

Manaslu Circuit with Heath Francis supporting AHF



Trip Highlights

- Trek alongside Paralympian and AHF Ambassador Heath Francis
- Trek through remote villages towards Manaslu and marvel at the view of 7000m+ peaks that surround the world's 8th highest mountain
- Cross the Larkya La for panoramic views of peaks including Himlung Himal (7126m) and Annapurna II (7937m)
- Experience the cultural and geographic diversities of remote Buddhist villages close to the Tibetan border
- Traverse to the north of Manaslu and visit the base camp used by summit expeditions



Trip Duration	16 days	Trip Code: MAH
Grade	Moderate to Challenging	
Activities	Trekking, Exploratory Treks	
Summary	16 day trip, 10 day trek, 4 nights hotel, 8 nights wilderness camping, 3 nights mountain lodge	

Supporting Your Cause

The Australian Himalayan Foundation (AHF) works in partnership with remote Himalayan communities in Nepal to improve access to education, health, and sustainable livelihoods. Through long-term, community-led projects, AHF supports schools, scholarships, teacher training, health posts, clean water initiatives, and disaster resilience programs. By collaborating closely with local communities, AHF helps create lasting change while respecting cultural traditions and the fragile mountain environment.

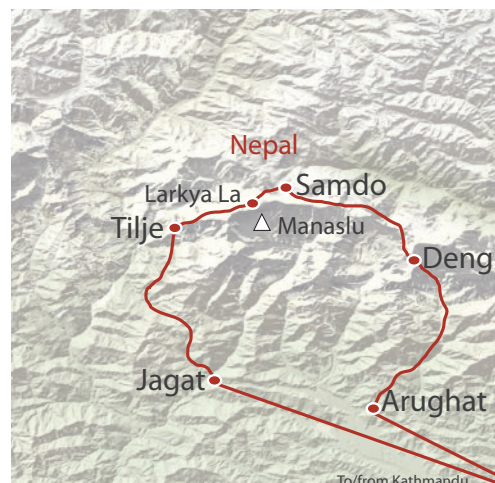
Your Huma Challenge

Thank you for your interest in our Manaslu Circuit with Heath Francis supporting AHF. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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Trip Dates

2027 26 Mar - 10 Apr

important notes

RF - Registration Fee

DO - Fundraising/Donation target

Your Adventure

This extraordinary trek journeys through Nepal's remote Manaslu region, home to Manaslu (8,167 m), the 8th highest mountain in the world. This rugged and less-travelled area offers spectacular mountain scenery, remote Buddhist villages near the Tibetan border, and a richness of cultural and geographic diversity that rivals any trek in the Himalaya.

The journey begins in the lush foothills, walking through terraced fields and sub-tropical forests before heading north as the landscape gradually transforms into the stark, high-altitude terrain of Tibetan-influenced regions. Trekking around the northern flanks of Manaslu, with time to visit Manaslu Base Camp, used by climbing expeditions, is a true highlight. Beyond Manaslu, the route ascends to the majestic Larkya La Pass, where breathtaking panoramic views stretch in every direction across the Himalaya. After crossing the pass, the trek descends into the vibrant villages of the Annapurna region, completing a truly rewarding circuit while supporting the important work of the Australian Himalayan Foundation.

Fundraising Options

There are a few different ways you can approach your fundraising:

1. You can fundraise the charity donation by asking friends, family and work mates to support the cause.
2. You may choose to donate the \$5000 as a personal donation.
3. You can fundraise as much as you can and if you don't make it, personally fund the gap to hit your target.

AHF will set up a fundraising page for the group. Once you register via Huma Charity Challenge, AHF will be in touch to help you kick start your fundraising and support you to reach your target. You can read more about the AHF at www.australianhimalayanfoundation.org.au

Huma Charity Challenge will send you a comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

About Your Escort

Heath Francis, OAM is a celebrated Australian Paralympic athlete and ambassador for the Australian Himalayan Foundation (AHF). Born in Newcastle, New South Wales, Heath's right arm was amputated at age seven following a farm accident. He went on to become one of Australia's most successful Paralympic sprinters, competing at the Sydney 2000, Athens 2004 and Beijing 2008 Paralympic Games and winning 13 medals, including multiple golds. Notably at the 2008 Beijing Paralympics he set world records in the 200m and 400m T46 sprints. Upon retiring from competitive athletics he has forged a distinguished professional career in business and remains actively involved in charitable work, using his profile to inspire others and support meaningful causes including education, health and community development in the Himalaya with the AHF.

