

MANASLU CIRCUIT TREK - 17 DAYS

Manaslu Circuit Trek takes you to a hidden region, located under the shadow of Manaslu, the spirit mountain...



Trip Level: Moderate/Difficult | Group Size: Min. 2-12 people | Min. Age: 12 | Altitude : 5165 m

Arrival on: Kathmandu, Nepal | Departure from: Kathmandu, Nepal

OVERVIEW

Manaslu Circuit Trek takes you off-the-beaten-path and lets you walk along a less crowded trail. Walk around the picturesque Budi Gandaki and Nubri Valleys and discover fascinating mountain cultures on the brink of extinction. Visit antiquated Buddhist Monasteries and learn more about Bon, an ancient Tibetan religion that predates Buddhism...

Manaslu Trek takes you to some of the remote and least visited corners of Nepal Himalaya. As this trail is frequented by only a handful of trekkers, it is less crowded than the popular trekking trails of Everest and

Annapurna. You begin your **Manaslu Circuit trek** from the lush and green Budi Gandaki Valley and climb up high to Nubri Valley. The Nubri Valley lies very close to Tibet, under the shadows of *Manaslu mountain* (8,163m), the eighth highest mountain in the world. Experience Nepal's cultural diversity. In the lower elevations, you will experience Nepalese Hindu culture, while at the higher reaches you discover Tibetan Buddhist and Bon culture. You will be trekking around [Gorkha district](#), an area which occupies a very important place in Nepal's history. Gorkha is the royal seat of the Shah rulers, a dynasty which ruled over Nepal for more than 200 years. The unification of Nepal was started by a Shah king from this mountainous region. The last monarch of Nepal also belonged to this dynasty.

WHERE DOES YOUR ADVENTURE KICK OFF AND END?

This **Manaslu Trek** starts from [Barpak](#), a small mountaintop village in Gorkha. The village was the epicenter of the earthquake that rocked Nepal in early 2015. A large village inhabited by Ghales, Gurungs, Sunars and Damais, Barpak was once the stronghold of the Ghale Kings. Tread past narrow pathways carved on cliff sides and share the trail with mule and yak caravans. Enter the Manaslu Conservation Area Project, a storehouse of rare Himalayan flora and fauna. Cross raging glacial rivers, waterfalls, traditional villages and pine forests. The trail takes you to the high altitude Bhotia settlements bordering Tibet. Untouched by modernity, people at these villages have been following the same practices and lifestyle followed by their ancestors. You follow the Himalayan salt-trail, an ancient trade route used by traders of Nepal, Tibet and India in the olden days. One of the highlights of this trek is the challenging crossing of Larkya La (5,160m), a high mountain pass. Your adventure ends with a short walk to Dharapani in Marshyangdi Valley. Once you have completed the final leg of your trek, you should congratulate yourself and be proud of your achievement. You have trekked across three Himalayan valleys - Budi Gandaki, Nubri and Marshyangdi valleys, in a matter of two weeks! Our experienced local guide will be guiding you throughout your trek.

SOME EXCITING ALTERNATIVES

If you have already completed this circuit and would like to do a similar trek, then we recommend trying out our Langtang Trek or the [Annapurna Circuit](#). While our Langtang Trek takes you along a secluded trail dotted with Tamang villages, the Annapurna Circuit lets you explore one of the oldest trekking trails in the Himalayas. Known as Nepal's classic trek, the Annapurna Circuit lets you experience Nepal's diverse culture and landscape.

Note:

HIGHLIGHTS

- Explore [UNESCO World Heritage Sites](#) in Kathmandu
- Trek under the shadows of Manaslu, the eighth highest peak in the world
- Off-the-beaten trail, less crowded than [Everest Base Camp](#) and Annapurna Circuit
- Experience diversity in culture and landscape
- Walk through a historic region – the erstwhile kingdoms of Gorkha and Ghale Kings
- Follow an ancient trade route along the Budi Gandaki Valley
- Visit remote Bhotia settlements untouched by modern civilization
- Challenging *crossing of Larkya La* (5,160m), a high mountain pass

Is this trip suitable for you?

