

Himalaya
Indian
Sub-continent

manaslu circuit & base camp trek



trip highlights

Trek through remote villages around Manaslu, the world's 7th highest mountain

Cross the Larkya La for panoramic views of peaks such as Himlung Himal (7126m) and Annapurna II (7937m)

Discover vast cultural and geographic diversity at remote Buddhist villages close to the Tibetan border

Traverse to the north of Manaslu and visit the base camp that is used by expeditions

Enjoy a fully supported camping based trek including three hearty meals per day prepared by our cooks

Take in the sights of Kathmandu



Trip Duration	20 days	Trip Code: MCR
Grade	Moderate to Challenging	
Activities	Trekking, Exploratory Treks	
Summary	20 day trip, 16 day trek, 3 nights hotel, 16 nights camping	

welcome to World Expeditions

Thank you for your interest in our Manaslu Circuit & Base Camp Trek trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers 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 - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

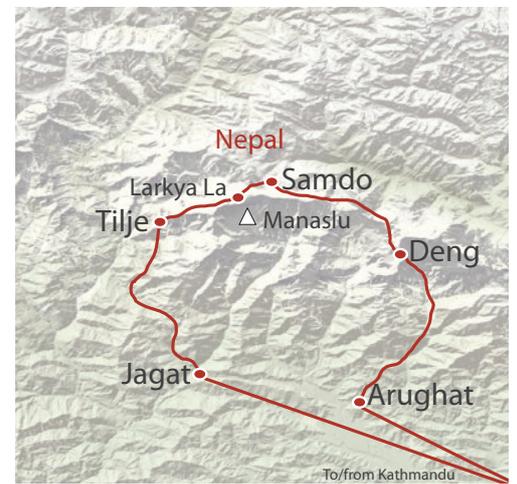
why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote 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. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. 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.



manaslu circuit & base camp trek

A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La



trip cost

Joining Kathmandu from: \$2899
All prices are per person

options & supplements

Tent Only Single Supplement: \$280
Single Supplement: \$410

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

inclusions valued at USD\$:

Meals: USD\$800

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

the trip

Manaslu (8167m) is the 7th highest mountain in the world and it is only in recent years that trekkers have begun to explore this rugged area. Trekking around Manaslu offers awesome mountain views, remote Buddhist villages close to the Tibetan border and cultural and geographic diversity that rivals any other trek in the Himalaya. The trek commences amidst the terraced fields and sub-tropical forests of the foothills. Climbing north, the landscape gradually transforms into the arid, high altitude landscapes associated with Tibetan culture. Traversing to the north of Manaslu, with time to visit the Base Camp that is used by expeditions, is a highlight of this trek. Beyond Manaslu, the climb continues until we reach the majestic Larkya La, which affords outstanding views in every direction of the Himalaya. After crossing the pass, we complete this rewarding circuit of Manaslu in the bustling villages of the Annapurna region.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU (1330M)
DAY 3	TO ARUGHAT BAZAAR (500M). DRIVE APPROX. 8/9 HOURS
DAY 4	TO LIDING (830M). WALK APPROX. 6/7 HOURS
DAY 5	TO MACHHA KHOLA (890M). WALK APPROX. 7/8 HOURS
DAY 6	TO YARU KHOLA (1330M). WALK APPROX. 7/8 HOURS
DAY 7	TO PHILIM (1700M). WALK APPROX. 4/5 HOURS
DAY 8	TO DENG (2095M). WALK APPROX. 5/6 HOURS
DAY 9	TO NAMRU (2900M). WALK APPROX. 8 HOURS
DAY 10	TO LHO GOAN (3180M). WALK APPROX. 5/6 HOURS
DAY 11	TO KERMO KHARKA (3500M), WALK APPROX. 4 HOURS
DAY 12	REST DAY KERMO KHARKA. OPTIONAL EXCURSION TO MANASLU BASE CAMP
DAYS 13-14	TO SAMDO (3900M). WALK APPROX. 2 HOURS, REST DAY
DAY 15	TO LARKYA PHEDI (4400M). WALK APPROX. 3/4 HOURS.
DAY 16	CROSS LARKYA LA (5140) TO BIMTANG (3590M) 9/10HRS.
DAY 17	TO GHOA (2515M). WALK APPROX. 6/7 HOURS.
DAY 18	TO CHAMCHE (1430M). WALK APPROX. 6/7 HOURS.
DAY 19	TO JAGAT & DRIVE VIA BESISAHAR TO KATHMANDU.
DAY 20	TRIP CONCLUDES KATHMANDU.

