



Natraj Trekking since 1967

One of the leading trekking agency in Nepal for Bhutan, Tibet & India tour packages

MANASLU CIRCUIT TREK - 20 DAYS

MANASLU CIRCUIT TREK HIGHLIGHTS

- ❖ Guided tours of UNESCO World Heritage Site in Kathmandu.
- ❖ A 16-day challenging trek across some of the world's most stunning landscapes.
- ❖ A great opportunity to experience the rich Tibetan culture
- ❖ Crossing the heights of the **Larkya La Pass(5213m)**
- ❖ Taste of Nepali cuisine with a local cultural show at Kathmandu



Manaslu Circuit Trek is a remote off-the-beaten-track into one of Nepal's most beautiful areas. **Manaslu [8163m]** is the eight highest peaks in the world, was officially opened for the trekking purpose to tourists only in 1992. However, it was first climbed in 1956 by a Japanese mountaineering expedition and as it is regarded as one of the most dangerous 8000m peaks it has only been climbed by a handful of westerners that time.

Manaslu is located near the border of Nepal and Tibet. The name **Manaslu** means "The spirit-mountain", the local dialects refer it to be the benevolent and strong deity that dwells within. The complete circuit of this mountain over the **Larkya Pass** is one of Nepal's best-kept secrets, following remote trails which see very few trekkers. The scenery is as diverse as it can be; from the sub tropical foothills of the Himalaya to the arid Trans Himalayan high pastures bordering Tibet. This area has always seen relatively few trekkers, and the quieter trails, picturesque villages and stunning mountain views make it one of the classic yet unspoilt treks left in Nepal.

Now a day, **Manaslu Circuit Trek** draws a mixture of trekkers and mountaineers. It is not busy trek by any means, but it is becoming famous trek for its range of scenery, culture variety and it fledging lodges. As the Annapurna Circuits becomes increasingly affected by road construction, you are expected the Manaslu region to rise as a challenging alternative trek.

Manaslu Circuit Trek, we begin our trek from Arughat Bazaar and follow the impressive Buri Gandaki River north to the village of Deng. Although firstly it is a quite wide, the river valley soon narrows and we find ourselves walking high above the river on spectacular paths. As we trek northwards the valley opens up again to reveal delightful alpine meadows and small Tibetan style villages, which cluster below Manaslu's dramatic north face. We trek through these villages, with rows of prayer wheels and mani stones. Eventually we reach Samagaon, the largest and most important village in the region. From here we head west across the Larkya La (5213m), a classic route linking the Buri Gandaki and the Marsyangdi. The descent takes us through the beautiful alpine meadows at Bimthang before we join the main Annapurna Circuit route, back to the trailhead at Besisahar.

Explore the beauty of Nepal Through Natraj Trekking

Designed by: Anil Blon

TRIP FACTS

Trip Duration	:	20 Days (Kathmandu to Kathmandu)
Trekking destination	:	Larkya La Pass (5213m)
Trip Grade	:	Strenuous
Activities	:	Walking and trekking including cultural sightseeing tours in Kathmandu
Altitude	:	Minimum: 1336 m (Kathmandu) & Maximum 5213 m (Larkya La pass)
Best Seasons	:	March to May & September to November
Accommodations	:	3 nights at Kathmandu & 16 nights in lodge/teahouse during trek
Meals	:	As mentioned in the itinerary
Trip Starts/Ends	:	Kathmandu (Capital of Nepal)
Transportation	:	Private vehicle
Group Size	:	Minimum 2 pax & maximum 14 pax
Price	:	USD 2435 (Minimum 2 pax) –Please refer to our cost section for more details

Day to day detailed itinerary

DAY 01

Arrive Kathmandu

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking** with your name once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

Kathmandu, capital of the ancient Mountain Kingdom of Nepal, has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, you will be provided welcome drinks along with the room key

In the evening we will organize a Welcome Dinner at a traditional Nepalese Restaurant where you will enjoy a Nepalese cultural program as well as a fine Nepali local meal.

