



Himalaya
Indian
Sub-continent

manaslu circuit and larkya la pass



trip highlights

Trek the spectacular Manaslu Circuit via Larkya La Pass (5,106m / 16,752ft), one of Nepal's finest high mountain crossings.

Journey through the remote Manaslu Conservation Area, rich in Tibetan culture, ancient monasteries and traditional mountain villages.

Explore the sacred Pungen Gompa and enjoy an optional hike to Manaslu Base Camp and Birendra Taal.

Relax in comfortable lodges throughout the trek, with just one night in tents at Dharmasala before crossing Larkya La pass.

Enjoy a fully supported trek led by experienced local guides, with dedicated cooks and porter support throughout.



Trip Duration	20 days	Trip Code: MCR
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	20 Day Trip, 14 Day Trek, 4 Nights Hotel, 14 Nights Lodge, 1 Night Tent	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Manaslu Circuit and Larkya La Pass, a journey that captures the essence of a unique adventure.

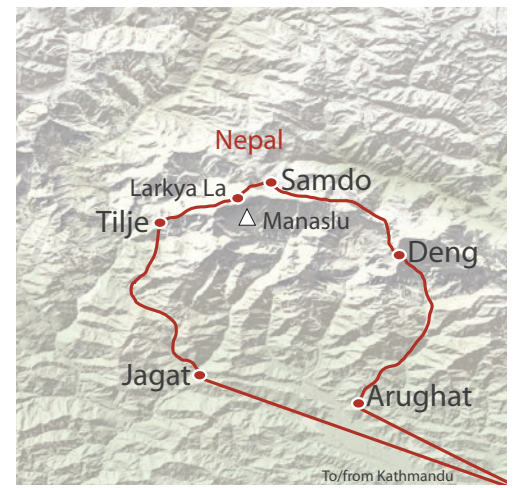
why travel with World Expeditions?

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.



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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 cannot 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. Please refer to our website for the additional cost.

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

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

the trip

Rising to 8,167m (26,795ft), Manaslu is the world's eighth-highest mountain and the centrepiece of one of Nepal's most rewarding trekking adventures. Open to trekkers only in recent decades, the Manaslu Circuit offers an exceptional journey through dramatic Himalayan landscapes, remote Buddhist villages and a rich Tibetan-influenced culture in one of the country's most unspoilt mountain regions.

Beginning among the terraced fields and subtropical forests of the Budhi Gandaki Valley, the trail gradually ascends through an ever-changing landscape of deep river gorges, alpine meadows and high mountain wilderness. Along the way, you'll pass ancient monasteries, colourful prayer walls and welcoming villages where centuries-old traditions continue to shape daily life.

Well-paced acclimatisation days provide opportunities to explore the region, including an optional hike to Manaslu Base Camp, before the unforgettable crossing of Larkya La Pass (5,106m / 16,752ft). Surrounded by a breathtaking panorama of snow-covered Himalayan peaks, this iconic high mountain pass is the defining highlight of the trek and one of Nepal's most spectacular Himalayan crossings.

The journey concludes with a scenic descent into the greener valleys before returning to Kathmandu, completing an unforgettable adventure through one of the Himalaya's most remarkable trekking regions.