- If you have done a **Himalayan trek** before and want to challenge yourself, this circuit is for you.
- The trek lasts for 13 days. Every day you spend around 4 to 6 hours on the trail.
- The route winds across a challenging terrain (cliff side gravel paths and stone staircases). Not for novices.
- Each day there will be an elevation gain of 300 to 500 metres.
- The trail is less crowded and filled with dramatic mountain views.
- The highest point reached during your trek is Larkya La at 5,160m, a high mountain pass that connects Budi Gandaki Valley with Marshyangdi Valley.
- You stop at local mountain lodges or teahouses for food and accommodation. These teahouses offer basic lodging and meals.

MEALS

Planning a vacation calls for many decisions. One of the easiest ways to travel is to book with a travel company and let the experts take care of the planning and logistics. But some travelers want the freedom to explore options that packaged tours rarely offer. Taking into account the needs of an average traveler, ***we have designed two packages - Standard and Deluxe.*** A **Standard Package** offers a combination of services at a lower price and freedom to do certain things your own way (for instance, choosing your own accommodation in the city). Choose a **Deluxe Package**, if you want to take the stress out of planning your trip. After booking a **Deluxe Package**, you can rest easy knowing that the experts are there to plan your holiday. If you have zeroed in on your destination, all you have to do is select the package that suits your travel style and book your trip!

BEST TIMES

The best seasons to complete the **Manaslu Circuit** are Spring (March to May) and Autumn (late September to November). Trekking in Spring will have you walking along valleys filled with wildflowers and rhododendron blooms, while an autumn trek offers clear skies and stunning mountain vistas. Nights can be extremely cold. Above 4,000 meters, you can expect nighttime temperatures to drop as low as -10 degrees.

ACCOMMODATIONS

Accommodation for 13 nights in the mountain is included in this package. While trekking you stop for the night at local teahouses run by local families. Please remember you will be traveling across a region that is remote and far removed from the trappings of modern civilization. The teahouses along the trail only offer food and basic accommodation. It would be unrealistic on your part to expect amenities like that of city hotels at these rustic mountain lodges.

Accommodation in Kathmandu is not included in this package. In case you want us to book rooms for you, please do send us a request. If you want to stay at a 3 star hotels we recommend the comfortable and cosy Oasis Kathmandu Hotel. The hotel is located in Thamel, a popular tourist hub, and offers free wi-fi, comfortable air conditioned rooms with en suite bathrooms, restaurant, coffee shop and a bar. Accommodation is on a twin-sharing basis. If you are traveling solo, then you will have to share the room with a

fellow traveler (of the same gender). If you need a single room, you will have to book it at an extra cost. Please choose the 'single supplement' option at the time of booking. While trekking, you will have to share the room with other group members as the teahouses don't offer single rooms.

Meals: We offer complimentary farewell dinner. No other meals are included in the package. Kathmandu has a range of restaurants serving food from all over the globe. You can check out TripAdvisor to find a restaurant of your choice or ask us. We will be more than happy to offer our suggestions. While trekking you will be stopping for meals at local teahouses. Items on the menu include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

ITINERARY

1: ARRIVAL IN KATHMANDU (1,400M/4,593FT)

As you fly into Kathmandu, you will be presented with mesmerizing views of soaring mountains and gentle rolling hills. The city of Kathmandu lies in a deep valley surrounded by a ring of green hills. Once your plane lands at the airport make your way to the terminal and meet our representative. He will be there holding a placard bearing our company's or your name. He will drive you to your hotel and help you check in. In the evening there will be a trip briefing where you will be briefed about the route you will take, the condition of the trail and the important things that you need to keep in mind while trekking. Meet your guide and other team members. After the briefing, there will be a final check of your gear and equipment. If you have missed out on any of the items on the list you can hire or buy from a local shop. There are many shops in Thamel renting and selling trekking gear and equipment. *Overnight in Kathmandu.*

Meal Included : | N/A

2: KATHMANDU SIGHTSEEING (CITY TOUR)