Overnight at the hotel

Meals included: Dinner

DAY 02

In Kathmandu

- ❖ Breakfast at the hotel
- ❖ Briefing and half day tour of Kathmandu City
- ❖ Afternoon local shop visit for trek equipment hiring if needed
- ❖ Overnight at the hotel

After breakfast and a trek briefing, you will be taken on a sightseeing tour **Kathmandu Durbar Square** in the heart of the city. Many of Kathmandu's most historic and important temples are located here. Interesting things for visitors to see are Taleju temple, gigantic figure of

Kalbhairav (the god of destruction), Basantapur Durbar, and Temple of Kumari (living goddess)

This afternoon we will then have an opportunity to visit a local hire shop to pick up any last minute equipment still needed.

Meals included: Breakfast

DAY 03

Kathmandu to Arughat

- ❖ Breakfast at the hotel
- ❖ Drive to Arughat via Gorkha
- ❖ Overnight in Arughat

Drive Kathmandu to Arughat (600m)

After an early breakfast we'll start our journeys with drive through the beautiful river view & Nepalese countryside to reach at Arughat, on the footsteps of Manasalu. There is approx 5 hour drive (142km) from Kathmandu into the western mountains takes us to Gorkha, the Capital of Medieval Nepal. Another 42km drive on a dirt road and we reach Arughat, our trek start point. **Please note that the dirt road from Gorkha to Arughat may not be drivable during the monsoon season. In that case, we may have to begin our trek right from Gorkha and reach Arughat in the evening.**

Arughat Bazaar is clustered on both sides of the River Budi-Gandaki linked by a suspension bridge, this is the largest settlement in the valley and it is also a junction to various important places. The path from here across the River leads to Dhading & Trisuli Bazaar and our route from here leads north

Meals included: Breakfast, lunch and dinner

Day 04

Arughat-Soti Khola (710m)

Trek from Arughat to Soti Khola– Approx 5 hrs walking

After breakfast this morning we break camp and begin our trek by following a well used trail that leads us past an ever-changing tableau of rice fields and Gurung villages. The walking today is fairly gentle and affords us our first views of Shringi Himal from Shanti Bazaar, from where the clear glacial run-off of the Budhi Gandaki provides a constant backdrop to our hike up into the mountains. Crossing a suspension bridge, we then follow the trail down to Soti Khola, and our camp amongst the landscapes of the famed 'Honey Hunters'. The foothills of Central Nepal have, for generations, been famous for their twice yearly harvests, when men gather from the surrounding villages to undertake the dangerous task of collecting the honey of the Apis Laboriosa (the world's largest honey bee) from the cliffs that are their home.

Meals included: Breakfast, lunch and dinner

DAY 05

Soti Khola- Maccha Khola (900m)

Trek from Soti Khola to Maccha Khola. Approx 5-6 hrs walking

Today, the path from here at times cuts into the steep valley, which is densely forested, passing through a number of small villages tucked into the hillside, till we reach a widening of the valley, opposite the point where a large tributary stream enters the Burhi Gandaki river. The terraced cultivated fields belong to the upper village of Lapubesi (880m). From here our path descends to the wide, sandy riverbed which follows a trail meandering below the steep, craggy valley side. We have last climb up to brings you at near villages where is some teashops and nearby we'll stay for overnight

Meals included: Breakfast, lunch and dinner

DAY 06

Maccha Khola– Jagat(1410m)

Trek from Maccha Khola to Jagat: Approx 6-7 hrs walking

Today, the trail leads to more interesting farm villages and fields as the vegetation changes slowly, after crossing bridge and heading upstream to the tiny village of Kholabesi and the hot springs at Tatopani.

From the Hot Spring, we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. Climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. Crossing a suspension bridge over the Yaru Khola we climb the stone stairs and then drop to the river and again climb more stone stairs to Tharo Bharyang. Cross to the west bank of the budhi gandaki, climb over a ridge, trek along the river then climb towards the village of Jagat where we will spend overnight

Meals included: Breakfast, lunch and dinner

DAY 07

Jagat-Deng 1804m)

Trek from Jagat to Deng -Approx 8 hrs walking

Firstly we descends to a long series of stone steps to the river, from here the path climbs a terraced hillside to Saguleri, overlooking distance view of Sringi Himal 7,187m from this spot, the walk follows ups and down trail as we reach to the bridge over Budi-Gandaki, after crossing the bridge from Ghata-khola, the path winds up towards Philim village. From here the trails climbs slowly along the hillside passing through small settlements of Aga, Lokwa. After Lokwa it's a downhill to camp at a small place Eklaibhati near Shiar khola with great views looking over the valley towards Pangsing. An hour walk after Eklai-Bhatti, we cross to the east side of the river. The path follows up and down in some section the trail is cut into the sheer cliff walls, after this dramatic portion the track finally improves as the walk leads to Deng village for the overnight.

