



MANASLU TREK

2021 TRIP NOTES





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Dates: Trip 1: April 2–18, 2021
Trip 2: September 10–26, 2021
Duration: 17 days
Departure: ex Kathmandu, Nepal
Price: US\$4,200 per person

▲ Trekking towards Manaslu Base Camp. Photo: Guy Cotter

The Manaslu Trek is possibly the best circuit trek in Nepal, offering a physical yet beautiful journey through an unspoilt region. The trail circumnavigates its namesake, Mount Manaslu, the highest peak in the region and the world's eighth highest mountain. We spend 14 days on the circuit, celebrated for its stunning scenery, variety of terrain and intriguing insight to the local inhabitants.

Because we at Adventure Consultants want your visit to the Manaslu region to be so much more than a trek, we have taken enormous pleasure in planning a journey that fuses all the best logistical and cultural components of an adventure to make this a truly memorable experience.

We have created a very workable program that allows time to look around the best attractions in Kathmandu before we embark on our journey to discover the highlights of the Manaslu region. On the trek, we will be supported by our friendly guides, who will take us on a fun-filled and informative journey, delivering many magical and memorable moments.

We operate this trek in both the pre-monsoon and post monsoon seasons, with the post monsoon season known for clear autumnal weather and the pre-monsoon for spring flowers. Our many years of Himalayan experience allow us to introduce you

to the best food, accommodation, destinations and experiences that are available.

OUTLINE OF THE TREK

This is primarily a lodge-based departure, where we stop each night at a locally run guesthouse. Here you will be able to enjoy the hospitality of the local families and enjoy wholesome hot meals featuring fresh local foods.

Firstly, we begin with a day in Kathmandu where there will be time set aside to visit the more interesting parts of this ancient and eclectic city, including its active temples and palaces and the bustling Thamel district with its menagerie of shops, restaurants and bars.

We then travel by coach from Kathmandu, through Gourka and on to the small village of Soti Khola, the staging point for our trek. We get onto the trail the

next morning, travelling at a relaxed pace through small villages with terraced fields of rice and corn that are farmed by Hindus.

The people we meet in the Manaslu region live very traditional lifestyles that have remained virtually unchanged over hundreds, if not thousands, of years. Each day we pass through many fascinating villages, and as we stop at a lodge for the night, we can enjoy our evenings meandering about, often meeting up with some of the locals. Frequently, it is these interactions that become the most enduring and pleasurable memories of the journey.

As we ascend, the trail sidles the Budhi Gandaki River to its source in the shadow of Mount Manaslu. The vegetation evolves to green river valleys and forested hillsides and here the valleys are inhabited by Sherpa people. Due to the high altitudes in these locations, the primary produce is restricted to potatoes, along with the raising of yaks for their wool and milk products.

We take a rest day at the town of Samagaon. Those who are enthusiastic for more exercise can undertake a 5-hour hike to Manaslu Base Camp—some rest day! But don't worry, if you would prefer something more sedentary, you may instead elect to visit the local gumpa (temple) to receive a blessing from the head

lama, or merely sleep in and then wander around the fields getting up close with baby yaks. Those visiting Manaslu Base Camp will see a small tent city established by the various expeditions that are there to climb this Himalayan giant. This side trip aids our acclimatisation to enable us to adjust to the high altitudes we'll encounter as we cross the Larke Pass (4,460m/14,600ft).

We set out early to hike to the top of the pass, where we are surrounded by the Himalayan giants with views galore! We then descend over reasonably steep terrain via the Dudh Khola and Marsyongdi River Valleys, at times through snow. Stout trekking footwear is required and gaiters will keep the snow from filling our boots. We have only four more days to enjoy the views as we all-too-quickly head towards the culmination of this unique journey. By this stage of the trip, everyone is fully immersed in the routine of the daily trek, which can become quite meditative as the trials and tribulations of our normal lives are forgotten and we live in the moment, enjoying the revelations that each corner of the trail brings.

While not considered a difficult trek, this journey would rate as a physical hike with one longer day during the crossing of the Larke Pass. It is suitable for adventurous people looking to enjoy beautiful mountains accentuated with an insight into the local people and their culture.



▲ Enjoy the camaraderie of trekking as a team. Photo: Dean Staples



▲ Spot wonderful birdlife, such as this Mrs Gould's sunbird. Photo: Guy Cotter



▲ Lush green landscapes give way to the mountains. Photo: Guy Cotter



▲ Trekkers pass under Mount Manaslu. Photo: Guy Cotter

Our staff are the most affable Western or Sherpa guides working hard to promise you the experience of a lifetime!