Discover some of Kathmandu's well known [UNESCO World Heritage Sites](#). Head to Boudhanath Stupa, an important Buddhist pilgrimage site and centre of Tibetan Buddhism. This white domed stupa dates back to the 14th century. At the base of the stupa is a giant mandala, a Buddhist representation of the cosmos. The top has a square tower bearing the all-seeing eyes of the Buddha and a golden pyramid with thirteen steps, representing the ladder to enlightenment. Locals believe that the remains of the Kasyapa Buddha (a previous incarnation of Lord Buddha) is buried beneath this stupa. A large Tibetan community lives around this historic stupa.

Next, head to Pashupatinath Temple, one of the most sacred sites for the Hindus. Dedicated to Lord Shiva, this pagoda-roofed temple was built in the 5th century. Lying on the banks of the sacred river Bagmati, Hindus bring their dead to the *ghat* of this temple for cremation. As non-Hindus are not allowed to enter the temple, you can view the temple from the eastern bank of the river. It lies directly across 'Arya Ghat', the Hindu cremation site.

Drive to Kathmandu Durbar Square, one of the three medieval palace squares in Kathmandu valley. The square houses several temples and palaces built by Malla and Shah rulers. Though some of the structures were damaged during the 2015 earthquake, there are many still standing that will interest you. Kumari Bahal (House of the Living Goddess), Taleju Temple, the statue of Kal Bhairav and the beautiful courtyards filled with artistic woodwork and stone sculptures are some of the cultural and historical treasures dotting this ancient palace

complex.

End your sightseeing tour with a hike up to the hill-top shrine of Swoyambhunath. Sacred to both Hindus and Buddhists, the compassionate eyes of the Buddha look out over the valley from the stupa's tower. According to local legend Swoyambhunath was built by a Bodhisattva, Manjushri, after draining the lake that once covered Kathmandu Valley. Enjoy a 360 degree of the city from the temple grounds. Later return to your hotel and have an early night. Overnight in Kathmandu.

Meal Included : | Breakfast | Dinner

3: DRIVE TO BARPAK (1,915M/6,283FT)

Leaving Kathmandu Valley you take a long drive to Barpak in Gorkha district. As your vehicle leaves the city, the road dips down and follows a serpentine trail. Enjoy delightful views of rural settlements, rolling hills and snow-capped peaks stretching in the horizon. Your journey takes you to Gorkha District, an area that occupies an important place in Nepalese history. The unification of modern Nepal began from this mountainous region when Prithvi Narayan Shah, a Gorkha King began his campaign from the hills of Gorkha. The Shah dynasty ruled over Nepal for more than 200 years. The last monarch of Nepal belonged to this dynasty. The vehicle weaves through Barah Kilo, a bustling bazaar area. From here it takes around 4 hours to reach Barpak village. Another historic village, Barpak was the stronghold of the Ghale kings who controlled the trade route that weaved through the Buri Gandaki valley. In the olden days many travellers and traders traveled to Tibet via the Buri Gandaki valley.

Inhabited by Ghales, Gurungs, Chettris, Brahmins, Pariyars and Damais, Barpak is one of the largest village in Gorkha district. This hillside village was the epicenter of the deadly earthquake that rocked Nepal on 25th April 2015. After the earthquake, out of 1,200 homes only four buildings were left standing. Hundreds of villagers lost their lives. The survivors are trying their best to rebuild their lives. Your stay at this village will help revive local economy. You will be staying at a lodge run by a local. *Overnight in Barpak.*

Meal Included : | Breakfast | Lunch | Dinner

4: TREK TO LAPRAK (2,100M/6,890FT)

We leave the village of Barpak and head towards Laprak, a Gurung village. The trail goes uphill through a rhododendron forest. Follow a gentle ascent to Bhoshu Khang(2800m), from where you enjoy panoramic views of snow-capped Ganesh Himal and Buddha Himal. After reaching Bhoshu Khang we follow a downward trail to Laprak Village. En route we walk past Gupsi Danda , a new settlement built to shelter survivors of the earthquake. A Gurung settlement, Laprak village was nearly destroyed by the deadly 2015 earthquake. New buildings have cropped up and there are few local lodges offering food and accommodation to travellers stopping at Laprak. The stunning summit of **Manaslu mountain** is visible from this village. *Overnight in Laprak.*

