

MANASLU TREK



ITINERARY / INCLUSIONS / EXCLUSIONS

Day 01

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel. Briefed on the process for the trip.

Day 02

Kathmandu

Full day sightseeing tour of Kathmandu Valley and pre-trip preparation.

Day 03

Kathmandu to Arughat (640m) 8 hour drive.

Day 04

Arughat to Soti Khola (775m) 6 hour trek.

Day 05

Soti Khola to Machha Khola (900m) 6 hour trek.

Day 06

Machha Khola to Jagat (1340m) 6 hour trek.

Day 07

Jagat to Ngyak (2310m) 6 hour trek.

Day 08

Ngyak to Ghap (2100m) 6 hour trek.

Day 09

Ghap to Lho (3200m) 6 hour trek.

Day 10

Llo to Samagompa (3500m) 6 hour trek.



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Day 11

Samagompa to Stone Hutt (4500m) 5 hour trek.

Day 12

Stone Hutt – Exploration Day.

Day 13

Stone Hutt - cross Larkya La Pass (5215m) – trek to Bhimphedi (3590m) 8 hour trek.

Day 14

Bhimphedi to Tilje (3900) 5 hour trek.

Day 15

Tilje to Tal (1725m) 5 hour trek.

Day 16

Tal to Chamje and Dry to Besisahar (1300m) 4 hour trek.

Day 17

Besishahar to Kathmandu 7 hour drive.

Day 18

Kathmandu – Final day of the trek package is a free day for you to explore, shop, rest before your departure from Nepal.



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Cost Includes

- ✓ Airport – Hotel – Airport pick up & dropoff.
- ✓ Two nights standard accommodation in 2-3 star hotel in Kathmandu's tourist centre.
- ✓ Transport from/to Kathmandu to Arughat / Dharapani – Besishahar – Kathmandu - by bus or jeep.
- ✓ All breakfast, lunch and dinner during the trek, including during car or bus travel.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ Manaslu Trekking Map.
- ✓ Manaslu Special Permit and Conservation Area Permit.
- ✓ Annapurna Conservation Area Permit.
- ✓ All other necessary Government required paperwork and National Park Entry Permits and TIMS Card, Taxes and Vat.
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment's, transportation, local tax, during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ Travel & Rescue arrangement.
- ✓ If necessary or you require, we will provide sleeping bag, down jackets, duffle bag

Cost Includes

- * All meals in Kathmandu, other than breakfast, lunch & dinner during the trek.
- * All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- * Your Travel Insurance.
- * International airfares to and from Kathmandu.
- * Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- * Personal shopping, laundry, etc.
- * Personal trekking equipment.
- * Tips for trekking staff and driver. (Tipping is expected, but not mandatory).
- * All other tour, sightseeing and other activities outside of the main trek.



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