at a glance

DAY 1	JOIN KATHMANDU (1,330M / 4,364FT)
DAY 2	TREK PREPARATION AND EXPLORE KATHMANDU (1,330M / 4,364FT)
DAY 3	DRIVE TO MACHHA KHOLA (930M / 3,051FT, 7 TO 8 HRS)
DAY 4	TREK TO YARUPHANT (1,770M / 5,807FT, 5 TO 6 HRS)
DAY 5	TREK TO CHISAPANI (1,660M / 5,445FT, 5 TO 6 HRS)
DAY 6	TREK TO BIHI (2,130M / 6,988FT, 5 TO 6 HRS)
DAY 7	TREK TO NAMRUNG (2,900M / 9,514FT, 5 TO 6 HRS)
DAY 8	TREK TO SHYALAA (3,575M / 11,730FT, 6 TO 7 HRS)
DAY 9	TREK TO SAMAGAUN VIA PUNGEN GOMPA (3,530M / 11,581FT, 4 HRS)
DAY 10	ACCLIMATISATION DAY IN SAMAGAUN, OPTIONAL HIKE TO BIRENDRA TAAL AND MANASLU BASE CAMP 4,800M / 15,748FT
DAY 11	TREK TO SAMDO (3,865M / 12,680FT, 4 TO 5 HRS)
DAY 12	ACCLIMATISATION DAY IN SAMDO (3,865M / 12,680FT)
DAY 13	TREK TO DHARMASALA (4,460M / 14,632FT, 4 TO 5 HRS)
DAY 14	TREK TO BHIMTANG VIA LARKYA LA PASS (3,590M / 11,778FT, 8 TO 9 HRS)
DAY 15	REST DAY IN BHIMTANG (3,590M / 11,778FT)
DAY 16	TREK TO GOA (2,515M / 8,251FT, 6 TO 7 HRS)
DAY 17	TREK TO DHARAPANI AND DRIVE TO BESISAHAR (790M / 2,592FT, WALK 3 TO 4 HRS, DRIVE 4 TO 5 HRS)
DAY 18	DRIVE TO KATHMANDU (1,330M / 4,364FT, 5 TO 6 HRS)
DAY 19	EXPLORE KATHMANDU (1,330M / 4,364FT)
DAY 20	TRIP CONCLUDES KATHMANDU (1,330M / 4,364FT)

what's included

- 19 breakfasts, 16 lunches and 15 dinners, including all meals on trek
- Airport transfers if arriving on Day 1 and departing on Day 20, or when pre or post tour accommodation at the Radisson Hotel is booked through World Expeditions
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)



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2026 28 Sep - 17 Oct

2027 15 Mar - 03 Apr
29 Mar - 17 Apr
27 Sep - 16 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.

*Ask our staff for more information.

- Restricted area trekking permit (valued at US\$205)
- Expert bilingual local guide
- Comprehensive group medical kit
- Quality accommodation in Kathmandu
- Souvenir World Expeditions kit bag
- Private group transportation
- All park entrance fees and trekking permits
- Porter support to carry personal and group equipment, including porter insurance
- Accommodation during the trek in fully serviced Lodges and Tent

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

- International flights
- Visa fees
- Travel insurance
- Lunches and dinners in Kathmandu
- Bottled water, aerated and alcoholic drinks
- Personal expenses such as laundry etc.
- Tips and gratuities

detailed itinerary

DAY 1 Join Kathmandu (1,330m / 4,364ft)

On arrival at Kathmandu's Tribhuvan International Airport, you will be met by a World Expeditions representative and transferred by private vehicle to the Radisson Hotel. The remainder of the day is yours to relax after your journey or begin exploring the vibrant streets and nearby attractions at your own pace.

In the late afternoon, between 4.30pm and 5.00pm, you will meet your trekking guide for a comprehensive pre trek briefing. During this session, your guide will outline the adventure ahead and distribute your trekking equipment, including your kit bag, sleeping bag, and down or fibre fill jacket.

This evening, join your fellow travellers for a welcome dinner, a wonderful opportunity to get to know the group before your Himalayan adventure begins.

Accommodation: Radisson Hotel, Kathmandu
meals: NIL

DAY 2 Trek Preparation and Explore Kathmandu (1,330m / 4,364ft)

Today is yours to discover the many cultural treasures of Kathmandu. You may choose to visit two of the valley's most revered UNESCO World Heritage Sites. Pashupatinath is Nepal's most sacred Hindu temple and an important pilgrimage and cremation site, while nearby Boudhanath is the largest Buddhist stupa in Nepal and the spiritual heart of the country's Tibetan Buddhist community.

Alternatively, spend time exploring the bustling streets, markets and cafés of the vibrant Thamel district, or visit Swayambhunath, also known as the Monkey Temple, where panoramic views stretch across the Kathmandu Valley. The beautifully

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

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.

preserved Durbar Squares of Kathmandu, Patan and Bhaktapur also offer a fascinating insight into Nepal's rich history, intricate architecture and living cultural traditions.

The day also provides an opportunity to make any final preparations before your Himalayan adventure begins.

Accommodation: Radisson Hotel, Kathmandu

meals: B

DAY 3 Drive to Machha Khola (930m / 3,051ft, 7 to 8 hrs)

Leaving Kathmandu behind, you travel west towards the trailhead, following scenic mountain roads through the rolling hills of central Nepal. Passing through Arughat and Soti Khola, the journey reveals an ever changing landscape of terraced rice fields, traditional villages, forested hillsides and fertile river valleys.