Meal Included : | Breakfast | Lunch | Dinner

5: TREK TO KHORLA BESI (970M/3,182FT) WALKING DISTANCE: 6-7 HOURS TREK

From Laprak you take a gradual descent and then you climb up. The trail weaves past Sing La village. En route you are presented with picturesque Himalayan views. Take a breather and enjoy the breathtaking sights of the soaring snow-capped peaks and distant villages nestled on the side of the mountains. Our destination for today is Khorla Besi and we stop once we reach the village. Overnight in Khorla Besi.

Meal Included : | Breakfast | Lunch | Dinner

6: TREK TO JAGAT (1,340M/4,396FT)

Today we cover a challenging section of the trail. We follow a pathway carved on the side of rocky cliffs and huge boulders. The path lies right above the Budi Gandaki river. On one side is a rocky wall while on the other is a precipitous drop, right down to the river. Do remember to walk on the side of the wall as mules taking this path tend to push aside anything that comes on their way. After hiking for a while we arrive at Tatopani, a hot spring that's quite popular among the locals. Cross a suspension river across the Budi Gandaki. You walk through a narrow valley flanked by steep mountainsides to Jagat. A green signboard announces you that you are now entering the Manaslu Conservation Area Project (MCAP). The Manaslu Conservation Area Project covers an area of 1,663 square kilometers and is home to a rich ecosystem made up of mountains, glaciers, water bodies and rare Himalayan flora and fauna. The area is home to snow leopards, Himalayan Thars, different species of butterflies and birds and Himalayan herbs. After walking a bit further you arrive at a local teahouse, where you stop for the night. Overnight in Jagat.

Meal Included : | Breakfast | Lunch | Dinner

7: TREK TO DANG (1865M/6,102FT) VIA PHILLIM (1,570M/5,151FT)

Enjoy dramatic views of Sringri Himal as you continue walking on a scenic trail. Take an upward ascent and cross a bridge. Walk uphill till you reach the settlement of Phillim. Stop for lunch at this charming village. From here you can enjoy scenic views of neighboring villages situated on mountain-tops or cliff sides. The picturesque villages are surrounded by farms and fields. Continue trekking along a trail filled with pine and rhododendron trees. After crossing a bamboo forest and a small river (Dang Khola) you arrive at the settlement of Dang. *Overnight in Dang.*

Meal Included : | Breakfast | Lunch | Dinner

8: TREK TO PROK (2,397M/7,864FT)

From Dang we trek to Prok. Lying at an elevation of 2397m this village is situated on a ridge. Rarely visited by outsiders the village of Prok is inhabited by Bhotias, an indigenous mountain community who are culturally closer to Tibetan Buddhists than to Nepalese Hindus. Life at this village and other villages in the upper reaches moves at a slow pace. The people, living in this high reaches have been following the same practices and traditions followed by their forefathers. Once you reach the village, head to a local teahouse. After a brief rest explore the village, interact with the locals and take pictures. *Overnight in Prok.*

Meal Included : | Breakfast | Lunch | Dinner

9: TREK TO LHO (3,180M/10,433FT)

You begin the day's trek by taking a downhill trail to Ghap. Walk through a verdant forest filled with conifer, pine and juniper trees. Cross two bridges before climbing up to Namrung. From there take the path that leads to Barcham, a settlement with rolling green fields. The trail runs past a *mani* wall and the ancient villages of Lihi and Sho. Mud chortens dot the landscape. You are walking in the Nubri Valley, one of the most isolated areas in Nepal. Only a handful of trekkers walk past this trail each year. Savour the solitude and revel in the spell binding mountain views. After an uphill ascent you arrive at the large village of Lho. The large Ribum Gompa, a Buddhist monastery dominates the village landscape. You rest for the night at this village. Do not forget to enjoy the mesmerizing views of Manaslu, Himalchuli, Saula Himal and Dwijen Himal at sunset from one of the popular vantage points. *Overnight in Lho.*

