

MANASLU TREK



Far less crowded than its more well known peers Everest Base Camp and Annapurna Circuit. The word is getting out about Manaslu, but there are still about 10 times fewer trekkers on the Manaslu Trail

Wild and remote, yet there are teahouses at every day stage, so trekkers don't need to bring tents and food, making it more accessible and affordable than similar treks

Trail follows the Buri Gandaki, a deep, long river gorge, with many suspension bridge crossings

The deep gorges with spectacular trails connected by bridges, snow covered pass, a rich biodiversity providing shelter to many species of plants and animals.



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Manaslu trek trip. Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, or kayaking Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

MANASLU TREK

WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

TRIP FACTS

Activities: Trekking

Trip duration: 18 days

Grade: Demanding which means

1) Suitability: a good choice for regular hill walkers, high level of fitness required.

2) Walking times: average 6 to 8 hours walking per day (with several longer days up to 12 hours) for up to 14 days with some rest days included.

3) Altitude: up to 5,500m.

4) Terrain: for some of the time following well-travelled trails although also likely to encounter rough and rocky sections. There may be significant amount of ascent and descent.

5) Remoteness: often in more remote areas and normally a longer distance from nearest road and facilities available in a city.

MANASLU TREK

TRIP INTRODUCTION

The Manaslu Circuit Trek is rapidly increasing in popularity, since lodges were built here in 2010, making this epic trek more accessible. The trek features all the great aspects classic treks in Nepal have to offer, from trekking along a deep river gorge with spectacular trails and bridges, to the challenging crossing of the snow-covered Larkya La pass at over 5,100 meters / 17,000 feet with the view of the world's eighth highest mountain Manaslu (8163m).

The Manaslu Trekking trail encompasses the Annapurna and Manaslu conservation areas, Budhi Gandaki and Marsyangdi valley, Indo-Aryan and Tibetan-influenced habitations and Annapurna and Manaslu circuit trails, making it one of the most fulfilling remote treks in Nepal.

The trail follows the ancient salt-trade-route of Tibet along the Budhi Gandaki River, through the subtropical jungle at lower elevation and the Himalayan foothills to the high, freezing and demanding Larkya La Pass above 5000m.

This route receives a less number of trekkers compared to the other trekking in Nepal; thus, making it the best trekking route for trekkers looking to avoid the traffic that is normally found in the Everest and Annapurna route.

TRIP ITINERARY

Day 01: Arrive in Kathmandu – the capital city of Nepal
Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program. Overnight in Kathmandu.
Meal included: Dinner

MANASLU TREK

Day 2: Kathmandu valley sightseeing and trek preparation
The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swyambhunath and Boudhanath (a Buddhist shrine dedicated to Lord Buddha – the Light of Asia).

After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

Day 03: Drive from Kathmandu to Sotikhola (710m/2328 ft) 8 – 9 hours

We set off early today for Sotikhola. During the drive, we enjoy views of the Nepalese countryside along with the mountain sceneries. We will be driving on a paved road from Kathmandu to Dhading Bensi, district headquarter of Dhading (1050m) but the drive from Dhading Bensi to Arughat will be on a rough road. Upon reaching Arughat, a major town in the region we drive further towards Sotikhola. Overnight in Soti Khola.

Meals included: Breakfast, Lunch & Dinner

Day 04: Soti Khola – Maccha Khola (900m/2952 ft): 6 – 7 hours

At the crossing of the bridge, we trek through the beautiful Sal forests, then climb onto a ridge above huge rapids on the Budhi Gandaki. We then reach Khursane upon which the rocky trail weaves its way up and down, past two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff. It eventually makes its way down and past a few rice terraces, then up and around to the Gurung village of Labubesi. We further climb behind a rocky outcrop, where the valley opens up and the Budhi Gandaki meanders among wide gravel bars. Dropping to

MANASLU TREK

the sandy river bed, we walk along rounded stones before climbing over a side ridge. We head down again to the river and cross another suspension bridge to reach Machha Khola village. Overnight in Machha Khola.

Meals included: Breakfast, Lunch & Dinner

Day 05: Maccha Khola -Jagat (1410m/4625 ft): 6 – 7 hrs

The narrow trail makes some minor ups and downs and eventually crosses the Tharo Khola and reaching Khorlabesi. After a few more ascends and descends we come across a small Hotspring in Tatopani. From the hot spring, we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. At this juncture, we climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. Upon 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. Crossing the west bank of the Budhi Gandaki, we climb over a ridge, trek along the river and then climb towards the village of Jagat. Overnight in Jagat.