what's included

- 19 breakfasts, 17 lunches and 16 dinners including all meals on trek valued at \$800
- airport transfers if arriving on day 1 and 20 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- special permit US\$140
- expert bilingual guide
- medical kit
- good quality accommodation in Kathmandu
- use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions kit bag
- private group transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment and porter's insurance
- sightseeing in Kathmandu
- site entry fees
- accommodation in our fully serviced wilderness campsites



manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

trip dates

2019 25 Mar - 13 Apr
07 Oct - 26 Oct

2020 23 Mar - 11 Apr
06 Apr - 25 Apr
05 Oct - 24 Oct

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 In Kathmandu (1330m)

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Swayambhunath, Durbar Square, Patan or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

meals: B

DAY 3 To Arughat Bazaar (500m). Drive approx. 8/9 hours

We travel west from Kathmandu towards Pokhara, following the winding road over the valley rim and down alongside the Trisuli River. This is a busy road and there is much to see. We are also reminded of our journey's aim; to trek among the mighty Himalaya, with the Annapurna, Ganesh and of course Manaslu ranges intermittently in view. We turn off the main road shortly after Mugling and follow the Dorandi Khola northwards to Gorkha and Arughat Bazaar. Our first nights camp is set beside the Buri Gandhaki river.

meals: B,L,D

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Moderate to Challenging

This expedition involves trekking through undulating country, often untracked, for up to eight hours a day at a steady pace. To undertake this level of activity you will need a good level of trekking fitness and be sure-footed. Some days involve walking over rugged terrain, including boulders, scree and heavily vegetated ground. As a minimum, we recommend 45 minutes of aerobic type exercise, three to five times a week for three months leading up to your trek.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

DAY 4 To Liding (830m). Walk approx. 6/7 hours

An easy walk today along the banks of the Buri Gandakhi river. We enjoy clear views of the Ganesh and Shringi Himal as we pass through numerous Gurung villages before reaching our camp in a small village beside the river at Liding.

meals: B,L,D

DAY 5 To Machha Khola (890m). Walk approx. 7/8 hours

Today's walk follows a trail of constant ups and downs through forest as we continue to head upstream along the Buri Gandakhi. We descend to the wide, sandy riverbed for lunch then continue along a winding mountain path overlooking the river. The forest then gives way to farmland as the valley again opens up and we stop to make our camp.

meals: B,L,D

DAY 6 To Yaru Khola (1330m). Walk approx. 7/8 hours

The Buri Gandakhi gorge is narrow with sheer cliffs on either side and the morning's trail begins by following a cliff path along the east bank before passing hot springs at Tatopani and then crossing the Dodan Khola. As we begin to climb, the Buri Gandakhi valley undergoes dramatic change, widening considerably and with white sandy beaches at the riverside. The trail then heads up a steep ridge before a long descent to the river. We enjoy a spectacular campsite tonight at Yaru Khola.

meals: B,L,D

DAY 7 To Philim (1700m). Walk approx. 4/5 hours

A day of relatively easy ups and downs as we follow the river upstream. We cross a number of tributaries before arriving at our camp beside the river at Philim.

meals: B,L,D

DAY 8 To Deng (2095m). Walk approx. 5/6 hours

Continuing on, we occasionally have to trek high above the river to skirt around narrow gorges that prohibit a path. The trail takes us through pine forest scattered with rhododendron. We make our way to the lower trail which again follows the Buri Gandakhi below the Gurung village of Ngak and camp an hour's walk past Deng.

meals: B,L,D

DAY 9 To Namru (2900m). Walk approx. 8 hours

We climb initially and then descend to cross a suspension bridge to the opposite bank. There are more riverside undulations and mani walls and chortens may be seen, signs of the distinctly Tibetan territory into which we are entering. The valley trail keeps to the northern bank below the village of Bih. Bih is known for its family of master stone carvers and along the trail today we see flat stones carved with intricate figures and stupas. Just past Bih we catch glimpses of the Shringi Himal and continue along the northern bank of the Buri Gandakhi until we reach the dominantly Tibetan village of Ghap for lunch. We then continue up through the forest densely vegetated with pine and birch to our jungle camp amongst the trees just before Namru.

meals: B,L,D

DAY 10 To Lho Goan (3180m). Walk approx. 5/6 hours

We descend to cross the Damonan Khola then ascend again along a narrow path through the forest to Namru with its check post then continue through the forest path past small Tibetan villages towards Ligaon. It is likely that we will encounter