Meals included: Breakfast, lunch and dinner

DAY 08

Deng- Ghap (2165m)

Trek from Deng to Ghap-Approx 4 hrs walking

From Deng the houses and terrains completely changes into more Tibetan like from here onwards. The people here are of Tibetan origin along with their ancient culture. Villagers of this areas cultivates buck wheat, wheat, barley and potatoes as staple crops, beside this since trekking became popular around this area, spinach, carrots and cabbages are also grown. Our route crosses the river before scrambling steeply up onto a spectacular trail high above the river. We pass through some small settlements as we ascend the impressive valley. We will see mani stones (prayer stones) carved into wayside rocks, a sign that we are now in a Buddhist area. Dropping down once more to the river there is a short climb to Ghap (2165m).

Meals included: Breakfast, lunch and dinner

DAY 09

Ghap- Lho (3180m)

Trek from Ghap to Lho-Approx 5 hrs walking

Today as we gain height we walk through alpine forests, home to white-faced monkeys. From Ghap we have a long climb to Namrung, a large village with a tea shop. From here the valley becomes wider and there is extensive farmland all around where we may see the occasional look-out platform, built to ward off bears. Climbing steadily now, we pass the Tibetan village of Sho and just above the village we get our first view of Manaslu ahead. A little walk further on we come to our camp in Lho (3180m) where the

Tibetan influence is strong. There are mani walls, chortens, prayer flags and a large monastery.

Meals included: Breakfast, lunch and dinner

DAY 10

Lho- Samagaon(3530m)

Trek from Lho to Samagaon -Approx 5 hrs walking

A short day as we continue up the valley. The trail climbs out of Lho and follows the valley with great views of Peak 29 ahead. As we pass through huge mountains surround us, Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Manaslu and large glaciers straight ahead, other snow summits to the right, at the far end of the valley we have just come from stands Ganesh Himal. From a large chorten we look down into a little dip where two rows of houses form the main part of Sama. At the far end of the village, overlooking the valley stands the well-known monastery of Sama.

Meals included: Breakfast, lunch and dinner

DAY 11

At Samagaon

- ❖ At Samagaon
- ❖ Side trip to Pungyen Gompa (2 ½ hrs in a total)
- ❖ Overnight in Samagaon

Samagaon -Pungyen Gompa -Samagaon

Today we spend the day at Samagaon both for rest and acclimatization. Ponder at the thousands of mani stones with Buddhist texts and pictures. Meet the village women in Samagaon who wear a nice silver spoon as jewelry. On a little hill near Samagaon is an old Gompa. It is worthwhile to take a side trip to Pungyen Gompa, a monastery with great views of the glacier. It is named after Manaslu, Pungyen means bracelet, a good description of the two peaks. It was destroyed a year after the first unsuccessful Japanese attempt to climb Manaslu. The locals believed that the climb angered the gods, and when the Japanese came back a year they met so much resistance that they had to give up their attempt. They finally summited the mountain in 1959.

Meals included: Breakfast, lunch and dinner

DAY 12

Samagaon- Samdo (3860m)

Trek from Samagaon to Samdo -Approx 3-4 hrs walking

The trail crosses grassy grazing areas and climbs gradually up the valley. We have fantastic views of the mountains with Manaslu looking particularly impressive. We finally reach Samdo (3860m), the last permanent settlement in the valley. This remote village is only a day's walk from the

Tibetan border. There will be time in the afternoon to look round the village and explore the surrounding hills.

