The Old Inn in Bandipur, this is a lovely hotel in a traditional house in the main square of Bandipur.

Bandipur is a small town located on a ridge above the Kathmandu to Pokhara road and has superb views of the Himalayan peaks to the north (Annapurna, Dhaulagiri, Manaslu, and Ganesh Himal). Bandipur has been considerably developed for tourists whereby some of the old houses have been carefully converted to hotels and there are thankfully few concrete buildings like elsewhere in Nepal. Compared to the hustle

and bustle of Kathmandu the small town of Bandipur is a very peaceful place as vehicles are not allowed into the main square.

DAY 16: DRIVE TO KATHMANDU

Drive to Kathmandu (4 hours)

Breakfast

Hotel Ambassador in Kathmandu

Today we drive back to Kathmandu on the main highway from Pokhara.

DAY 17: AT LEISURE IN KATHMANDU

Hotel Ambassador in Kathmandu

Breakfast

Today is a free day to relax in Kathmandu after the trek. You can do some independent sightseeing around the city. You can enjoy spending time at restaurants and cafes. The reason for having an extra day as a buffer is in case of any delays or cancellations driving back from Dharapani. This helps to minimise the risk of missing your international flight back home.

DAY 18: FLY BACK HOME

Flight home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
19 Oct 2024 to 05 Nov 2024	Local Leader	US\$2,795pp	US\$250pp / NA	2 Left to Guarantee
09 Nov 2024 to 26 Nov 2024	Local Leader	US\$2,795pp	US\$250pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Apr 2025 to 22 Apr 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee
19 Apr 2025 to 06 May 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee
03 May 2025 to 20 May 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee
04 Oct 2025 to 21 Oct 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee
18 Oct 2025 to 04 Nov 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee
08 Nov 2025 to 25 Nov 2025	Local Leader	US\$2,850pp	US\$250pp / NA	2 Left to Guarantee

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
04 Apr 2026 to 21 Apr 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee
18 Apr 2026 to 05 May 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee
02 May 2026 to 19 May 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee
03 Oct 2026 to 20 Oct 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee
17 Oct 2026 to 03 Nov 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee
07 Nov 2026 to 24 Nov 2026	Local Leader	US\$2,895pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucsac). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR MANASLU CIRCUIT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Manaslu Circuit trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience warm conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Larkya Phedi at an altitude of 4,460m. Overnight lows here will be down to around -12 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around lodge.
- Walking socks.

For crossing the passes

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear)
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at [SheWee](#).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR MANASLU CIRCUIT

You should be aware trekking in a developing country involves a risk of personal injury or death. You must

accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Around Manaslu trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude sickness includes but is not limited to acute mountain sickness (AMS), high altitude cerebral edema (HACE), and high altitude pulmonary edema (HAPE).
- Getting lost or becoming separated from the group eg. crossing Larkya La pass in a whiteout.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accident. We use a private bus from Kathmandu to Arughat and back from Besisahar to Kathmandu. Due to local rules, we cannot drive our bus to Machha Khola and Dharapani. It is necessary to use local jeeps for these sections of the road.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Weather and conditions

WEATHER AND CONDITIONS FOR MANASLU CIRCUIT

Manaslu Circuit trek itinerary has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m, the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 20 Celsius. At higher altitudes temperatures range from about 15 Celsius to -12 Celsius. The conditions of the Manaslu region are very similar to the more popular Annapurna region with Annapurna Circuit and Annapurna Base Camp treks.

The trekking season in Nepal is from late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year to trek the Manaslu Circuit with warmer weather than in Autumn. Also, there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the

differences between the trekking regions of Nepal.

ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REVIEWS

REVIEW BY VICKY ON 01/05/2024

Manaslu Circuit: a real adventure! 2 week trek in Nepal around Manaslu - fantastic. Helpful, responsive, knowledgeable. ...

REVIEW BY KATE WALTON ON 11/05/2024

Absolutely incredible. We trekked the Manaslu Circuit in April 2024 and it was absolutely phenomenal. The scenery was so varied so every day was a little but different, and we felt like The Mountain Company's itinerary was perfect to make sure we were all acclimatised and absolutely fine for crossing the 5100m Larkya Pass at the end. Having never done a multi-day trek before, I was expecting the trekking to be far more challenging than it actually was, which was a pleasant surprise! What I really loved about the Manaslu Circuit was that it was still quite quiet compared to many of the other Nepal treks, so you really feel at one with nature and not just stuck in traffic jams of tourists! The Mountain Company were amazing - Roland makes sure that you have all the information you could possibly need in advance, and you don't have to think about anything while on the trek. All the guides and porters were so lovely, kind and a lot of fun - so you feel like a big family! Having been on a biking trip in Mustang with a different tour operator straight after the trek, I realised just how great The Mountain Company guides and porters are in comparison. We couldn't recommend more highly! ...

REVIEW BY AT ON 18/01/2024

Manaslu Circuit Trek. Overall, an amazing and unforgettable adventure in this part of the Himalayas. Tough circuit but the itinerary was just about right for good acclimatisation. Great bunch of trekkers and a fantastic crew who looked after us all with safety in mind. Great organisation and communication. Reliable crew. ...

Notes downloaded on: 14-10-2024

