

Manaslu circuit Trek - 17 Days (all-inclusive)

5 Star Hotel Package

2270^{USD}
per person

*Including healthy meals

Trip Style: City Tour & Trekking

Trip Difficulty: challenging



Join the Manaslu Circuit in 2024 with an expert Sherpa company that has 25+ years of Himalayan trekking expertise.

Experience on the enchanting Manaslu Circuit Trek in Nepal, a hidden gem of natural beauty and cultural diversity. Traverse pristine landscapes, engage with warm-hearted communities, and conquer the challenging Larkya La Pass at 5,106 meters. Our expert Sherpa guides ensure a safe and immersive adventure, making the Manaslu Circuit a truly memorable Himalayan experience.

Embark on the epic 2024 Manaslu Circuit Adventure with Mountain Sherpa Trekking, a trusted local Sherpa family-owned company with over 25 years of expertise. Ensure unmatched safety, excellence, and unforgettable moments. Confidently book our meticulously planned 16-night itinerary, including essential rest days for acclimatization. Enjoy an all-inclusive package with meals, top accommodations, comfortable transportation, permits, and expert Sherpa guides. Experience the luxury of private jeep travel for added flexibility and comfort. Join us for a trek beyond the ordinary, where every step assures safety, and every moment celebrates your adventurous spirit. Your extraordinary Manaslu adventure awaits – reserve now for a hassle-free trekking experience!

Advantages of Booking Manaslu Circuit Trek with Mountain Sherpa Trekking:

- Premier Accommodations:** 3 nights in city hotels, 13 in selected lodges, 8 with attached bathrooms.
- Exceptional Cuisine:** Abundant, hygienic meals with personalized dining options and unlimited food and drinks.
- Crafted Itinerary:** Precision-designed for comfort, acclimatization, and exploration with tailored day hikes.
- Safe Transportation:** Private 4W Jeep from Kathmandu to Soti Khola for a comfortable journey.
- Efficient Return:** Small private vehicle and experienced driver for a flexible 5-6 hour drive from Besi-Sahar to Kathmandu.
- Trusted Sherpa Guides:** Exceptionally reliable, honest, and flexible, walking at your pace for a successful trek.
- Mountain Sherpa Expertise:** A 100% Sherpa-owned company with 25+ years of experience, offering personalized and ethical adventures in the Manaslu region.

DURATION: 17 days

Trip Facts

Arrival City

- Kathmandu, Nepal

Departure City

- Kathmandu, Nepal

Trek Region

- Gorkha, Manang-Gandaki Zone, Nepal

Trip Style

- City Tour
- Trekking & Hiking

Maximum Altitude

- 5,160 m/16, 924 ft

Trip Durations

- 18 Nights/ 19 days

Group Size

- Minimum 1 Person
- Maximum 12 people

Accommodations

- Comfy Hotel in City
- Local Lodge during trek

Meals

- Daily Breakfasts In City
- Breakfast, Lunch & Dinner
- During Whole Trek

Service Level

- Reliable & friendly
- Authentic sherpa guide
- Clean Hotel and Lodge

Fitness Level

- Reasonable fitness
- Per Day Walk: 5-8 Hours
- Walk & Run for Preparation

Best Time to Travel

- Autumn: Mid September- December
- Spring : February-May

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to hotel. Check in hotel and rest after long flight

Your adventure commences the moment your flight soars into the sky above Kathmandu. The breathtaking sight of snow-capped mountains enveloping the city provides a tantalizing preview of the exhilarating trek that lies ahead.

Upon your arrival at Tribhuvan International Airport, our dedicated team from **Mountain Sherpa Trekking & Expeditions** will be poised at the exit terminal, ready to warmly welcome you. A courteous representative and a skilled driver will accompany you to your hotel, ensuring a seamless transition. Once you've settled into your room and refreshed yourself, a detailed briefing on your daily itinerary awaits you. The remainder of the day is yours to wander the surroundings, acquaint yourself with the locale, and soak in the unique atmosphere.