Meals included: Breakfast, lunch and dinner

DAY 13

Samdo- Dharamsala

Trek from Samdo -Dharamsala/Larkya B. C. [4460m]: Approx 4-5 hrs walking

We continue our walk down the edge, cross the wooden bridge over Buri Gandaki and begin walking upward. Cross two streams and witness the Larkya Glacier. Go around the valley of the Salka Khola and climb up again and come to the stone guest house (4450 m) which is not a lodge but a kind of shelter called Dharamsala, also known as Larkya Phedi. We camp here today and have a rest to prepare for tomorrow's crossing of the famous and most awaited Larkya Pass. The short walk today also leaves plenty of time for acclimatization and relaxing in the afternoon.

Meals included: Breakfast, lunch and dinner

DAY 14

Dharamsala-Larkya La (5213m)-Bimthang (3720m)

Trek to Dharamsala crossing Larkya La Pass- Approx 9 hrs walking

After a short climb, we reach the ablation valley on the North side of the Larkya Glaciers. There are views of Cho Danda and then of Larkya Peak. Finally, we walk across the moraines of the glacier, making a gradual ascent which becomes steeper only in the last section to the pass. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru and the huge Annapurna II. Savor the spectacular views from the top of the pass. It is a longer day than usual to Bimthang, but to walk into these low pastures with the evening mist coming in and Manaslu; it's an experience not to be missed.

Meals included: Breakfast, lunch and dinner

DAY 15

Bimthang-Gho (2650m)

Trek from Bimthang to Gho -Approx 4-5 hrs walking

Cross the high pasture, descend the valley of the Burdin Khola. From a ridge at 4150 meters, you have excellent views of Manaslu to the South East and Annapurna II to the South West. Beyond a bridge over the headwaters of the Dudh Khola, descend into a rhododendron forest and follow a trail through a narrow valley until we reach the highest cultivated land in this valley at Karche, 2785 meters. From here we cross a slide, then go across fields before making a steep climb over a ridge. The trail comes off the ridge in a big, sweeping arc to the river bank at 2580m. A short distance beyond is the village of Gho.

Meals included: Breakfast, lunch and dinner

Day 16

Gho-Dharapani

Trek from Gho to Dharapani [1920m]: Approx 3-4 hrs walking

Continue through the fields, over a clear stream, passing through the houses and fields interspersed with rhododendron and oak forests. Staying on the north bank we trek into Tilje. Climb over a small ridge to the stone - paved village and wind among the closely spaced houses of this large Village. Leaving the village, cross the Dudh Khola and trek along the river embankment. Cross a wooden bridge back to the northern side of the Dudh Khola and climb up through a chorten-shaped arch and past a mani wall to Thonje. At the village of Thonje, we go through a police checkpoint, and then continue to Dharapani.

Meals included: Breakfast, lunch and dinner

Day 17

Dharapani-Syange(1080m)

Trek from Dharapani to Syange -About 7 hrs walking

The remainder of our trek follows trails used on the first few days of the Annapurna Circuit Trek. We descend to the Marsyandi River and cross the suspension bridge. Climb up and away from the river and hike through a broad, flat valley to the village of Tal (1,675m), situated at the foot of a large waterfall. The trail continues on to Chyamje, recrossing the river once again. It then descends through forests of rhododendron and pine to Syange.

Meals included: Breakfast, lunch and dinner

Day 18

Syange- Besi Sahar (800m)

Trek from Syange to Besi Sahar-Approx 7 hrs walking

The Marsyangdi valley opens and on its banks terrace fields and villages clung very high to the hillsides are the age-old work of the Nepalese farmers. We cross several interesting villages as Bhulbhule, Khudi. Then we walk on a flat part alongside the left bank of the Marsyandi. A last walk up for reaching Besi Sahar, a dusty and busy place which marks the end of our trek and the beginning of the civilization.

Meals included: Breakfast, lunch and dinner

Day 19

Besi Sahar- Kathmandu

Drive from Besi Sahar to Kathmandu by bus: 7-8 hrs

About 8 hrs scenic drive on the way back to Kathmandu along the banks of the Marsyangdi and Trishuli rivers with splendid views of green hills, mountains, farming terraces and villages on both sides of road. In Kathmandu, transfer to your hotel, the day at leisure to rest, perhaps catch up on some last minute shopping. In the evening, we host a Nepali dinner with a local cultural show to celebrate our successful completion of Around Manaslu Trek. Overnight at the hotel in Kathmandu

Meals included: Breakfast and lunch

Day 20

Depart Kathmandu

Breakfast at the hotel
Transfer to airport for final departure

(Please note that airport reporting time will be at least 2:30 hrs before of your international flight's time).