The trip is hosted by Heath Francis in conjunction with a highly experienced local guide.



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Fast Facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

10

Group Size Max:

12

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.

*Ask our staff for more information.

Itinerary at a Glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU - VISIT AHF PARTNER AGENCIES
DAY 3	DRIVE TO THE ROADHEAD AT MACCHA KHOLA (869M). DRIVE 7-8 HOURS (JEEP FOR LAST SECTION)
DAY 4	TO JAGAT (1340M). WALK APPROX 7 HOURS
DAY 5	TO DENG (1860M). WALK APPROX 7-8 HOURS
DAY 6	TO NAMRUNG (2630M). WALK APPROX 8 HOURS
DAY 7	TO SHYALA (3575M). WALK APPROX 7 HOURS
DAY 8	TO PUNGYEN GOMPA (4100M), THEN TO KERMO KHARKA ((3500M). WALK APPROX 3-4, THEN 4 HOURS
DAY 9	TO MANASLU BASE CAMP (4500M). WALK APPROX 9-10 HOURS
DAY 10	TO LARKE BAZAR (3860M). WALK APPROX. 4 HOURS
DAY 11	TO LARKYA PHEDI (4400M). WALK APPROX. 4 HOURS
DAY 12	CROSS LARKYA LA (5140) TO BIMTANG (3590M). WALK APPROX 8-9 HOURS
DAY 13	TO TILJE (2300M), DRIVE TO BESI SHAHAR. WALK APPROX. 5-6 HOURS, DRIVE 3 HOURS
DAY 14	DRIVE TO KATHMANDU. APPROX 5-6 HOURS DRIVE
DAY 15	IN KATHMANDU. LATE DEPARTURE FLIGHT TO AUSTRALIA
DAY 16	ARRIVE SYDNEY

What's Included

- 14 breakfasts, 12 lunches and 11 dinners including all meals on trek valued at \$800
- airport transfers if arriving on day 1 and departing day 15, or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- special permit US\$205
- highly experienced local 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
- accommodation in our fully serviced wilderness campsites or eco lodges

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



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Responsible 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 Charity Challenges involve 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 suitably fit, 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 charity representative or one of our team.

Detailed Itinerary

DAY 1 Arrive Kathmandu

You will be met on arrival by a representative of World Expeditions and transferred to the Radisson Hotel. Depending on your arrival time, the afternoon or evening is at leisure. A pre-trek briefing will be held at around 5:00 pm, during which arrangements will be made for the distribution of your kit bag, sleeping bag, and down or fibrefill jacket. Afterwards, enjoy dinner at a local restaurant (own expense) and take the opportunity to get acquainted with your fellow trekkers.

Overnight: Radisson Hotel

meals: NIL

DAY 2 In Kathmandu - visit AHF partner agencies

Today has been set aside to visit Australian Himalayan Foundation partner agencies or to explore Kathmandu's bustling streets and cultural landmarks at your own pace. You may wish to begin with the city's two most important World Heritage-listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and a significant cremation site, and Boudhanath, the largest Buddhist stupa in Nepal and the most important Tibetan Buddhist shrine outside Tibet.

Alternatively, wander through the lively markets and shops of the Thamel precinct, or explore other significant sites such as Swayambhunath (Monkey Temple) or the World Heritage-listed squares of Patan, Bhaktapur, or Durbar Square.

Overnight: Radisson Hotel

meals: B

DAY 3 Drive to the roadhead at Maccha Khola (869m). Drive 7-8 hours (jeep for last section)

We travel west from Kathmandu toward Pokhara, descending alongside the Trisuli River. After crossing the river, the scenery opens to views of Ganesh Himal and Shringi Himal as we pass rural villages and terraced fields. Leaving the main highway, the road becomes narrower and rougher as we follow the Budhi Gandaki River upstream to reach Maccha Khola, the trek roadhead, by late afternoon, where we camp for the night.