As the sun sets on your first day in the ancient city of Temples, you'll gather for an evening meeting with our experienced guide. Here, you'll receive comprehensive insights into the intricacies of the upcoming trekking expedition. It's a night filled with anticipation and excitement in one of the world's most captivating destinations. The following morning, a delightful breakfast awaits, setting the stage for the remarkable journey that lies ahead.

Day 02:: Half day sightseeing of Boudhanath and Pashupatinath and trek Preparations ~ Hotel

As the dawn broke and filled our day with promise, we indulged in a nourishing and delectable breakfast, preparing ourselves for a day of exploration. Our first destination was the awe-inspiring **Boudhanath** Stupa, a marvel that claims the title of the largest stupa in the world. Nestled in Kathmandu, this sacred site serves as the beating heart of Tibetan culture in the region. The stupa's design, reminiscent of a colossal Mandala, unfolds as a profound representation of the Buddhist cosmos.

From the tranquil embrace of **Boudhanath**, we ventured towards the **Pashupatinath Temple**, a place of profound significance for Hindu devotees. Dedicated to Lord Shiva, this temple stands as the holiest Hindu shrine in Nepal. Our visit coincided with witnessing the poignant burning rituals at 'Aryaghat,' the sacred cremation area of the temple. Here, the flames danced in devotion, embracing the once royal family of Nepal and ordinary Nepalese alike, their earthly journey transforming into ashes.

With the echoes of spirituality still resonating, we returned to our hotel to refresh ourselves and engage in some essential shopping, gearing up for the trek that awaited us. An early supper marked the end of our day, as we eagerly anticipated the dawn that would herald the commencement of our trekking journey. As the night enveloped us, we retired to our beds, dreams of mountain trails and cultural wonders dancing in our heads. Tomorrow beckoned with the promise of adventure and discovery.

Day 03:: Drive from Kathmandu to Sotikhola (720m/2,362 feet) Private 4x4 jeep ~7-8 Hours drive

Vehicle: Private 4x4 Jeep **Approx. Drive time & Distance:** 8-10 hours (88 miles / 141.3 km)

Embarking on an adventure after a hearty breakfast, our journey unfolds as we venture westward along the Kathmandu-Pokhara highway. The landscape unfolds before us like a living canvas, showcasing the enchanting beauty of Nepal's countryside. Our private 4x4 jeep becomes a vantage point, providing panoramic views through its windows.

As we traverse the winding roads, we make our way towards the historic hill bazaar of Gorkha, a town steeped in ancient tales and pivotal to Nepal's history. Beyond Gorkha, the path becomes rugged, transforming into a dirt trail that adds a touch of thrill to our expedition. Amidst the bumps and twists, the southern slopes of Annapurna, Ganesh Himal, Manaslu, and Langtang Himal reveal themselves, creating a breathtaking backdrop for our journey.

After navigating through this scenic tapestry, we finally arrive at our destination, the charming village of Sotikhola. The seven to eight hours spent on the road from Kathmandu become a captivating odyssey, marked by the diverse landscapes and historical echoes that accompany us throughout our expedition.

Day 04:: Trek from Soti Khola to Khorlabesi (970 m/3182.71 feet) ~ 6-7 hours

Approx. Walking time: 6-7 hours **Approx. Walking distance:** 8 miles (14 km)

After a satisfying breakfast in Soti Khola, your trek unfolds through a captivating tapestry of landscapes. The trail offers a dynamic experience, weaving through jungles, idyllic rice paddies, an exhilarating cliff-face ridge, a lively rushing stream, and a series of breathtaking waterfalls.

As you journey forward today, the changing elevations become evident. Initiating with a traverse through a broad valley, the path gradually ascends, guiding you through a dense forest. The adventure commences with a bridge crossing, followed by a trek through a forest. Soon, you'll find yourself hiking along a ridge above the formidable rapids of the Budhi Gandaki River, sourced from the Tibetan plateaus and joined by the Tum Khola River.

The trail then leads to Khursane, where a rocky path meanders through undulating terrain, passing two tropical cascades on a steep, rocky trail hugging the side of a cliff. Descending past vibrant rice paddies, the ascent continues until you reach the charming Gurung village of Labubesi.