For much of the drive, you follow the Trishuli and Budhi Gandaki Rivers, gaining a glimpse of rural life as you pass small farming communities and bustling roadside settlements. By late afternoon, you arrive at Machha Khola, a peaceful village in the Gorkha district nestled beside the Budhi Gandaki River, where your Himalayan trekking adventure begins.

Accommodation: Lodge, Machha Khola

meals: B,L,D

DAY 4 Trek to Yaruphant (1,770m / 5,807ft, 5 to 6 hrs)

Today your trek begins as you follow the Budhi Gandaki River through a landscape of terraced fields, traditional villages and subtropical forest. Crossing a series of suspension bridges, the trail offers an introduction to the spectacular river gorge that will accompany much of your journey through the Manaslu region.

As you make your way deeper into the valley, the scenery becomes increasingly remote and the rhythm of life slows. By afternoon, you arrive at the peaceful village of Yaruphant, where you settle into a local guesthouse for your first night on the trail.

Accommodation: Lodge, Yaruphant

meals: B,L,D

DAY 5 Trek to Chisapani (1,660m / 5,445ft, 5 to 6 hrs)

Today's walk continues along the Budhi Gandaki Valley, where the trail winds through forests, terraced farmland and small hillside settlements. Steady ascents and descents, together with several suspension bridge crossings, provide an enjoyable introduction to the varied terrain of the Manaslu region.

Along the way, you'll pass cascading waterfalls and enjoy ever changing views across the surrounding hills and cultivated valleys. By afternoon, you arrive at the village of Chisapani, where you settle into a welcoming local teahouse for the night.

Accommodation: Lodge, Chisapani

meals: B,L,D

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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.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, 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 6 Trek to Bihi (2,130m / 6,988ft, 5 to 6 hrs)

Today's trek continues deeper into the Budhi Gandaki Valley as the trail leads through a series of traditional mountain villages, including Redodrean, Saco, Pew, Dang and Rana. These settlements offer a fascinating glimpse into the daily lives of the local communities that have called this remote valley home for generations.

Crossing a number of suspension bridges, you follow the river through a landscape of lush forest, cultivated terraces and rugged hillsides, with the valley becoming increasingly dramatic as you gain altitude. By afternoon, you arrive at the peaceful village of Bihi, where you can relax and soak up the tranquillity of your mountain surroundings.

Accommodation: Lodge, Bihi
meals: B,L,D

DAY 7 Trek to Namrung (2,900m / 9,514ft, 5 to 6 hrs)

Today's trail begins with a climb before descending to cross a suspension bridge over the Budhi Gandaki. Beyond the river, the path follows a series of gentle ascents and descents, passing mani walls and chortens that signal your arrival into the culturally rich Tibetan influenced villages of the upper valley.

Continuing along the northern bank of the Budhi Gandaki, you pass the village of Bihi, renowned for its master stone carvers, where intricately carved mani stones line sections of the trail. As the valley narrows, there are occasional views of Shringi Himal before you reach the Tibetan village of Ghap, an ideal place to pause for lunch.

The afternoon climb leads through beautiful pine and birch forest before arriving at the village of Namrung. This welcoming mountain settlement marks the gateway to the upper Manaslu region, where Tibetan culture becomes even more pronounced.

Accommodation: Lodge, Namrung
meals: B,L,D

DAY 8 Trek to Shyalaa (3,575m / 11,730ft, 6 to 7 hrs)

Today's walk begins with a descent to cross the Damonan Khola before climbing steadily through cool forests to the village of Namru. The trail continues through a series of small Tibetan villages towards Ligaon, where the cultural character of the region becomes increasingly evident. Keep an eye out for yaks grazing on the hillsides and, if you're fortunate, you may also spot troops of monkeys coming down to the river to drink.

As you gain altitude, the mountain scenery becomes increasingly spectacular. Looking back, uninterrupted views stretch across the Ganesh and Baudha Himal ranges, while the Kutang Himal forms a dramatic natural border between Nepal and Tibet. Ahead, your first great Himalayan panorama unfolds, revealing the towering peaks of Himalchuli (7,893m / 25,896ft), Peak 29 (7,871m / 25,823ft) and the magnificent Manaslu (8,163m / 26,781ft), the world's eighth highest mountain.