Overnight: Wilderness camp

meals: B,L,D

DAY 4 To Jagat (1340m). Walk approx 7 hours

After breakfast, the trek begins along a trail following the Budhi Gandaki River through a narrow gorge flanked by sheer cliffs. The morning walk takes you along a cliff path on the east bank, crossing suspension bridges and passing waterfalls and small villages. We stop at the hot springs at Tatopani before crossing the Dodan Khola. The route features several short ascents and descents, with some exposed rocky sections that add to the adventure. Beyond terraced fields and forested slopes, we arrive at Jagat, a traditional stone village and the official entry point to the Manaslu Conservation Area.

Overnight: Mountain lodge

meals: B,L,D



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Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, 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.

DAY 5 To Deng (1860m). Walk approx 7-8 hours

Leaving Jagat, the trail climbs gradually through forested hillsides and terraced fields, passing small villages and mani walls that reflect the region's Tibetan influence. The route continues along the Budhi Gandaki River, crossing several suspension bridges as the valley narrows and the landscape becomes more rugged. We pass through villages such as Philim and Ekle Bhatti before ascending steadily through bamboo and rhododendron forests. The day ends at Deng, a small settlement set above the river, where we settle in for the night.

Overnight: Mountain lodge

meals: **B,L,D**

DAY 6 To Namrung (2630m). Walk approx 8 hours

The day begins with a steady climb before descending to cross a suspension bridge to the opposite bank of the Budhi Gandaki. The trail undulates along the river, passing mani walls and chortens that mark our entry into a distinctly Tibetan-influenced region. Keeping to the northern bank below the village of Bih, known for its master stone carvers, we see intricately carved stone slabs depicting figures and stupas along the path. Beyond Bih, there are occasional views of Shringi Himal as the trail continues to the Tibetan village of Ghap, where we stop for lunch. In the afternoon, the route climbs through dense pine and birch forest to a sheltered jungle camp set among the trees just before Namrung.

Overnight: Wilderness camp

meals: **B,L,D**

DAY 7 To Shyala (3575m). Walk approx 7 hours

We descend to cross the Damonan Khola then ascend again along a narrow path through the forest to Namru then continue through the forest path past small Tibetan villages towards Ligaon. It is likely that we will encounter 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 and Baudha Himal range 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).

Overnight: Wilderness camp

meals: **B,L,D**

DAY 8 To Pungyen Gompa (4100m), then to Kermo Kharka ((3500m). Walk approx 3-4, then 4 hours

Leaving Shyala, we follow a gently ascending trail toward Pungen Gompa, one of the most scenic highlights of the Manaslu Circuit. The walk takes around 3-4 hours, with a gradual climb during the first half of the day. At the top of the ascent, prayer flags mark a small mani wall, before the trail descends into a stunning glacial valley. Pungen Gompa sits near the base of Mt Manaslu, surrounded by towering peaks, and is an important spiritual site for the local Nubri people.

From the gompa, the trail descends to cross the Pungen Khola, then continues across open alpine pastures. After about an hour, we reach a broad, flat meadow before arriving at the picturesque village of Samagaon. After time to explore the village, we continue for a further 30 minutes to our campsite at Kermo Kharka.

Overnight: Wilderness camp

meals: **B,L,D**



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DAY 9 To Manaslu Base Camp (4500m). Walk approx 9-10 hours

Today is set aside for acclimatisation, with an optional hike toward Manaslu Base Camp (approx. 4,500 m). The walk follows a ridge below Mt Manaslu, gaining around 1,500 feet, with sections that may be snow-covered depending on conditions. Those who make the ascent are rewarded with spectacular views of Mt Manaslu, surrounding glaciers, and high-altitude lakes. After spending time enjoying the scenery, we return to Kermo Kharka for the night.

Overnight: Wilderness camp

meals: B,L,D

DAY 10 To Larke Bazar (3860m). Walk approx. 4 hours

The trail climbs gradually through open alpine terrain as the valley widens and the landscape becomes increasingly rugged. We follow the upper reaches of the Budhi Gandaki, passing yak pastures, glacial streams, and sweeping views of the surrounding peaks. The walk is steady rather than steep, allowing time to adjust to the altitude while enjoying the high-mountain scenery. By afternoon, we reach Larke Bazar, a seasonal settlement used by herders and trekkers.