Pressing on from Labubesi, you'll ascend near a rocky outcrop, revealing a vast valley alongside a more tranquil river. Descending to the river shore, you'll stroll along rounded stones before ascending over a side ridge. Crossing another suspension bridge, your next stop is the village of MachhaKhola. The journey doesn't conclude there, as you'll proceed to **Khorlabesi**, approximately an hour away. As seasoned Sherpa guides, we recommend trekking up to Khorlabesi instead of staying in Machhakhola for a shorter trek on the following day to Jagat.

Day 05:: Trek from Khorlabesi to Jagat (1,410 m/4,626 feet.) 5-6 hours

Approx. Walking time: 5-6 hours **Approx. Walking distance:** 11 KM

Our day commences with a hearty breakfast in the charming village of Khorlabesi. As we embark on our trek, the trail unfolds with a series of invigorating climbs and descents, offering breathtaking views of the surrounding landscapes. Our journey leads us to the heart of Tatopani, a picturesque village adorned with terraced fields.

From Tatopani, we ascend over yet another ridge, crossing the Budhi Gandaki via a suspension bridge. The path unfolds before us, guiding us up a meticulously crafted staircase and across a ridge, where a striking panorama awaits. Negotiating a landslide with care, we make our way to Dobhan.

The day's adventure concludes as we arrive at Jagat, where a welcoming lodge awaits to provide a comfortable night's rest. The tranquil surroundings and the echoes of the day's journey set the stage for a peaceful evening in this remote Himalayan haven.

Day 06: : Trek from Jagat to Deng Village 1,860 m/6,102 ft. ~ 7-8 Hours

Approx. Walking time: 4-5 hours **Approx. Walking distance:** 8 Km

Starting our trek from Jagat, we venture towards higher altitudes, passing through small farm villages such as Sidibas Bazaar. This picturesque hamlet, nestled along the route, provides a charming backdrop as we continue our ascent. Taking a moment to rest and soak in the surroundings, we proceed with a short climb, followed by a downhill stretch that leads us to **NAGJET**.

Crossing a suspension bridge over the flowing river, our journey advances to Philim, a sizable village surrounded by scattered farmhouses. The trail unfolds through golden fields of wheat and barley on farm terraces, creating a breathtaking landscape. A climb onto a rocky ridge takes us into a bamboo forest area, where we find our overnight refuge in **Deng village**.

Day 07: : Trek from Deng to Namrung (2660 meter /8727ft) - 5-6 hours

Approx. Walking Time: 5-6 Hours **Approx. Walking Distance:** 12.1 Miles/ 19.5 KM

Following a nourishing breakfast in **Deng**, we embark on a journey that marks a pivotal and culturally significant phase of our trek. Our first task is to cross the Budhi Gandaki River, ascending to a bridge where we join a trail from Bhi. As we climb further, a panorama of major peaks begins to unfold in the distance, setting the stage for an awe-inspiring experience.

Heading west up the valley, our path takes us through a tapestry of lush jungles, adorned with alpine flora and dotted with charming settlements inhabited by indigenous groups of the Manaslu region. The air is filled with the anticipation of the majestic peaks that gradually reveal themselves against the backdrop of the sky.

Traversing across jungles and mani, we reach a corner that contours to Ghap. Opting for the route through **Prok village**, we are rewarded with a breathtaking viewpoint of the snow-capped Siringi Himal. A well-deserved break here allows us to soak in the beauty of our surroundings before we resume our journey.

The trail unfolds, guiding us to cross the Budhi Gandaki multiple times today, each crossing accompanied by the discovery of ancient gompas along the way. The path follows the river upstream, leading us through dense forestry. A highlight of our trek is the crossing of the river at an extraordinary spot where it thunders down a narrow gorge, creating a spectacle of nature's force.

As we leave the jungle behind, the trail becomes more inviting, and after a last vertical ascent, we arrive at **Namrung**. The evening settles in with the promise of a peaceful night in this picturesque village, surrounded by the grandeur of the Himalayas.