By afternoon, you arrive at the traditional village of Shyalaa, surrounded by some of the finest mountain scenery on the Manaslu Circuit.

Accommodation: Lodge, Shyalaa
meals: B,L,D

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DAY 9 Trek to Samagaun via Pungen Gompa (3,530m / 11,581ft, 4 hrs)

Today's walk is one of the scenic highlights of the Manaslu Circuit. Leaving Shyalaa behind, you follow a moderate trail with a steady climb before reaching a small mani wall draped with colourful prayer flags, a peaceful vantage point overlooking the spectacular glacial valley below.

From here, the trail leads to Pungen Gompa, set beneath the immense south face of Mt Manaslu and surrounded by an awe inspiring amphitheatre of Himalayan peaks. This sacred monastery is an important place of worship for the local Nubri people and provides a tranquil setting to pause and absorb the grandeur of the mountains.

After visiting the gompa, you continue to the traditional village of Samagaun, where Tibetan culture remains deeply rooted in everyday life. Nestled beneath the towering peaks, Samagaun is one of the largest and most picturesque villages on the Manaslu Circuit and an ideal place to spend the night.

Accommodation: Lodge, Samagaun

meals: B,L,D

DAY 10 Acclimatisation Day in Samagaun, Optional Hike to Birendra Taal and Manaslu Base Camp 4,800m / 15,748ft

Today is set aside for rest and acclimatisation, an essential part of preparing your body for the higher elevations and the crossing of Larkya La Pass. You may choose to relax and explore the traditional village of Samagaun, gaining a deeper appreciation of its Tibetan influenced culture and mountain setting, or enjoy a short acclimatisation walk nearby.

For those seeking a more challenging day, an optional hike to Manaslu Base Camp is highly recommended. The return walk takes around 7 to 8 hours and passes the striking turquoise waters of Birendra Taal before climbing to Manaslu base camp at approximately 4,800m / 15,748ft. Rewarding views of Manaslu and the surrounding Himalayan peaks make this one of the most memorable excursions of the trek.

Accommodation: Lodge, Samagaun

meals: B,L,D

DAY 11 Trek to Samdo (3,865m / 12,680ft, 4 to 5 hrs)

Today's trek is a shorter but important stage as you continue higher into the Manaslu region. Following the Budhi Gandaki upstream, the trail climbs gradually through alpine landscapes, with expansive views of the surrounding snow capped peaks becoming ever more impressive as you gain altitude.

By early afternoon, you arrive at Samdo, the final permanent settlement before crossing Larkya La Pass. Perched high in the mountains near the Tibetan border, this traditional village is home to a community whose culture and way of life remain closely connected to neighbouring Tibet. Spend the remainder of the day exploring the village and its monastery, or simply relax and take in the magnificent mountain scenery while continuing to acclimatise for the days ahead.

Accommodation: Lodge, Samdo

meals: B,L,D

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DAY 12 Acclimatisation Day in Samdo (3,865m / 12,680ft)

Today is another important acclimatisation day, allowing your body to adjust to the increasing altitude before the crossing of Larkya La Pass. Set high in the mountains near the Tibetan border, Samdo provides an ideal setting to rest while taking in the spectacular alpine scenery.

You may choose to relax in the village or join an optional acclimatisation walk to the surrounding hills. These short hikes not only assist with acclimatisation but also reward you with sweeping views of the Manaslu range and the rugged landscapes that stretch towards Tibet. Along the way, there are opportunities to observe the unique traditions and daily life of the local community, whose culture has long been shaped by its close ties with Tibet.

After another night at altitude, you will be well prepared for the higher elevations that lie ahead.

Accommodation: Lodge, Samdo

meals: B,L,D

DAY 13 Trek to Dharmasala (4,460m / 14,632ft, 4 to 5 hrs)

Today's walk is one of the most spectacular of the trek as you make your way towards Dharmasala, the final stop before crossing Larkya La Pass. The trail climbs steadily through an increasingly stark alpine landscape, with magnificent mountain views accompanying you throughout the day.

Towering above are the impressive peaks of Naike Peak, Manaslu North and Larke Peak, their snow covered slopes becoming ever more dramatic as you gain altitude. The thinner air may slow your pace, providing the perfect opportunity to appreciate the grandeur of your surroundings. This high mountain environment is also an excellent wildlife habitat, where Himalayan blue sheep, marmots, pikas and, on occasion, wild dogs may be seen.