Meal Included : | Breakfast | Lunch | Dinner

10: TREK TO SAMA GAON (3,520M/11,549FT)

Leave the village of Lho and make your way to Sama Gaon. Walk past a forest and climb steadily till you reach Shyala. Go through a traditional Buddhist gate(*kani*) and enter the village. Savour close up views of Manaslu and other Himalayan peaks. Continue your hike up to Sama Gaon. As you climb up the 3000 metre mark you can feel the altitude and find it a bit difficult to breathe. The valley opens and you finally reach the charming village of Sama Gaon. Filled with flat-roofed stone houses and villagers dressed in long *chubas* (traditional attire), Sama Gaon offers an insight into the fascinating lifestyle and culture of the high Himalayan people. The village has one of the oldest monasteries in the Nubri Valley. *Overnight in Sama Gaon.*

Meal Included : | Breakfast | Lunch | Dinner

11: ACCLIMATIZATION DAY IN SAMA GAON

Explore the village and interact with the villagers. Take an acclimatization walk to Punggen Monastery. Situated very close to Manaslu, you can enjoy 360-degree views of this glorious peak, Hiunchuli and Nadi Chuli. If you want something challenging you can hike up to the Manaslu Base Camp. The whole journey takes around 8 hours (5 hours hike to Manaslu Base Camp and 3 hours return trek) and is filled with spectacular views of tumbling glaciers, icefall, Birendra Tal(a mountain lake) and the Nubri Valley surrounded by snow covered peaks. En route you cross the serene Birendra Tal, a turquoise lake fed by the waters of the Manaslu glacier. If you make the hike during climbing season, you will find the whole base camp area covered with colourful tents of expedition groups. *Overnight in Sama Gaon.*

Meal Included : | Breakfast | Lunch | Dinner

12: TREK TO SAMADO (3,875M/12,713FT)

From Sama Gaon you trek to Samado. Take the path to Khermo Kharka (lined with mani walls), where the trail divides. Take the one that leads to Samado (the other leads to Manaslu Base Camp). You walk past the Manaslu Glacier and hike up through a forest filled with birch, rhododendron and juniper trees. Take an upward ascent till you reach the village of Samdo. Situated very close to Tibet, many of the villagers living here have migrated from Tibet. This village is the last permanent settlement before the crossing of Larkya La. The ancient trade route to Tibet went through this ancient village. Some of the trails from this village lead directly of Tibet. In the summer months trading fairs are held a few miles from the village. Traders from Tibet bring their wares to sell at these fairs. Dotted with flat-roofed stone houses, yaks, chortens, prayer flags and mani walls, Samdo feels very much like a Tibetan settlement. *Overnight in Samdo.*

Meal Included : | Breakfast | Lunch | Dinner

13: TREK FROM SAMADO (3,875M/12,713FT) TO DHARAMSALA (4,460M/14,633FT) VIA LARKYA BASE CAMP

Take the trail leading to Larkya Phedi or Larkya Base Camp. Today's walk offers some of the best mountain views in this circuit. You walk very close to the mountains and you can see the massive walls of these Himalayan peaks rising right above you. It is a humbling experience as you stand dwarfed by the gigantic mountains towering right above you. The dramatic landscape simply leaves you awe-struck. You stop at Dharamsala, a settlement with few houses. Have an early night as you will be crossing the Larkya La, a high mountain pass and the highest point of your trek at 5165m, tomorrow. *Overnight in Dharamsala.*

Meal Included : | Breakfast | Lunch | Dinner

14: TREK TO BIMTANG (3,590M/11,778FT) VIA LARKYA LA (5,165M/16,929FT)

