

DURATION: 17 DAYS

TIME OF YEAR: FEB/MARCH & OCT/NOV

MAX CAPACITY: 20 PEOPLE

PRICE: £3000

Experience a different side of the Nepalese Himalayas with the Manaslu Basecamp circuit trek. Manaslu “Mountain Of The Spirit” is the 7<sup>th</sup> highest mountain in the world reach 8167m iconic for its two striking pinnacles at the top. You will travel through more remote Sherpa Villages in the Mansiri Himal region towards the Tibetan border and experience a diversity of scenery and landscapes such as the forests, blue lakes and vast fields of rice, corn and potatoes.

We invite you to join us on an incredible trek.

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## What the Trek Involves?

Following a wonderful welcome dinner in the heart of Kathmandu, the next morning you will begin by driving approximately 6 hours to the first village on your adventure trek, Soti Khola. Each day you will be hiking anywhere from 3 – 8 hours per day, taking it at your own pace and stopping for tea and snacks at the typical local lodges. Each day is filled with iconic views of the Himalayan hills and mountains as well as the historical Buddhist monasteries and stupas. Upon arriving in Samagaon, the last village before Manaslu Basecamp, you will have the chance to trek up to the basecamp area itself (4,800m) to see Manaslu in all its beauty and embrace the expedition history of the mountain. Beyond the Basecamp you will hike up to Larkya la pass at 5160m, one of the longest passes in Nepal but finishing on a view that will send shivers down your spine. The trek is a circuit and so you will be visiting different villages the whole way through and reaching a maximum height of 5160m.

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## WHAT'S INCLUDED

- Internal client transportation (Pick up/Drop off from KTM airport, taxi to/from domestic airport, travel to restaurant for client dinner)

- 3 nights stay at a top hotel in KTM
- Welcome dinner and farewell dinner
- Drive to and from Arughat Bazaar
- Permits and park fee's
- Accommodation during trek
- Food and soft drinks (at the lodges) during trek
- Porters during trek
- Insurance for local guides
- Internal client transportation
- Medical kit

## Not included

- Airfare: International flights to/from Kathmandu
  - Visa fee for Nepal
  - Lake District training weekend (optional)
  - Lunch and dinner during stay in Kathmandu (apart from trek organised dinners)
  - Extra hotel nights in Kathmandu
  - Extra food or drink and alcoholic beverages on the trek
  - Personal expenses: Satellite phone call, battery recharging, showers, Wi-Fi, clothing, laundry, insurance
  - Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
  - Trekking equipment, clothes, and gear
  - Tips for Porters and assistant guides
  - Any other item not included in the 'what's included' list
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# ITINERARY

We have designed this itinerary for the Manaslu Basecamp Trek based on our previous trekking experiences and based on a healthy pace and altitude gain so that we can minimise chances of altitude sickness (don't worry too much about that though)! Please be aware that sometimes weather and other natural obstacles may alter or delay the itinerary slightly so please bear this in mind. We want to ensure that you are trekking in the nicest weather possible.

## **Day 1**

Arrive in Kathmandu, airport transport to hotel and meet Adriana and Gelje

## **Day 2**

Preparation day – gear check, last minute shopping and welcome dinner in the evening with all clients

## **Day 3**

Free day to explore Kathmandu and team meeting in the afternoon

## **Day 4**

Drive from Kathmandu to Soti Khola (6 hours) (700m)

## **Day 5**

Trek from Soti Khola to Maccha Kola (930m)

## **Day 6**

Trek from Maccha Kola to Jagat (1340m)

## **Day 7**

Trek from Jagat to Pawa (1804m)

## **Day 8**

Trek from Pawa to Namrung (2630m)

## **Day 9**

Trek from Namrung to Lho (2957m)

### **Day 10**

Trek from Lho to Samagaun (3530m)

### **Day 11**

Trek up to Manaslu Basecamp (4400m) and back to Samagaun

### **Day 12**

Trek from Samagaun to Samdo (3865m)

### **Day 13**

Acclimatisation day to Tibet border

### **Day 14**

Trek from Samdo to Dharmasala (4460m)

### **Day 15**

Trek from Dharmasala to Bimthang via Larkya Pass (3590m)

### **Day 16**

Trek from Bimthang to Dharapani (1970m)

### **Day 17**

Drive from Dharapani to Kathmandu

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## **FITNESS REQUIREMENTS AND TRAINING**

The main requirement is a strong mindset and a positive mentality! Other than that you need a basic level of fitness, enough to walk comfortably for 10km with a small backpack over hilly terrain at sea level. If you are fit and healthy you are ready to go!

If you are nervous about your fitness, we provide a training weekend in the Lake District with our professional mountain guides. This will involve learning how to walk with your trekking boots, how to use poles effectively and how to hike efficiently.