This evening you stay in tents at Dharmasala. While basic dormitory style lodge accommodation is available here, we use tents to provide greater comfort and consistency with the rest of your trekking experience before tomorrow's crossing of Larkya La Pass.

Accommodation: Tent, Dharmasala

meals: B,L,D

DAY 14 Trek to Bhimtang via Larkya La Pass (3,590m / 11,778ft, 8 to 9 hrs)

Today is the defining stage of the Manaslu Circuit as you cross the spectacular Larkya La Pass. Setting out before dawn, the trail climbs steadily through a dramatic alpine landscape, with the distinctive summit of Larkya Peak guiding your way. Although much of the ascent is gradual, the high altitude calls for a slow, measured pace, with the climb to the pass taking around five hours.

The final approach becomes steeper before you reach the prayer flag adorned summit of Larkya La Pass. From this remarkable vantage point, you'll be rewarded with magnificent views across the Himalaya, including Himlung Himal (7,126m / 23,379ft), Gyaji Kang (7,074m / 23,209ft), Kang Guru (6,981m / 22,903ft), Annapurna II (7,937m / 26,040ft) and a panorama of surrounding snow covered peaks.

From the pass, begin a long descent across glacial moraine, scree and occasional icy sections, following the edge of the glacier with careful footing. As you lose altitude,

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the rugged alpine terrain gradually gives way to the broad, beautiful valley of Bhimtang, where towering mountains provide a spectacular backdrop to the end of one of the Himalaya's great trekking days.

Accommodation: Lodge, Bhimtang

meals: B,L,D

DAY 15 Rest Day in Bhimtang (3,590m / 11,778ft)

Today is a well deserved opportunity to rest and recover in the beautiful alpine valley of Bhimtang after yesterday's rewarding crossing of Larkya La Pass. Surrounded by towering Himalayan peaks, this peaceful setting provides the perfect place to relax and reflect on one of the highlights of your journey.

If you feel energetic, you may wish to explore the surrounding valley on a short walk, where glaciers, alpine meadows and magnificent mountain scenery await. Whether you choose to venture further or simply enjoy the tranquillity of your surroundings, this recovery day allows you to fully appreciate the beauty of the Manaslu region before beginning the gradual descent.

Accommodation: Lodge, Bhimtang

meals: B,L,D

DAY 16 Trek to Goa (2,515m / 8,251ft, 6 to 7 hrs)

Leaving the high mountains behind, today's trail descends into the beautiful Marsyangdi Valley, following the river through an ever changing landscape. As you lose altitude, the rugged alpine terrain gradually gives way to forests of pine and rhododendron, which burst into colour during the spring flowering season.

Looking back, magnificent views of Himlung Himal (7,126m / 23,379ft) and Manaslu (8,163m / 26,781ft) provide a fitting farewell to the high Himalaya. By afternoon, you arrive at the peaceful village of Goa, where you can relax and enjoy the warmer temperatures of the lower valley.

Accommodation: Lodge, Goa

meals: B,L,D

DAY 17 Trek to Dharapani and Drive to Besisahar (790m / 2,592ft, walk 3 to 4 hrs, drive 4 to 5 hrs)

After breakfast, you set out on the final stage of your trek, descending through forests and traditional villages towards Dharapani. The trail follows the Marsyangdi Valley, with pleasant views across terraced farmland and the surrounding hills as you leave the high mountains behind.

On reaching Dharapani, you farewell the trekking trail and meet your waiting vehicle for the drive to Besisahar. Following the Marsyangdi River, the road winds through rural villages and fertile valleys before arriving in Besisahar, the administrative centre of Lamjung District, where you can enjoy a comfortable evening after completing your remarkable journey through the Manaslu region.

Accommodation: Lodge, Besisaha

meals: B,L,D

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DAY 18 Drive to Kathmandu (1,330m / 4,364ft, 5 to 6 hrs)

After breakfast, you begin the scenic drive back to Kathmandu, travelling through the valleys and rolling hills of central Nepal. Joining the main Kathmandu to Pokhara Highway at Dumre, the journey passes lively roadside towns, terraced farmland and river valleys, offering a final glimpse of rural Nepal after your time in the Himalaya.

On arrival in Kathmandu, the remainder of the day is at leisure. You may wish to relax with a well earned hot shower, do some last minute shopping or explore the cafés and vibrant streets around your hotel.