Day 08:: Trek to Shyala (3,500m/11,483) - 5-6 hours (Best Place for Views)

Approx. Walking time: 4-5 hours **Approx. Walking distance:** (10.9 miles/17 km)

Embarking on the trek from Namrung to **Shyala**, situated at an elevation of 3,500 meters (11,483 feet), is a captivating journey that spans approximately 5-6 hours. **Shyala is renowned as one of the best places for breathtaking views along the trail.**

As we navigate the trail, we are treated to a visual feast of the surrounding landscapes. The trek involves a moderate duration of 5 to 6 hours, allowing ample time to appreciate the natural beauty and immerse ourselves in the serenity of the Himalayan environment. Shyala, perched at an altitude that provides a stunning vantage point, offers panoramic vistas of the majestic peaks and the picturesque valleys below.

This segment of the trek is not only a physical journey but also a visual spectacle, making it a memorable

experience for trekkers seeking both adventure and unparalleled views. The allure of Shyala lies not just in its altitude but in the unparalleled vistas it offers, making it a must-visit destination along the trekking route.

Day 09: : Hike to Pung Gyen Gompa then trek to Samagaon (3,530 meters/11,910 feet)

Embarking from Shyala after a breakfast with incredible views of Mount Manaslu and surrounding peaks, our trek to **Samagaon via Pung Gyen Gompa** provides a rich and culturally immersive experience. The trail meanders through charming villages and serene landscapes, leading to the tranquil haven of Pung Gyen Monastery, named after the majestic Mount Manaslu. The journey holds historical significance, with the demolition of Pungyen Monastery following the first unsuccessful Japanese attempt to climb Mount Manaslu. Overcoming challenges, the Japanese succeeded in 1959, symbolizing the resilience of those drawn to conquer these peaks. The trek to Samagaon promises a harmonious blend of cultural exploration and breathtaking Himalayan beauty, offering enduring memories for adventurers.

Day 11: : Rest and acclimatization day in Samagaon. Explore the village

Altitude Acclimatization Day in Samagaon: Choose Your Adventure – Birendra Tal or Manaslu Base Camp Hike

Today marks an essential day for altitude acclimatization in Samagaon. After indulging in a refreshing breakfast, take the opportunity to unwind and immerse yourself in the rich Sherpa culture. The village offers a captivating display of Sherpa traditions, with thousands of mani stones adorned with Buddhist scriptures and portraits. Witness the Sherpa women dressed in traditional attire, adorned with charming ornaments.

To enhance acclimatization, our expert Sherpa guide will lead an optional hike. You have two choices, allowing flexibility based on your physical condition and walking speed. The first option is a hike to **Birendra Tal**, a freshwater lake nestled in the Manaslu Glacier. The second option is a trek to **Manaslu Base Camp**. You can decide on the suitable option upon your arrival in Samagaon, and our Sherpa guide will provide guidance based on your preferences and conditions.

Birendra Tal itself is a picturesque freshwater lake situated in the Manaslu Glacier within the Gorkha District of northern-central Nepal. This acclimatization day not only aids in adjusting to the altitude but also offers a unique opportunity to explore the natural beauty and cultural richness of the region.

Day 11: : Trek from Samagaon to Samdo 3860m/12,660 ft. ~ 4 - 5 hours

Approx. Walking time: 4 hours Approx. Walking distance: (10 miles/16.5 km)

Following breakfast in Samagaon, we descend towards the northward-flowing Budhi Gandaki River, tracing its course until we reach a bridge over a side river. The trail diverges at this point, with the left path leading to the renowned Manaslu Base Camp.

As we proceed along the Larkya la Track, we encounter numerous mani walls while the valley begins to unfold and expand. The journey takes us along a gentle path on a shelf above the river, guiding us through juniper and birch forests of Kermo Kharka. Descending from the ridge, we cross the Budhi Gandaki via a wooden bridge and ascend steeply onto a headland between two river forks.

A stone arch marks our arrival at a viewpoint featuring a large white Kani. Passing through this arch, we reach the village of Samdo. Nestled in the Himalayan landscape, Samdo becomes our resting place for the night, offering a blend of natural beauty and cultural richness.

Day 12: : Trek from Samdo to Dharamsala 4460 m/14, 628 ft.~ 4/5 hours.