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## PAYMENT

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer, then you will be responsible for covering the cost of the fees associated with the transfer so that AGA Adventures receive the full amount shown on the invoice.

## CANCELLATION

Should you decide to cancel your trip for any reason at any time between booking the trip and the start date of the trip, some deduction will be made to the advance amount. This is to cover the company's obligations and expenses to pay a certain amount for personnel and resources in advance of the trip. The following cancellation charges will apply if you decide to cancel the booking:

- Cancellations made 90 days or more before the start date of the trip will incur a loss of 33% of the deposit paid.
- Cancellations made between 90 days and 60 days before start of trip will incur a loss of 100% of the deposit paid.
- Cancellations made between 60 days and 30 days before start of trip will incur a loss of 50% of the full trip cost.
- Cancellations made between 30 days and start of trip or at any time during trip will incur a loss of 100% of the full trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.

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# INSURANCE

Every client requires appropriate insurance which covers helicopter rescue, medical rescue and reparation costs all up to 5,600m altitude.

We have a partnership with Global Rescue who are the best provider for adventure insurance. We recommend their services for insurance policies. Without the adequate insurance you may have to pay up to \$100,000 for rescue.

## Who Is Global Rescue?

### *Travel Protection*

AGA Adventures partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enrol with Global Rescue  
<https://partner.globalrescue.com/agaadventures/index.html>

### *IMG Signature Travel Insurance<sup>SM</sup>*

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it  
<https://partner.globalrescue.com/agaadventures/index.html>

## Sample FAQs

**Q:** What happens if I'm injured or have an emergency requiring evacuation?

**A:** Every situation is different when medical and security emergencies happen. To ensure you're protected when things don't go as planned, we highly recommend our clients enrol with Global Rescue  
<https://partner.globalrescue.com/agaadventures/index.html>

**Q:** What is included in the Global Rescue medical membership?

**A:** The Global Rescue medical membership includes 24/7/365 advisory services with medical professionals, field rescue from the point of illness or injury and medical evacuation to the member's hospital of choice.

**Q:** Are there any limitations on my activities with a Global Rescue medical membership?

**A:** No. Global Rescue does not put limitations on activities.

**Q:** What is included in the Global Rescue security membership?

**A:** The Global Rescue security membership includes 24/7/365 advisory services and security evacuation from events like unpredicted natural disasters, terrorist attacks and civil unrest— all supported by a team of intelligence specialists and military special operations veterans.

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# GEAR LIST

This our mandatory gear list and things we highly recommend that you bring to your trekking trip! If you forget something or can't find it where you are we can help you find anything in Kathmandu!

- Base layers for cold days (thermal underwear)
- Waterproof jacket and trousers
- Warm down Jacket (can go down to 0 degrees in night)
- Warm down trousers/comfy trousers for the evenings
- Soft shell trekking trousers or leggings for women x2
- Soft shell jacket with hood
- Hard shell trekking trousers x 1
- Regular t shirts
- Mid layer jumpers (can get quite warm in the day) x2
- Fleece jumper x1
- Trekking boots or sturdy trainers with grip
- Slippers/crocs for in the lodges
- Warm sock (merino wool is good)
- Light socks for warmer days
- Thin gloves
- Softshell gloves for colder days
- Hardshell warm gloves for windy and severe cold (not common)
- Woolly hat
- Cap
- Sunglasses (category 3)
- Buff for dusty paths
- City clothes for rest days in Kathmandu
- Suncream SPF 50
- Lip balm sunblock
- Toiletries (wipes, soap, shampoo, toothbrush, toothpaste) Most things you can buy in Kathmandu.
- Towel (small travel towels are good)
- Trekking backpack, recommended 30L
- Sleeping bag is optional for lodges but all are equipped with blankets, sheets and pillow

- Compression stuff sacks for clothes (waterproof) x 3
  - Duffel bag for porters to carry all gear x 1
  - Lock for duffel bag
  - Trekking poles
  - Headtorch and batteries
  - Water bottles, Nalgene is recommended 500ml x 1 and 1000ml x 1
  - Camera with extra batteries
  - Chargers and cables
  - Power bank
  - Snacks! Bring your favourite hiking snacks for along the way.
  - Small personal first aid kit (plasters, bandage, blister care etc)
  - Medicine bag including (Paracetamol, Antibiotics, and Altitude Medicine such as Diamox. We advise you to consult your GP to discuss any medicines that require a prescription)
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## CONTACT

To make you booking today or to contact us for further questions please email us at:

[AGAADVENTURESLTD@GMAIL.COM](mailto:AGAADVENTURESLTD@GMAIL.COM)

Or visit our website