Overnight: Wilderness camp

meals: B,L,D

DAY 11 To Larkya Phedi (4400m). Walk approx. 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).

Overnight: Wilderness camp

meals: B,L,D

DAY 12 Cross Larkya La (5140) to Bimtang (3590m). Walk approx 8-9 hours

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 final camp.

Overnight: Wilderness camp

meals: B,L,D

DAY 13 To Tilje (2300m), drive to Besi Shahar. Walk approx. 5-6 hours, drive 3 hours

The day begins with a long descent from Bimtang, with the trail following the Marsyangdi River downstream. We pass through alpine meadows and high pastures before entering a pristine forest of pine and rhododendron, which in spring puts on a brilliant display of colour. Keep your camera handy, as views of the Himlung and Manaslu Himal remain spectacular throughout the walk. Continuing through small settlements and cultivated fields, we reach the village of Tilje, marking the end of the trek. From here, we transfer by vehicle and drive along mountain roads to Besi Sahar, concluding our journey in the lower hills.

Overnight: Mountain lodge

meals: B,L,D



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DAY 14 Drive to Kathmandu. Approx 5-6 hours drive

Today after breakfast we will drive to Kathmandu, joining the Kathmandu to Pokhara highway at the bustling town of Dumre. The afternoon is free to relax before heading out to dinner to celebrate the end of an extraordinary journey.

Overnight: Radisson Hotel

meals: B,L

DAY 15 In Kathmandu. Late departure flight to Australia

Today is free to do some last minute shopping or visit local AHF partner agencies. In the evening, we transfer to the airport for the late-night flight to Australia.

meals: B

DAY 16 Arrive Sydney

NIL

meals: NIL

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

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 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.



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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.



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Wilderness Camps

The Manaslu trip offers unique challenges in respect of accommodation and campsites. During the trek, we travel as an expedition with all tents and equipment provided to camp in any location. In recent years, the rapid expansion and development of lodges in this region, combined with topography and farming needs of the communities enroute, has meant that campsite locations can be challenging to secure. Our groups on this trip are smaller than our regular treks for this reason, however it remains that many points on the trek, we will need to camp in the vicinity of lodges. At times, we may utilise them if we are unable to camp due to local community policies or space limitations. In general, we are reticent to do so as most have a need for us to avail of the meals provided by the lodge rather than those our team prepare and often they do not accept prebooking. Your leader will consider the group size, campsite locations, local rules and needs of the team when deciding on the accommodation to be used. Whilst these challenges remain in place, it is the case that the trek itself is an incredible experience, worth the challenges and one which we are sure you will enjoy.

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 on the Trip

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.

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).



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Luggage

World Expeditions provides a complimentary kit bag to carry any gear not required throughout the day. The weight limit per person is 15kg but please consider the weight of the trek pack (sleeping bag 2.5kg, sleeping bag liner 0.5kg, down jacket 1.5kg). The kit bag will be carried by porters and will be available to you each night at camp. Please keep any valuables and medication on you at all times. Any extra items not required on trek can be left at the Radisson and be collected upon your return.

Your day pack should carry any items required throughout the day e.g. rain jacket, extra layer, water bottles, camera equipment, personal items and medication etc.

We recommend packing as light as possible and 1 to 2 changes of clothes is typically all you will need.

Acute Mountain Sickness

When we ascend above 2500 metres 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
- 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.



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*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 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 on occasion some vehicles may not have seat belts fitted.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

FAQs

Q. What is the best time of year to trek in the Manaslu region?

A. The best seasons are March to May (spring) and late September to November (autumn). These months offer stable weather, clear mountain views, and the best conditions for the high pass crossing at Larkya La. Spring adds colourful wildflowers and milder temperatures.

Q. Do I need prior trekking experience to join this trip?

A. Yes – this is one of our more challenging treks, suited to those who have previous multi-day trekking experience. You'll need to be comfortable walking for long hours at high altitude and camping in remote regions.

Q. How much will I need to carry?

A. You'll carry just your daypack (approx. 6–8kg / 13–18lb) with essentials like water, snacks, camera and extra layers. Your main gear (max. 15kg / 33lb) is carried by porters or pack animals.