Rise up at the crack of dawn and get an early start. An uphill ascent brings you to the north side of the Larkya glacier from where you can enjoy enthralling views of Larkya Peak and Cho Danda. Today's walk is quite tough and challenging as you make a crossing of the Larkya La. Take each step carefully as you walk past the treacherous moraines of the glacier. From Larkya La you can savour impressive views of Cheo Himal, Himlung Himal, Kangaru, Gyaji Himal and Annapurna II. Take a steep descent to Bimtang while enjoying the view of Manaslu's forked summit. Some part of the trail may be icy and you may need to wear crampons. Once you reach the village head to a teahouse and take rest. It has been a tough climb and you need time to get recharged. *Overnight in Bimthang.*

Meal Included : | Breakfast | Lunch | Dinner

15: TREK TO TILJIJE (2,300M/7,546FT)

The trail weaves downwards past green meadows and pine forests. It descends to Hampuk and follows the downward descent to Dudh Khola. Walk past the settlements of Karche and Gho. Walking down the west bank of the river, you finally reach the Gurung village of Tilije. The village is popular for its Apple Brandy.

Overnight in Tilije.

Meal Included : | Breakfast | Lunch | Dinner

16: TREK TO DHARAPANI (1,930M/6,440FT) DRIVE TO KATHMANDU

From Tilije it's a short walk to Dharapani. Dharapani lies in the Marshyangdi Valley and here you will come across several trekkers taking the Annapurna trail. This is a charming settlement set amidst mountains covered with pine trees. There are plenty of lodges and eateries catering to hordes of trekkers trekking along the Manaslu and Annapurna Circuits. From here you board a vehicle and take a drive to Kathmandu via Besisahar. The drive offers picturesque sights of green hills and rural farmsteads. Once you arrive in Kathmandu, check into your hotel and take rest. In the evening, attend a farewell dinner (complimentary) at an authentic Nepalese restaurant to celebrate the completion of your trek. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Lunch | Dinner

17: DEPART KATHMANDU

Our representative will drive you to the airport well on time to catch your homeward-bound flight. If you wish to explore more of Nepal or the neighbouring Himalayan destinations of Bhutan and Tibet, do let us know. We have a range of products offering you a wonderful travel experience.

Meal Included : | Breakfast

Note on itinerary

WHAT'S INCLUDED

PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- Teahouse accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- National Park Entry Fee, TIMS and Trekking permit.
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- All Local and Government taxes, administrative charges
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.

- Transfers from Kathmandu to Barpak and Dharapani to Kathmandu by Private Jeep
- Special Permit, Entry fee for trekking in MCAP (Manaslu Conservation Area Project.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Luxurious accommodation at a 4 star hotel in Kathmandu and 5 star hotel in Pokhara
- Clean and comfortable tea-house accommodation during the trek
- Professional English-speaking tour guide with government license.
- Monument entrance fees.
- Third Rock Adventures' T-shirt and map

PRICE EXCLUDES

- Travel and medical insurance.
- Nepal Visa fee.
- International flights
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- All Meals (except farewell dinner)
- Extra night accommodation in case of early arrival or late departure.
- Accommodation in Kathmandu & Pokhara.
- Lunch and dinner in Kathmandu and Pokhara
- Excess baggage fee.

Note :

ADDITIONAL INFORMATION

Passport & Visa for Nepal

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5" * 1.5") will be required and the following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

Lukla Weather Condition -Nepal [Everest]

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.
- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that

suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).

- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

Climate in Nepal

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

Banking and Forex in Nepal

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's (you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

Custom Formalities-Nepal

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

Emergency Contact Information

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

Safety and Security - Nepal

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help

visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

Electricity - Nepal

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar polar.

Vaccinations - Nepal

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure. Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

Baggage - Nepal (Porter and Domestic Flight)

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

Physical Condition & Experience

Walking in higher altitudes is always more physically demanding than walking in the lower reaches. If you are in good health; have average physical fitness, positive attitude, self-confidence and strong determination, you can definitely complete the trek successfully. We would recommend exercising and jogging regularly for some weeks prior to the trip. This will help you enhance your strength and stability. Past [trekking and hiking](#) experience would be an asset but no technical skills are required for this trip. Participants who have pre-existing medical conditions such as heart, lung and blood diseases are required to consult their doctor before participating in this trip. We also advise you to inform **Third Rock Adventures** if you have any medical condition before booking the trek.