Meals included: Breakfast, Lunch & Dinner

Day 06: Jagat – Deng (1,804m/5917 ft): 6 – 7 hrs

We begin today's trek by climbing over a rocky ridge to Salleri, and then descend to Sirdibas. The valley widens a bit as the trail continues up to Ghatta Khola. We further continue walking upstream to a long suspension bridge in Philim, a large Gurung village. The trail turns north just above the lowest house in the village and stays on a fairly level trail as it crosses millet fields to Ekle Bhatti. The route now enters a steep, uninhabited gorge. At this point, we descend to the grassy land slopes, cross the Budhi Gandaki, then trek along the west bank for a while, then cross to the east bank and then back again. As we continue through the trail the valley widens and we pass through bamboo forests to the Deng Khola. Upon crossing the Khola, we reach the tiny village of Deng. Overnight in Deng.

Meals included: Breakfast, Lunch & Dinner

MANASLU TREK

Day 07: Deng – Namrung (2630m/8626ft): 6 – 7 hrs

After a brief walk beyond Deng, we cross the Budhi Gandaki and climb to Rana at 1910m. From the bridge, we climb a bit to join a trail from Bhi, then head west up the Budhi Gandaki valley. The trail also passes through forests and mani where we turn towards a corner that contours to Ghap. Even though there is another route, we take the route through Prok village. Prok village has a viewpoint for a beautiful sight of Siringi Himal. We further cross the Budi Gandaki several times today and come across several gompas en route. The trail follows the river upstream through a dense forest. After crossing the river at an impressive spot where it thunders down a narrow gorge, the forest becomes less dense and the trail is fine again. The pleasant walk continues and after a last steep climb we reach Namrung. Overnight in Namrung.

Meals included: Breakfast, Lunch & Dinner

Day 08: Namrung – Samagaon (3530m/11,578 ft): 6-7 hours
Namrung village is a good viewpoint for Siring and Ganesh Himal and from the village one can also see Mt. Himal Chuli in the south. We climb steadily and pass through forests and reach Lihi, a fine village with many chortens and barley terraces. The trail drops and crosses the side valley of Simnang Himal with Ganesh Himal always close by. We further pass through Sho, Lho and Shyala villages before reaching Sama Village. We enjoy extraordinary views of Mt. Manasly from Lho village and also explore the famous Ribung Gompa. In Shyala village we will be surrounded by high mountains like Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Manaslu and large glaciers straight ahead, and other snow summits to the right, and at the far end stands Ganesh Himal. Today's journey ends in Samagaon where we spend the night.

Meals included: Breakfast, Lunch & Dinner

Day 09: Samagaon – Pungyen gompa – Samagaon: 6 – 7 hours exploration.

MANASLU TREK

We spend the day at Samagaon both for rest and acclimatization. Today, we get acquainted with the rich Sherpa culture. We enjoy the sight of thousands of mani stones with Buddhist texts and pictures and the Sherpa women clad in traditional clothes and ornaments. On a little hill near the Sama village is an old Gompa (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 later they met with a lot of resistance that they had to give up their attempt. They were finally successful in 1959. Overnight in Samagaon. Meals included: Breakfast, Lunch & Dinner

Day 10: Samagaon – Samdo (3860m/12,660 ft): 4 – 5 hours
Today, we descend to the Budhi Gandaki River, that has turned north and follow it to a bridge over a side stream. The trail to the left leads to the Manaslu Base camp. The Larkya la Trail passes several mani walls as the valley begins to widen. It is an easy trail on a shelf above the river passing the juniper and birch forests of Kermo Kharka. We drop off the shelf, cross the Budhi Gandaki on a wooden bridge and climb steeply onto a promontory between two forks of the river. From a stone arch we can view a large white kani. Finally passing through the kani we find Samdo. Overnight in Samdo. Meals included: Breakfast, Lunch & Dinner

Day 11: Acclimatize day – Samdo
This is another day set aside for proper acclimatization. There are two options for us today. The option that we highly recommend is a hike, up the valley directly at the back of the Samdo village. This hike will take us to one of the trade passes to Tibet for excellent views of Mt. Manaslu along with other Himalayan ranges including Simrang, Hiunchuli, Ngadi, Larkye Peak, Cheo and possibly Kang Guru behind the pass. En route to these viewpoints we pass many seasonal herding settlements

MANASLU TREK

called doksas and sight some beautiful mountain birds like the Lophophorus (the national bird of Nepal), Lammergeyer and Himalayan Griffin soaring high above us. Another option for today could be a trip to the Gya La ('large pass') to the north of Samdo, a more frequently used trading route to Tibet. But, this is a rather longer hike (whole day) and hence could be a little tiring. Overnight in Samdo.

Meals included: Breakfast, Lunch & Dinner

Day 12: Samdo – Dharamsala/Larkya B. C. (4460m/14, 628 ft): 4 – 5 hours

Even today, we continue our walk down the edge, cross the wooden bridge over Budi Gandaki and begin walking upward. Upon crossing two streams and witnessing the Larkya Glacier we go around the valley of the Salka Khola and climb up again to the stone guest house (4450 m), which is not a lodge but a kind of shelter called Dharmshala, also known as Larke Phedi. The short walk today also leaves plenty of time for acclimatization and relaxing in the afternoon. Overnight in Dharmashala.