Q. How much gear can I take on trek?

A. We provide a trek duffel bag, which must not exceed 15kg (33lb). Extra luggage can be safely stored at your Kathmandu hotel while you're trekking.

Q. Can I store my luggage in Kathmandu?

A. Yes – any items not needed on the trek can be securely stored at the group hotel in Kathmandu until you return.



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Q. Do I have to share a room?

A. Yes – accommodation is twin-share in Kathmandu and in trekking tents. A single supplement is available on request (subject to availability). Solo travellers who don't book a single are paired with a same-gender traveller.

Q. How cold will it get?

A. At higher altitudes and especially over the Larkya La Pass (5,160m / 16,929ft), night temperatures can fall well below freezing. Days are often clear and mild, especially in spring and autumn. We provide a warm sleeping bag, liner and down/fibre-fill jacket to keep you comfortable.

Q. Are there toilets?

A. Yes – our camping crew sets up private toilet tents at each campsite. This is real expedition trekking. Hygiene is prioritised, and handwashing water is provided. There are no fixed bathrooms in this region.

Q. Will this trek give me views of big Himalayan peaks?

A. Yes – you'll have incredible views of Mount Manaslu (8,163m / 26,781ft), the eighth-highest mountain in the world, along with Himalchuli, Ngadi Chuli, and surrounding peaks. The scenery also includes deep gorges, terraced hillsides and Tibetan-influenced highland villages.

Q. What accommodation is provided?

A. In Kathmandu, you'll stay at the Radisson Hotel, a comfortable and centrally located property. On trek, this is a fully supported camping expedition, with two-person tents, toilet tents, and a communal dining tent. Our support crew handles all camp logistics.

Q. Can I charge my camera/phone on the trek?

A. Charging is very limited on this remote trek. It's best to bring a solar charger or power bank, as you may go several days without access to electricity.

Q. Are meals included on the trek?

A. Yes – all meals are included while on trek, prepared by our kitchen crew using mostly fresh ingredients. In Kathmandu, breakfast is included. Meals are designed for energy, safety and variety, and dietary needs can be accommodated with advance notice.

Q. What level of fitness is required?

A. This trek is graded Challenging to Strenuous (Grade 6–7). You'll trek for 6–9 hours a day, often above 3,000m (9,840ft). A high level of fitness and endurance is essential.

Q. What is the maximum altitude reached?

A. The highest point is Larkya La Pass at 5,160m (16,929ft). The itinerary includes acclimatisation days and is paced for altitude safety. Your leader is trained in AMS recognition and response.

Q. Do I need to bring a sleeping bag?

A. No – we include a warm sleeping bag, liner, and down or fibre-fill jacket suitable for Himalayan camping conditions.

Q. What equipment do I need to bring?

A. You'll receive a detailed gear list after booking. We provide key items such as your sleeping bag, jacket, liner and duffel bag. You'll need to bring your own trekking clothing, boots, and personal gear.

Q. What makes this trip different to other Nepal treks?

A. This trek takes you through one of Nepal's least-visited and most culturally authentic regions, with a full circuit of the Manaslu massif and an optional visit to Manaslu Base Camp (4,850m / 15,912ft). It combines epic mountain scenery with Tibetan Buddhist culture, challenging trails, and a remote expedition-style atmosphere, far from the busier trails of Annapurna or Everest.



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Q. How is altitude sickness managed on this trek?

A. This trek reaches a high point of 5,160m (16,929ft) at Larkya La Pass and includes several days above 3,500m (11,480ft). The itinerary is carefully designed to support acclimatisation, with gradual altitude gains and rest days. You'll be encouraged to walk at a steady pace, drink plenty of water, and let your guide know if you feel unwell.

Your group leader is trained in altitude awareness and wilderness first aid, and monitors the group daily. If signs of Acute Mountain Sickness (AMS) appear, the only effective response is to descend. If needed, helicopter evacuation can be arranged and must be covered by your travel insurance.

World Expeditions does not carry bottled oxygen. However, on this trek, which goes above 4,000m (13,120ft), we do carry a Portable Altitude Chamber (PAC) for emergency use. This device is rarely required but is included as part of our high-altitude safety protocol.