Approx. Walking time: 4-5 hours **Approx. Walking distance:** (7 miles /11 km)

Following a hearty breakfast, we commence our descent along the rugged edge, crossing a rustic wooden bridge over the Budi Gandaki. Our journey then ascends, treating us to views of the Larkya Glacier and guiding us around the Salka Khola valley. As we climb, we reach the stone guest house (4450 m), known as Dharmshala or Larke Phedi, a shelter more than a lodge. Don't forget your camera, capturing the splendid mountain panoramas and captivating natural wonders along the way. After lunch with a backdrop of breathtaking views, take a leisurely afternoon to acclimate to the altitude and the cool temperatures. An early dinner prepares us for tomorrow's traverse of the next high pass.

Day 13: : Trek from Dharamsala to Bimthang (3720 meter/ 12,205 feet)

Approx. Walking time: 9-10 hours Approx. Walking distance: 15 miles/24 km)

Embarking on the most challenging leg of our trek, we confront the formidable Larkya La Pass, standing tall at 5,160 meters (16,924 feet), where panoramic views of surrounding peaks await. Guided by our seasoned Sherpa expert with over 25 years of experience, we traverse this high-altitude terrain with a **99% success rate**, a testament to the expertise and dedication of our **Sherpa guides**, renowned worldwide for their honesty and unparalleled guiding services.

Starting with an early breakfast, our journey unfolds with a brief climb, leading us into the valley on the north side of the Larkya Glaciers. The imposing Cho Danda and Larkya Peak command attention as we progress through the moraines, with the final ascent offering sweeping vistas of Himlung Himal, Cheo Himal, Kangguru, and the massive Annapurna II.

While the trek to Bimthang is longer, the descent into lower terrains, accompanied by evening mist and the looming presence of Mount Manaslu, creates a truly remarkable atmosphere. The beauty of Bhimthang is unmatched, and its history as a refuge for Tibetan Khampa fighters in the 1960s adds a layer of significance to our journey.

As we settle in Bimthang village for the night, the tranquil surroundings invite both peaceful rest and contemplation of the historical echoes that reverberate through this remarkable trek.

Day 14: : Trek from Bimthang to Tilche(2300 meters/1746 feet) : 4-5 hours

As our journey alongside the Dudh Khola River nears its conclusion, we gracefully traverse the Marshyangdi River via a lengthy and picturesque suspension bridge, marking our entrance into Gyasumdo. In Tibetan, Gyasumdo translates to "Three Main Road Meetings," signifying the convergence of paths from Manang, Larkya/Gya La, and the Lowlands at this juncture.

This leg also marks the culmination of our trekking adventure. En route, we meander through the Gurung village of Tilche, celebrated for its renowned apple brandy, a hallmark of this particular settlement. The Gurungs, renowned for their bravery and association with the Gurkha Units of the British Army, inhabit this mountainous region. Our final night on the trail unfolds at a teahouse in **Tilche**, offering a fitting conclusion to our memorable trek.

Day 15:: Drive by Jeep from Tilche to Besi Sahar- overnight stay in Besishar

Vehicle: Local Share Jeep and Private comfortable Vehicle **Approx. Drive time & Distance:** Tilche to Besisahar: 35 Km(3 hrs) &

Following a delightful breakfast, our journey continues as we embark on a scenic local jeep ride from Tilchi to the charming town of Besisahar. The picturesque drive, lasting approximately 3-4 hours, provides a wonderful opportunity to soak in the natural beauty of the surrounding landscapes.

Upon arrival in Besisahar, you have the choice to savor the moment, unwind, and celebrate the conclusion of this remarkable trek with your guide and helpers. Alternatively, for those opting to return to Kathmandu on the same day, we'll arrange a private car for a comfortable journey. The drive from Besisahar to Kathmandu unfolds over 6-7

hours, treating you to breathtaking views of hills and mountains. En route, catch glimpses of the Marsyangdi and Trishuli riverbanks, as well as charming villages nestled amidst farming terraces on both sides of the road. The journey back encapsulates the beauty of the Nepalese countryside, providing a fitting farewell to this unforgettable trekking adventure.