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

our first yak today and there is also a troop of monkeys who often come down to the river here to drink. We have uninterrupted views behind us of Ganesh III and IV and Baudha Peak and to our right the Kutang Himal stands high as the natural border between Nepal and Tibet. Before us our first real mountain panorama opens up with the peaks of Himalchuli (7893m), Peak 29 (7871m) and finally Manaslu (8163m).

meals: B,L,D

DAY 11 To Kermo Kharka (3500m), walk approx. 4 hours

We cut diagonally across a rocky riverbed and climb a small ridge to a clearing. An amphitheatre of snow covered peaks including Manaslu. Manaslu North (7157), Peak 29 and Himalchuli surround us. The valley opens up and we continue along grassy slopes and small ridges which finally gives way to cultivated fields of Sama village. The trail takes us out of the grasslands and into wider territory as we skirt around some glacial moraine then descend to the riverbed. The view of Manaslu is superb today.

meals: B,L,D

DAY 12 Rest day Kermo Kharka. Optional excursion to Manaslu Base Camp

Today has been set aside for acclimatisation. There is an optional walk up the ridge below Manaslu to base camp (4500m), approximately 1500ft, in snow, to gain spectacular views of Manaslu, glaciers and lakes.

meals: B,L,D

DAYS 13-14 To Samdo (3900m). Walk approx. 2 hours, rest day

The trail takes us out of the grasslands and into wilder territory as we skirt around some glacial moraine then descend to the riverbed. Excellent views of the peak of Manaslu today. We soon reach the Tibetan Refugee village of Samdo, a wild place with a substantial village of some 200 permanent residents. Day 14 is a rest day. Relax and enjoy the surroundings or explore Lajyung Bhanjyang valley

meals: B,L,D

DAY 15 To Larkya Phedi (4400m). Walk approx. 3/4 hours.

After a couple of stream crossings, the Larkya Glacier appears on the opposite bank. We steadily climb, skirting around the Sarka Khola to camp at a small brick hut at the base of the Larkya La (pass).

meals: B,L,D

DAY 16 Cross Larkya La (5140) to Bimtang (3590m) 9/10hrs.

Soon after setting off today the unique shape of Larkya Peak becomes visible. The trail upwards is very gradual but at this altitude we take our time. It takes us approximately 5 hours to reach the pass, with the last section becoming quite steep but it is well worth the effort. The mountain vista to the west is incredible - Himlung Himal (7126m), Chap Himal, Gyaji Kang, Kang Guru (6981m) and Annapurna II (7937m). The descent from the pass is very steep across ice and scree as we follow the glacier. Progress is slow and careful but eventually we enter the valley of the Burdin Khola and continue to Bimtang and our camp for the night.

meals: B,L,D

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

DAY 17 To Ghoo (2515m). Walk approx. 6/7 hours.

The trail now basically follows the Marsyangdi downstream, before entering a pristine forest of pine and rhododendron which during the spring months puts on a brilliant display of color. Keep your camera handy today as the views of the Himlung and Manaslu Himal are again spectacular.

meals: B,L,D

DAY 18 To Chamche (1430m). Walk approx. 6/7 hours.

We cross the bridge to the village of Thanje then continue and emerge on the banks of the Marsyangdi Khola. We are now on the main trekking trail, evident by the number of tea shops selling cakes and beer! It is a long but easy downstream to enter the wide, flat valley and on to our campsite at Chamche.

meals: B,L,D

DAY 19 To Jagat & drive via Besisahar to Kathmandu.

The final day of our trek brings us to Jagat. Here we will pick up our 4WD vehicles and transfer to Bhulbule, approx. 2 hrs, where we change vehicles for our drive to Kathmandu which may take up to 8 hrs. NB. We may, if conditions are good, pick up our 4WD vehicles in Chamche, otherwise the local jeeps are available in Jagat. Overnight Radisson Hotel.

meals: B,L

DAY 20 Trip concludes Kathmandu.

After breakfast arrangements cease unless further arrangements have been made. Those people travelling by aircraft to further destinations will be transferred to the airport.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Chitwan Safari
- Bardia National Park
- Kathmandu to Delhi

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 - 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. 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.

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

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 travellers 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.

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, gymnasium, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise 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 acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise 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.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

manaslu circuit & base camp trek



A remote trek into one of Nepal's most beautiful and rarely visited areas, with a foray to Manaslu Base Camp & a crossing of the Larkya La

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news! Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.