This evening, celebrate the completion of your Manaslu adventure with an optional farewell dinner alongside your fellow travellers, sharing stories and memories from an unforgettable journey through one of Nepal's most spectacular mountain regions.

Accommodation: Radisson Hotel, Kathmandu

meals: B,L

DAY 19 Explore Kathmandu (1,330m / 4,364ft)

After your journey through the Manaslu region, today is yours to enjoy at your own pace. Whether you choose to relax and recharge or head out to explore, this is the perfect opportunity to experience more of Nepal's vibrant capital before your journey home.

You may wish to wander through the lively streets of Thamel, browse its colourful markets and boutique shops, or relax in one of its many cafés. Alternatively, visit one of Kathmandu's renowned cultural landmarks, enjoy a traditional Nepali meal, or simply take time to reflect on the unforgettable experiences of your Himalayan adventure.

Accommodation: Radisson Hotel, Kathmandu

meals: B

DAY 20 Trip Concludes Kathmandu (1,330m / 4,364ft)

After breakfast, your arrangements conclude unless additional services have been booked. If you are departing today, you will be transferred to Kathmandu's Tribhuvan International Airport for your onward flight.

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

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.

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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.

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.

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

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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

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

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.

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.

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500). Further, our porters and guides are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

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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.

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).

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

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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.

visas

Nepal Visa Information

All nationalities require a visa to enter Nepal. For most travellers, a multiple-entry tourist visa can be obtained on arrival at Tribhuvan International Airport (Kathmandu).

To make your arrival as smooth as possible and avoid long queues at the airport, World Expeditions strongly recommends completing the online visa application before you travel.



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Option 1: Complete Your Visa Application Before Departure (Recommended)

The easiest and fastest option is to complete your visa application online before arriving in Nepal.

Online Visa Application Portal:

<https://nepaliport.immigration.gov.np/>(<https://nepaliport.immigration.gov.np/>)

Important

Applications can only be submitted within 14 days of your arrival date

The barcode confirmation generated by the system is valid for 15 days. If your travel dates change and you arrive more than 15 days after completing the form, you will need to submit a new application.

How to Apply

1. Visit the Nepal Immigration Portal above.
2. Select "Visa on Arrival".
3. Choose Tribhuvan International Airport (TIA) as your point of entry if you are flying into Kathmandu.
4. Complete and submit the application.
5. Print or save the barcode confirmation receipt.

What to Bring

- * Passport valid for at least 6 months from your arrival date
- * Printed barcode confirmation receipt
- * 4 x passport-sized photographs
- * Visa fee payment (USD cash recommended)

On Arrival in Kathmandu

1. Proceed to the visa payment counter.
2. Pay the applicable visa fee.
3. Present your passport, payment receipt and barcode confirmation at Immigration.
4. Your visa will then be issued.

Option 2: Apply for Your Visa on Arrival

If you have not completed the online application before departure, you can still obtain your visa upon arrival at Tribhuvan International Airport.

On Arrival

1. Proceed to one of the visa application kiosks in the arrivals hall.
2. Complete the electronic visa application form.
3. Print the confirmation receipt if available, or take a clear photo or screenshot of the confirmation page.
4. Proceed to the visa payment counter.
5. Present your application confirmation, payment receipt, passport and passport photographs at Immigration.

Please note that queues can be lengthy during busy periods, which is why completing the online application before departure is recommended.

Visa Fees

Current tourist visa fees are:

15 Days - US\$30

30 Days - US\$50

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90 Days - US\$125

Payment Information

USD cash is strongly recommended. AUD, CAD and GBP are generally accepted at the exchange rate of the day. Bringing the exact amount in US dollars will help speed up processing and avoid delays

Important Requirements

Before travelling, please ensure you have:

- A passport valid for at least 6 months from your date of arrival
- 4 x passport-sized photographs
- A printed or saved copy of your visa application confirmation (if applying online)
- Sufficient funds to pay the visa fee on arrival

Visa Validity

Once issued, your Nepal tourist visa must be activated by entering Nepal within 6 months of the date of issue.

As visa regulations can change without notice, travellers should always check the latest requirements with Nepal Immigration prior to departure.

World Expeditions Recommendation: Complete the online visa application before departure and bring a printed copy of the barcode confirmation. This is the simplest way to minimise waiting times and ensure a smooth arrival into Nepal.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.