Altitude Sickness & Acclimatization

At higher altitudes (2000 metres and above) the air gets thin and the oxygen level decreases. To let the body get used to thin air one should acclimatize properly before going higher. Going too high too fast will result in acute mountain sickness or AMS. The symptoms include difficulty in breathing, nausea, headache, dizziness, irregular heartbeat, vomiting etc. If left untreated it will affect the brain (known as HACE or High Altitude cerebral Oedema (swelling of the brain)) and the lungs (HAPE or High Altitude Pulmonary Oedema(fluid in the lungs))

and will result in death within an hour or two.

All our itineraries allow sufficient time for acclimatization. One or two rest days have been assigned at lower elevations before you venture into the higher reaches (3500 to 4000 metres and above). This will give your body enough time to get used to rarefied air. Additionally our guides carry a first aid kit with medicines like diamox (a pill that prevents and reduces the symptoms of altitude sickness) and antibiotics. On the trail, keep yourself hydrated by drinking lots of fluids as dehydration doubles the risk of AMS. To be on the safe side we advise you to consult your physician before booking a trek.

Equipments & Packing List - Nepal Trekking

The list give below is a guideline to help you pack for your adventure. We also want you to understand that the items listed below will vary according to season and the trek duration. The weight limit for your luggage is 33 pounds or 15 kg. Your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We would also suggest you to pack only what is important.

Important documents and items

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, very useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves or lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner

(seasonal)

Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts and 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers/ waterproof shell pants, breathable fabric.

Feet

- 2 pairs of thin, lightweight inner socks and 2 pairs of heavy poly or wool socks and cotton socks(optional)
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, “broken in”)
- 1 pair of trainers or running shoes and/or sandals
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)*
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches

- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

Group Size

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

Guide, Trek Leader & Support Staff

The trekking group is led by a [professional trek leader](#). He is a licensed trekking guide with years of experience guiding trekking groups in the mountains. He is a local and has in-depth knowledge of the region you will be trekking to. Assistant guides and Sherpa crew assist the trek leader.

Arrival & Departure (Kathmandu)

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

Travel Insurance for Nepal

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

FREQUENTLY ASKED QUESTIONS

- What permits are needed for this trek?

The permits required are:

1. Manaslu Restricted Area Permit
2. Manaslu Conservation Area Permit
3. Annapurna Conservation Area Permit

- Are permits included in the trip price?

Yes, the necessary permits are included in the trip price.

- Where can I store my extra luggage while trekking?

You can store it at your hotel (most hotels in Kathmandu have storage facilities) or you can leave it at our office.

- When is the trail most busy?

According to data collected by the Ministry of Tourism, October is seen as the busiest month. Spring and Autumn are the most favorable seasons to do this trek. The mountain views are stunning and you can see Manaslu, the eighth highest peak in the world, in all its glory. Trekkers generally keep off this circuit

during December, January and February, due to extreme cold and heavy snowfall.

TERMS & CONDITIONS AGREEMENT

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

1. THE BOOKING CONTRACT:

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

2. BOOKING A TRIP:

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

Deposit Payment:

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

Final Payment:

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

Lifetime Deposit

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

4. PAYMENT METHODS:

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

Prices:

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

5. CANCELLATION BY THE CLIENT:

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable. The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

CANCELLATION BY THE CLIENT DURING AN EMERGENCY

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

6. CANCELLATION OF A TOUR BY THE COMPANY:

- The company reserves the right to cancel any trip you booked unless guaranteed to run.

- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

8. TRAVEL INSURANCE:

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

10. TRIP AMENDMENT:

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

11. VISA & PASSPORT:

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

12. INJURIES AND EVACUATION:

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance.

Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

13. SERVICES MISSED OR UNUSED:

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

14. UPDATING OF TERMS AND CONDITIONS:

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and conditions will always be found on the website www.thirdrockadventures.com and will be the terms referred to in any dispute.