Meals included: Breakfast, Lunch & Dinner

Day 13: Dharamsala – Larkya la (5160m/16, 924 ft) – Bimthang (3720m/12, 201 ft): 8 – 9 hours

After a short climb, we reach a valley on the north side of the Larkya Glaciers from where we can enjoy great views of Cho Danda and Larkya Peak. Finally, we walk across moraines of the glacier, making a gradual ascent which becomes steeper only in the last section of the pass. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru and the huge Annapurna II. It is a longer day than usual to Bimthang, but to walk into these low pastures with the evening mist coming in with Mt. Manaslu looming close by is an overwhelming experience. Overnight in Bimthang.

Meals included: Breakfast, Lunch & Dinner

Day 14: Bimthang – Tilije (2300m/7544 ft): 5 – 6 hours

MANASLU TREK

From a ridge at Bimthang, we can enjoy great views of Mt. Manaslu, Lamjung Himal, Himlung Himal and Cheo Himal. We descend further and cross a high pasture (Sangure Kharka) followed by a bridge over Dudh Khola. We walk through rhododendron forest and follow a trail through a narrow valley until we reach the highest cultivated land of the valley at Karche, 2785 meters. We pass 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. Due to yesterday's tiredness we might take an overnight rest at Gho but better lodges are available at Tilije, so Himalayan Glacier recommends we stay at Tilije. Overnight in Tilije Village.

Meals included: Breakfast, Lunch & Dinner

Day 15: Tilije – Tal (1700m/5576 ft): 5 – 6 hours

We climb over a small ridge and enjoy the stone paved trail as it passes through a beautiful village. We then cross the bridge over Dudh Khola and climb up through a chorten-shaped arch, pass a mani wall and reach the Thonje village. At the village, we go through a police checkpoint and continue to Dharapani. We have entered the Annapurna circuit section from Dharapani. Further down, we come across Karte village and after quite a bit of walking we cross a bridge over Marshyangdi Khola. We also come across some mani walls before reaching the village of Tal, situated at the foot of a large waterfall. Overnight in Tal.

Meals included: Breakfast, Lunch & Dinner

Day 16: Tal – Syange (1080m/3542 ft): 6 – 7 hours

We follow the trail to Chyamje village crossing the Marshyangdi Khola once again. The Marsyandi valley opens with its terrace fields and villages clung very high to the hillsides. The trail then descends through rhododendron and pine forests to Syange. Overnight in Syange.

Meals included: Breakfast, Lunch & Dinner

Day 17: Syange – Kathmandu: 8-9 hours

MANASLU TREK

The drive from Syange to Kathmandu via Besi Sahar offers one an opportunity to enjoy both hill and mountain landscapes. The drive is often along the banks of the Marsyangdi and Trishuli rivers. We also drive by some beautiful villages with farming terraces on both sides of the road. In Kathmandu, we will be escorted to our hotel. The day in Kathmandu can either be spent in leisure or perhaps we catch up with some last minute shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

Meals included: Breakfast, Lunch & Dinner

Day 18: Farewell Nepal .

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meal included: Breakfast

FOOD

In Kathmandu there is a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, most meals will be taken at the various lodges along the way. The trekking lodges have to source most of their food locally due to their extremely remote locations, so you can expect similar menus in each lodge based on fresh local produce. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner.

During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

MANASLU TREK

DIETARY REQUIREMENTS

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

ACCOMODATION

While in Kathmandu, guest will stay at Ambassador Hotel, situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Whilst on trek there are 14 nights spent in lodges/tea-houses that we have used over the years and proven to offer relative comfort and healthy meals. The Nepalese trekking lodges are known as ‘tea-houses’ are simple, friendly and atmospheric. As they are far from the nearest road, it is not surprising that they are simple establishments as everything must be carried up by porters or animals. Mostly these lodges have heated dining areas which are often attractively decorated. Bedrooms tend to be quite basic and are unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and batter charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet

MANASLU TREK

fellow hikers and the locals. All accommodation is arranged on a twin sharing basis. However if you are looking for single rooms, extra charges will be applied. For the 3 hotel nights in Kathmandu, single rooms are also available for a supplementary cost. Additional hotel nights in Kathmandu are also available.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7:30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water.

Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions

MANASLU TREK

complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft.

www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay.

Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will

MANASLU TREK

render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our "terms and conditions".

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We

MANASLU TREK

recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

GUIDANCE ON TIPPING

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

MANASLU TREK

BAGGAGE ALLOWANCE

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

EQUIPMENT LIST

MANASLU TREK

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litrex2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

OUR ATTEMPT WHILE YOU ARE ON A TREK:

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis.

MANASLU TREK

You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINKS

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>

Reservation and Booking Link:

<https://nepalwanders.com/booking-form/>