Meals included: Breakfast

PRACTICAL INFORMATION

WALKING GRADES AND FITNESS

This is one of the toughest trekking holidays operated by Natraj Trekking. To ensure that all participants get the most out of the experience, it is important that they are fully aware of the level of difficulty involved and the fitness and ability requirements for the tour. Before booking, please contact us with any concerns regarding individual levels of fitness, health or ability.

Grading is a somewhat difficult topic as much depends on the individual's own perception of his or her abilities. The following is intended as a general guide to our walking grades. This tour is rated Strenuous.

Strenuous: For the more serious hill walker and a higher level of physical fitness is required. Walking days can be 6-8 hrs and may involve up to 900m plus of ascent/descent. be prepared for many consecutive days walking, often at high altitudes, so stamina is very important.

EQUIPMENT CHECK LIST FOR MANASLU CIRCUIT TREK

You are advised to consider the following equipments as essentials while packing for the Manaslu Circuit Trek. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc.

The gears in the list below with an asterisk (*) are also provided by Natraj Trekking included in the service but if you want to use your own private piece, we encourage you to bring your own. Please remember that at the start of the trek, apart from your day pack, your luggage that will be

carried by porters should have weight limitation of approximately 12 kg.

Essential Equipment and Clothing

Please note that many Nepalis are still traditional in the way they dress. You should therefore dress conservatively. Tight, revealing clothing is not advised and T- shirts are preferable to sleeveless tops. Long shorts are acceptable. Trousers or a skirt are preferable for women.

- ❖ 4 seasons sleeping bag (with liner)
- ❖ Sleeping mat/thermarest
- ❖ 3/4 seasons jacket
- ❖ Waterproof walking boots (worn in)
- ❖ Waterproof jacket and trousers
- ❖ Gaiters
- ❖ Water purification tablets
- ❖ Trainers/sandals for the evening
- ❖ Trekking poles
- ❖ Warm hat and scarf
- ❖ Warm gloves
- ❖ Several pairs of walking socks
- ❖ Tracksuit or thermals
- ❖ Warm mid layer (fleece)
- ❖ Light -mid weight trousers (warmer for winter)
- ❖ Shorts or skirt for women
- ❖ Shirts or t-shirts
- ❖ Sunhat, sunglasses, sunscreen and lip salve with sun protection
- ❖ Daypack (minimum 25 - 30 liters)
- ❖ Towel
- ❖ Head torch
- ❖ Water Bottle (minimum 1 litre)
- ❖ Iodine (for purifying water)
- ❖ Trekking pole(s)
- ❖ Hand washing gel
- ❖ Plastic bags (bin liners) to line daypack and for packing clothing in
- ❖ Kitbag(*)
- ❖ Biodegradable soap/shampoo
- ❖ Toilet paper
- ❖ Small personal first aid kit
- ❖ Swimsuit (for the hot springs)

There are a lot of equipment/hiring shops in Kathmandu where you can buy much of the above clothing. The quality does vary and cannot be guaranteed. You should choose carefully. Luggage not required on trek can be left at the hotel in Kathmandu. Because you will be trekking through 2 national parks you will need a total of 5 passport photographs.

Optional items:

The Larkya La can sometimes be covered in snow and the descent is steep. You should bring trekking poles for this day. If you are not comfortable walking on snow you might want to bring a pair of instep crampons, micro spikes/yaktrax/spikekeys or similar to put on the soles of your boots. Your leader will carry an ice axe and rope for safety. All luggage for the trek should be packed in a soft kitbag or duffel bag.

Luggage While Trekking

During the trek, your main luggage will be carried by porter. Please keep your luggage as light as possible around 12-15 kgs. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel's safekeeping.