Day 16: : Drive to Kathmandu from Besishar by private Car- Transfer to Hotel

Commencing our day with a delectable breakfast in Besisahar, we embark on a scenic journey to Kathmandu via a private car. The approximately 6 to 7-hour drive promises a leisurely experience, allowing you to immerse yourself in the breathtaking scenery that unfolds along the route. As we traverse through the landscape, you'll witness meandering rivers, majestic mountains, and charming villages, creating a visual feast for the senses.

Rest assured, your comfort is our priority. Our private car, guided by an experienced driver, ensures a smooth and secure journey. Upon reaching Kathmandu, we'll facilitate your transfer to your hotel, providing you with an opportunity to relax and rejuvenate for the adventures that await you in the vibrant capital city. A peaceful night's sleep awaits, setting the stage for a refreshed start to your Kathmandu explorations.

Day 17:: Drive to the Airport to head back to that lovely place we call ‘home’

As we savor a delightful breakfast, our dedicated Airport Guide and waiting office vehicle stand ready, ready to whisk us seamlessly to the airport for our homeward-bound flight. Serving you has been an absolute joy, and the bonds forged during your time with us at Mountain Sherpa Trekking and Expeditions are truly cherished. We express our heartfelt gratitude for entrusting us as your travel companion in exploring the incredible landscapes of Nepal. The trekking adventure in the enchanting Manaslu region is sure to leave you with a trove of memories for generations to come. Until our paths cross again, adios, dear friends!

Should you find yourself with some extra time, consider adding one more day to your Kathmandu stay at the end of the trek. This additional day can serve as a beneficial buffer in case of unexpected events like illness or unforeseen weather disruptions during the trek. If all goes smoothly, you can utilize this day to explore Bhaktapur and Patan cities, visit local markets, or simply unwind at your hotel after the rewarding trekking experience.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning.
- Private 4W Jeep from Kathmandu to Sotikhola before trek. Private Car from Besishar to Kathmandu after trek for comfort transportation.
- Enjoy Three comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets.
- You'll stay in top lodges for 13 nights during the trek, featuring rooms with attached bathrooms and, where available, hot showers for added comfort.

Meals & Drinks Included As Per Below

- Hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided

every day to keep you cozy throughout your journey.

- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Our Sherpa guide will provide fresh fruits during the trek where available

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for Sherpa guide and support staff
- Special Manaslu trekking entry permit fee
- Annapurna conservation area permit fee
- City tour guide and driver will be provided during city tour in Kathmandu before start of Trek
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We provide a free Local Market Guiding Service for our valued clients who wish to buy souvenirs at wholesale prices at the end of Trek

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book with MST

Why I Book My Manaslu Circuit Trek with Mountain Sherpa Trekking?

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

[Mountain Sherpa Trekking](#) donates up to 15% of its annual revenue to [Mountain Sherpa Foundation \(MSF\)](#) Nepal’s projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing, and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotels & Foods

Our [Manaslu Circuit trek Packages](#) include **3 Nights of Deluxe accommodations** in Kathmandu at a comfortable and luxurious hotel. As we know, the best accommodation is a crucial part of your trip planning, our hand-selected best hotel accommodations are clean, in a good location, and give you value for your money. Our selected luxury 5-star hotels provide a wide array of excellent services and modern amenities. Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred, and attentive service. You can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu after your trek. Or rest and relax in a tranquil and peaceful garden resort. We have two different package options available as outlined below. Book your perfect dream holiday trek package with a local Sherpa expert and get exceptional service.