ITINERARY

Trip 1: April 2–18, 2021 (Pre-monsoon)
Trip 2: September 10–26, 2021 (Post monsoon)

Day 1	Arrive Kathmandu
Day 2	Kathmandu sightseeing, team briefing
Day 3	Drive to Soti Khola (730m/2,400ft)
Day 4	Trek to Khorlabesi (970m/3,180ft), 6–7hrs
Day 5	Trek to Jagat (1,370m/4,495ft), 5hrs
Day 6	Trek to Deng (1,540m/5,050ft), 9hrs
Day 7	Trek to Ghap (2,165m/7,100ft), 3hrs
Day 8	Trek to Lihi (2,840m/9,320ft), 6hrs
Day 9	Trek to Samagaon (3,525m/11,565ft), 3hrs
Day 10	Rest day, visit Gompa or trek to Manaslu Base Camp (4,800m/15,750ft), 7hrs
Day 11	Trek to Samdo (3,738m/12,265ft), 4hrs
Day 12	Trek to Dharamsala (4,460m/14,630ft), 4hrs
Day 13	Cross over Larke Pass (5,213m/17,103ft), trek to Bhimthang (3,590m/11,780ft), 8hrs
Day 14	Trek to Tilije (3,010m/9,875ft), 6hrs
Day 15	Trek to Dharapani 1963m (1.5hrs), Jeep to Besisahar (825m/2,705ft) (3–4hrs)

Day 16 Bus to Kathmandu

Day 17 Trip ends, depart from Kathmandu

TEAM SIZE

We will take a maximum of 12 trekkers with each departure, hence spaces are limited.

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions and treks. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised trek leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back-up.

Many of our expedition and trek members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven



▲ Traverse ancient trails from rural farmland through forest and into the mountains. Photo: Guy Cotter

experience. Others return because they know we do our very best to make expeditions and treks safe and successful.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Throughout the trek we will be staying and dining at lodges and tea houses. Please inform us if you have any special dietary requirements.

EQUIPMENT LIST

Trek members will be sent a list detailing all necessary clothing and equipment required for the trip.

MEDICAL INFORMATION

Trek members will be provided with pre-trip medical advice and a medical questionnaire. This information will be sighted only by the trek leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

Trek members will need to provide a digital passport photograph for trekking permits and a copy of their passport biodata page.

THE TREK FEE

The cost of the trek ex Kathmandu is US\$4,200.

This is an inclusive cost and covers the following:

- Kathmandu airport transfers
- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Transport and accommodation ex Kathmandu
- All group equipment for the trek
- Transport of 15kg of personal equipment
- All trek staff, including porter support
- Breakfast, lunch and dinner ex Kathmandu
- Purified water and all hot drinks (including good coffee) on the trek
- Back-up medical services

The trek fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts, alcohol
- Personal expenses such as laundry, battery charging, internet use and showers
- Entry visas for Nepal (suggest 30-day tourist visa for Nepal on arrival into Kathmandu)
- Personal clothing and equipment
- Excess baggage charges for the trek over 15kg
- Personal travel/trip cancellation insurance
- Any rescue costs or costs of early departure from the trek
- Gratuities to guides and Sherpa staff

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A deposit of US\$500 will secure a place on the trek.

BALANCE

The balance of payment is due 60 days prior to your trip start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A team member may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.



Enjoy contrasting landscapes. Photo: Guy Cotter



▲ A stupa in Samagaon. Photo: JB Chandesris



Experience a remote, untouched corner of Nepal. Photo: Guy Cotter



Trekkers approach high alpine settlement of Samagaon. Photo: Guy Cotter



The trail winds between small rural settlements. Photo: Guy Cotter

- For cancellations made within 60 days of the trip commencement date, we reserve the right to retain 50% of the full fee.
- For cancellations within 30 days of the departure date, a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join one of our Manaslu Treks please feel free to book using our online booking form at <https://www.adventureconsultants.com/treks/himalayan-treks/manaslu-trek/book-now> and return your completed application to us with a deposit for the trip.

CONTACT US

If you require more information please contact us at:

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Travel traditional rural trails deep into the Himalaya. Photo: Guy Cotter



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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