Health & Experience Required

Our 20 days Manaslu Circuit Trek is regarded as strenuous trek and suitable for passionate walkers who have ability to walk at least 6-8 hours a day with a light day pack. Some days, you might even need to walk little more hours too. Walking in higher altitude is physically demanding than walking in the lower altitudes. However, if you are in excellent health with good physical fitness and have positive attitude, self confidence and strong determination, you can accomplish the Manaslu Circuit trek successfully. Exercising and jogging regularly for some weeks prior of the trip are good idea to enhance your strength and stability. Past hiking experience would be an asset but no technical skill is required for this trip. It is vital that you consult with your doctor before you decide and set up for this Trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trek guides & Staff Arrangements

On tented camp trek you will be accompanied by a team of local crew whose aim is to make the trek as hassle-free and enjoyable as possible. The crew consists of a trek guide, Sherpa, Cook, kitchen staffs and a team of porters to carry all your gear.

The most significant thing that makes your trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain smoothly. Your trip will be led by the best and most professional trek guide. All of our trekking guides are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude. With an objective of sustaining local communities Natraj Trekking only employs Nepalese staffs who have adequate knowledgeable about culture, ecosystem, flora, fauna, geography, and history of Nepal. Trek guide/ Leader of Natraj Trekking are also trained with following trainings to make them educated on potential medical issues during their trek and English language, etc:

- ❖ Wilderness First Aid Training
- ❖ Trekking Guide Training
- ❖ English Language Course Training

Travel Insurance

It is a condition of joining any of our trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange or sell insurance.

Typical day on trek

Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 4-5 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.

Meals and drinking Water during the trek

On this trek we provide standard breakfast, lunch and three course dinner, tea or coffee will also be included with each meal. Guest will be provided boiled water. All meals prepared by our trekking crew.

WHY WITH NATRAJ TREKKING

Natraj Trekking is the one of the leading and oldest tour operator in Nepal since 1936. We organize tour for Tibet and Bhutan as well. We excel in this field because we genuinely love what we do and are committed to providing you with the best services as we commit you.

PORTER CARE

Though often overlooked, it's no exaggeration to say the entire trekking and expedition industry in Nepal is built on the back of hard working local porters. It is their tireless efforts carrying supplies, equipment and baggage that make journeying to these remote areas possible. So it's very unfortunate that they have endured a history of exploitation and abuse at the hands of the industry. In an effort to combat this, we are firmly committed to porter rights. We ensure all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. And for the porter's sake we require that all trekkers keep their luggage bag weight under 12 kgs. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters.

ENVIRONMENTAL CONCERNS

The Langtang Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as we do and so the tourism industry has an obligation to protect and preserve it. We employ a 'zero impact' policy on the natural environment and the traditional communities that live there. We enforce a number of do's and don'ts, and our experienced staffs can advise you on how to minimize your impact. To find out more about the clean-up campaigns and environmental awareness events that was run by KEEP.

Best Season

Autumn (mid Sept to November) and Spring (March to May) are the best seasons for the Manaslu Circuit Trek.

Pre-Trip Meeting

On the second day of the itinerary (before you departure for the city tour- about 8:00 AM), we host a Pre-Trip short Meeting at the hotel by your trek guide, The primary purpose of the meeting is to provide a briefing on the trek Please bring the following thing on the meeting-

- ❖ Passport
- ❖ 5 copies of Passport size photos each.
- ❖ Travel Insurance Policy.

Note on Itinerary

Although we do our very best to adhere to the schedule above, Gosainkunda trekking itinerary is subject to change for numerous reasons beyond our control including unexpected weather and terrain conditions.

Tips

Tips are appreciated by your support team after the trip. The amount depends on your budget and appreciation of their work.

Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Airport. You just pass through the Customs and come out of the Terminal building where you will see someone standing with a placard that states either Natraj Trekking' or your own name.

Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival. Please be noted that Visa Application Form can be received through us by e-mail. Two passport size photo graphs are required and following visa fee to be paid at the airport as per your stay in Nepal

Tourist Visa

Visa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 25
Multiple Entry	30 days	US\$ 40
Multiple Entry	90 days	US\$ 100

Note: Please note that visa fees and rules are subject to change.

Personal Expenses

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Meals Included in the package cost

Included Meals: 11 Breakfasts, 2 Lunches, 2 Dinners included in the price of this tour.

Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location and the prices below are given as a rough guide for budgeting.