- Our 3 Star Hotel Package starts from \$1970 USD Per Person only
- Our 5 Star Hotel Package starts from \$2270 USD Per Person only

3 STAR HOTEL OPTION IN KATHMANDU (We have 2 different 3* hotel accommodation options to choose from)

- **[Sampada Garden Hotel](#)**- Located in a peaceful area in Lazimpat, Katmandu. 15-20 minute walk from Thamel
- **Mandala Boutique Hotel** - This Hotel is located at Chhetrapati, just a 3-5 minute walk from Thamel

5 STAR HOTEL OPTION IN KATHMANDU (We have 2 different 5 * hotel accommodation options to choose from)

- **Marriott Kathmandu** - Located at Naxal, Kathmandu. Combine the modern design with local creativity
- **Yak and Yeti Hotel**- Centrally located Luxury 5 star hotel in Kathmandu

LOCAL MOUNTAIN LODGE DURING TREK

During the trek, we provide you best available mountain lodge with a cozy room with a shared bathroom for 14 nights. Rooms are twin beds with two beds per room and do not have a bathroom attached except in a few places. The beds have mattresses and pillows and some blankets to borrow. The 'living room' area used for eating and relaxing is heated in the evenings. Lodges are always friendly places where you can meet many other trekkers.

Usually, breakfast will be at 7-7:30 am and you will need to pack your bags ready for the porters to leave early. Lunch will be taken en route in one of the many teahouses, and dinner is generally at 7 pm.

What Kind of Food I can expect during Trek?

Morning Breakfast between 7:00-8:00 AM

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk, or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Soup
2. Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese, etc

Note: Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal which means you can select any food from the lodge menu as per your taste. Mountain Sherpa trekking provides enough meals on their trek as part of the trip price.

Drinking-Water during Manaslu Circuit Trek:

For many of us, the perfect choice may be to go for mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travelers, where they take more than 450 years to decompose.

Take, for example, [Manaslu Circuit Trek](#), The recommended amount of water intake on a high altitude trek like this is 3-4 liters a day. The trek is 14 days long. That's more than approximately 42 liters and 42 plastic

bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 500 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 500 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

The Alternatives: The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

Striped- Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

Boiled water– This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liter. [This means the cost of drinking water will be around \\$70-\\$80 for 14 day Manaslu Circuit trek.](#)

Purification tablets– Water refining tablets or chemicals like chlorine dioxide are frequently used. They are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks.

Transportation

KATHMANDU - SOTI KHOLA (138 KM): 6-7 HOURS DRIVE

While it's possible to reach Soti Khola from Kathmandu by public bus, however, we strictly do not recommend you to travel by local bus because of the road condition. Our guest safety and comfort will always be our utmost priority. Therefore, We always provide a clean and fully sanitized 4WD Jeep for Soti Khola. It takes about a 6 to 7 hours drive from Kathmandu to Soti Khola. The driving distance is approximately 138 Kilometers from Kathmandu to Soti Khola.

You'll be much safer, be more comfortable, and reach your destination much faster by private Jeep with an experienced driver. The first part of the drive follows the Prithvi Highway, the road that links Kathmandu and Pokhara. Though traffic can be a problem leaving Kathmandu, the quality of the road is about as good as it gets in Nepal. After turning off to Dhading, the landscape becomes even more rustic and remote, and the road quality gradually deteriorates, but the views of Annapurna, Manaslu, Ganesh Himal, and Langtang Himal should make up for the discomfort.

BESISAHAR-KATHMANDU (190 KM): 5-6 HOURS DRIVE

It takes about 5-6 hours to reach Kathmandu from Besi-Sahar. Kathmandu is about a 190-kilometer drive from Besi-Sahar. With Mountain Sherpa trekking trips, you will travel in a small private vehicle. So, we provide you private vehicle with an experienced driver for a comfortable and safe journey back to Kathmandu. The advantage of taking a private vehicle is that you can ask your driver to stop whenever you like and smaller vehicles tend to be able to move through the traffic a little faster than larger buses. We also provide professional and experienced drivers, so you can fully and comfortably enjoy your Nepal Trek.

Travel Insurance

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Trekking, Manaslu circuit trek itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to the Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalaya's views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Travel insurance:

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance company to help expedite your processing.

Packing List

Packing List Manaslu Circuit Trek:

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 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat

2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose, etc.)

Hand:

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body:

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated -10°C)*

Lower Body – Legs:

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet:

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks:

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries:

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)

- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies:

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit includes antiseptic cream, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you with complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes

7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

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

Additional info:

As you pack for the Manaslu Circuit trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Manaslu trek. You need to carry your own backpack (with a waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you with 4-season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude treks.