

Manaslu Circuit Trek 14 Days 13 Nights

The Major Highlights of Manaslu Circuit Trek

1. Mountain drive from Kathmandu to Arughat and Beshisahar to Kathmandu
2. A great deal of insights into Tibetan and Nepalese people
3. Exotic Budhi Gandaki River valley
4. Fabulous views of Mt. Manaslu, Mt. Himchuli, Mt. Ganesh, and others
5. Larkya La pass (5153m/16901ft) crossing, one of the highest passes in the world
6. Tibetan culture of Nuri people bordering Tibet and Nepal
7. Unspoiled nature and culture

DATE MEAL	HOTEL	ITINERARY
DAY 01	Hotel in Kathmandu	Arrival at Tribhuvan International Airport.
DAY 02	Tea House Philim	Drive to Philim from Kathmandu
DAY 03	Tea House, Bhiphedi	Trek to Bhiphedi (1860m) 6 hrs
DAY 04	Tea House, Namrung	Trek to Namrung (2630m) 6 hrs
DAY 05	Tea House, shyala	Trek to shyala (3520m) 6hrs

DAY 06	Tea House, sama gaou	Trek to sama gaou (3860m) 3hrs
DAY 07	Tea House, sama gaou	Acclimatization Day (birandra taal) (5000m) 8 hrs
DAY 8	Tea House, Samdo	Trek to Samdo (3800) 3hrs
DAY 9	Tea House, Samdo	Acclimatization Day
DAY 10	Tea House, Dharmasaala	Trek to Dharmasaala (4460m) 4 hrs
DAY 11	Tea House, Bimtang	Trek to Bimtang (3750m) via Larke Pass (5160m) 10 hrs
DAY 12	Tea House, tilcha	Trek to tilcha (1963m) 7 hrs
DAY 13	Hotel in Kathmandu	Drive to tilcha – Kathmandu
DAY 14		Final Departure.

Based on the above itinerary please find below our special rates per person.

Person	01 pax	02 pax	04 pax	06 pax	08 pax	single sub
Price in USD	\$ 1,095	\$ 950	\$ 825	\$ 775	\$ 750	85

ESSENTIALS

1. Sleeping bag
2. Neck gaiter
3. Base layer top / Base layer pant (Wool, Merino wool)
4. Insulated layer (fleece)
5. T-shirt
6. Puffy Jacket
7. Waterproof shell Jacket
8. Trekking pant / half pant
9. Trekking shoes
10. Wool socks
11. Glove
12. Towel (light)
13. Hat
14. Sunglass
15. Trekking pole
16. Water bottle / bladder
17. Toiletries
18. Sunscreen SPF 30 / Lip balm
19. Protein bars and snickers
20. Iodine tablet to purify water
21. Headlight
22. Toilet paper and baby wipes
23. Hand sanitizer / Hand wash
24. First aid kit
25. Take all the cash you need



HIMALAYAN
YATRI

INCLUDING IN PACKAGE: -

- One government certified and experienced English-speaking local for the whole trip.
- Sharing porter between 2 clients to carry your main pack (weight limit 25 kg)
- One guide cum Potter if the group size is 1 pax or 2 pax. (weight limit 15 kg)
- An assistant guide if the group size of more than 6 participants in the trek.
- Kathmandu-Dobhan and Tilcha- Besisahar- Kathmandu in privet transportation. (Local bus if the group size is 1 pax)
- All necessary trekking permits for the Manaslu region trek.
- All local tax, vat, office service charges and domestic airport taxes etc
- Airport pick up and drop with a/c.
- nights' accommodation during trek on twins/double sharing (as much as better hotel and attach room are unavailable during trek).
- night accommodation at Kathmandu with breakfast.

EXCLUDING IN PACKAGE: -

- All the bar bills, beverages such as coke, fanta, mineral water.
- Personal travel insurance, internet, phone calls and laundry service.
- Rescue operation charge in case of emergency.
- All Meals.
- Gratitude and tips for guides and porters.
- Trekking Equipment.
- Hot shower, battery charging, and hot water during trekking.
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NOTES:

- The itinerary is changeable and modifiable as per the needs and time frame of trekkers.
- Cost will be re-calculated if the itinerary is changed or modified.
- Additional activities may be added per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement for the number of guides and porters.
- For any kind of change please contact us by mail or call.
- Guide and potter will expect tips of \$10 and \$5 respectively per day.
- No booking is made yet, so the price is subject to change.