Local Costs

Tea/Coffee	US\$ 0.80
Soft Drink	US\$ 1.10
Bottled Water	US\$0.70
Bottle of Beer	US\$5.30
2 Course Meal*	US\$12.00
3 Course Meal**	US\$15.00
Bottle of Wine	US\$19.00

*Cheap local fare in a small cafe or restaurant.

**Typical food in a simple, reasonably comfortable mid-range restaurant.

Foreign Exchange

Local Currency: Nepali Rupee.

Recommended Currency for Exchange: US\$, GBP, EUR, CHF & AUD.

ATM Availability: Although you may occasionally find cash machines these are very unreliable – do not rely on plastic!

Credit Card Acceptance: Credit cards are not generally accepted except in larger establishments in Kathmandu.

Travellers Cheques: In Kathmandu only.

Responsible Travel

The beautiful environment of the Himalayas is also an extremely fragile one. At Natraj Trekking, we are extremely conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible. As deforestation is one of the greatest environmental threats, we do not have camp fires and use kerosene as cooking fuel. We also discourage trekkers from using wood-fuelled hot showers in lodges along the way. Many lodges, however, now provide solar hot showers, a far more eco-friendly alternative.

Garbage disposal is another major problem. Some of the busier trails are at times strewn with litter and garbage

thrown by irresponsible trekking groups. Our staff members are well motivated towards eco-friendly practices. We carry the non-biodegradable garbage, apart from that which can be safely and easily burnt at the campsite. Our aim is to help protect and preserve this beautiful environment for future generations of trekkers to enjoy.

Social Responsibility

Natraj Trekking works with the motto 'Development through Tourism'. Keeping in line with this motto, NT encourages its clients who besides trekking and climbing the Himalayas are also interested in contributing for the development of Nepal.

Custom formalities

All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 00977 1 4470110/ 4472266). Visitors can export souvenirs to their respective countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, RA.

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships.

Detail Cost of the above package

Standard Hotels Option (3 star) Kathmandu(Manaslu) & Pokhara(Base Camp)	
Group Size	Cost in US\$ Per Person
02 – Person	US\$2435
03 - 05 Person	US\$2220
06 - 09 Person	US\$1980
10 - 14 Person	US\$1820
15 & Above	US\$1680
Single Supplement	US\$ 95
Superior Hotels Option (4 star) Kathmandu(Shanker) & Pokhara(Barahi)	
Group Size	Cost in US\$ Per Person
02 - Person	US\$2535
03 - 05 Person	US\$2320
06 - 09 Person	US\$2080
10 - 14 Person	US\$1920
15 & Above	US\$1780
Single Supplement	US\$ 175

Deluxe Hotels Option (5 star) Kathmandu(Yak & Yeti) & Pokhara(Temple Tree)	
Group Size	Cost in US\$ Per Person
02 – Person	US\$2635
03 - 05 Person	US\$2420
06 - 09 Person	US\$2180
10 - 14 Person	US\$2020
15 & Above	US\$1880
Single Supplement	US\$ 215

Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.

The above cost includes the following items:

Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ Airports pick up and drop by private vehicle in Kathmandu transfers
- ✓ One half day tour with an English speaking guide by a private vehicle in Kathmandu
- ✓ Kathmandu / Arughat transfers by private vehicle
- ✓ Besi Sahar / Kathmandu transfers by private vehicle
- ✓ Monument entrance fees as mentioned in the itinerary
- ✓ Free Natraj Trekking Kit Bag

Accommodations

- ✓ 3 nights accommodation with breakfast in Kathmandu (as per the choice of package)
- ✓ 24.3% VAT and Service Charge

Airfare

- ✓ Airfare Pokhara/Jomsom including taxes
- ✓ Airfare Jomsom / Pokhara including taxes

Trekking Portion

- ✓ 16 nights accommodation at local lodge (Teahouse) during the trek
- ✓ All meals (breakfast, lunch and dinner) during the entire trek
- ✓ Services of an experienced trekking guide and one porter to every two trekkers during the trek
- ✓ TIMS CARD FEE
- ✓ Annapurna Area Conservation Fee (ACAP)
- ✓ **Special Permit for Manaslu Trek**
- ✓ Insurance for trek guide and porters

Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu

The above rates are valid till December 31, 2013