

## NEPAL –Manaslu and Annapurna Traverse



### TREK OVERVIEW

The perfect trek for experienced trekkers who may have already ticked off the Everest region and wish to see the rest of Nepal in one hit!

This long and demanding traverse trek takes in the best of the two classic Nepal trekking circuits of Manaslu and Annapurna. We cross two high passes, the Larkya La (5235m) to the north of Manaslu and the Thorung La (5416m) to the north of Annapurna. We access the Manaslu area via a long jeep drive from Kathmandu which takes us to Arughat, a busy bazaar in the heart of Nepal. From here it is on foot for the next 18 days, passing through culturally diverse regions as we loop around the back of some of the world's most spectacular peaks. After thirteen days we reach the upper Marsyandi valley and follow the classic Annapurna Circuit route over the Thorung La to Jomsom, from where we fly back to Kathmandu.

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

### PREVIOUS EXPERIENCE/FITNESS

This is one of our longest treks and takes you well away from civilisation. However, if you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is recommended as it will help you get the most out of this trip. Most days involve 5 - 7 hours walking plus plenty of rest stops.



### GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

### WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. This trek starts at a low altitude so you can expect the first few days to be quite hot. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this

### WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

### CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse or camp whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight stop you will be ready for a well-earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but there will also be other Nepali and westernised food provided. There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way.

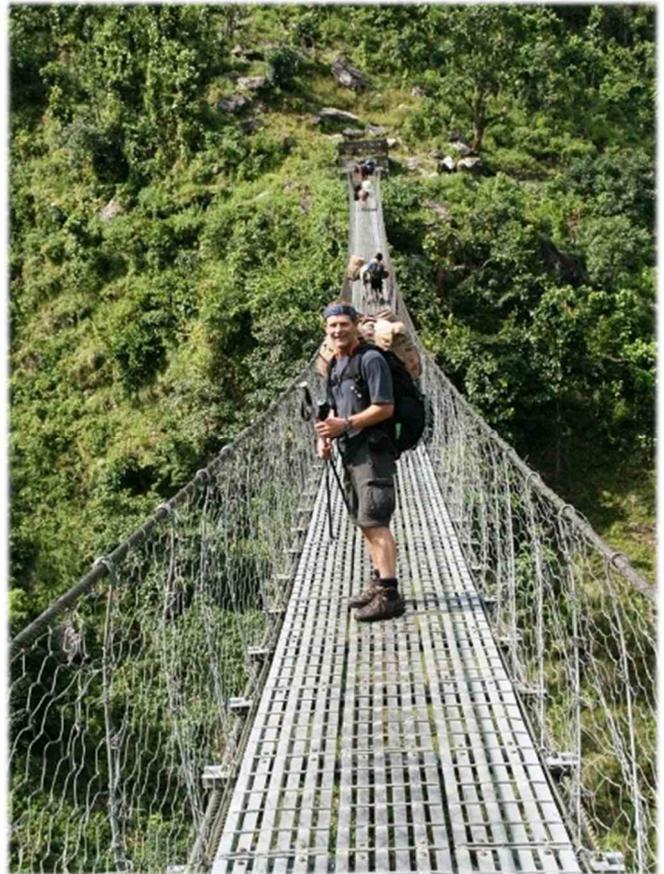
### ACCOMMODATION

In Kathmandu you will stay in a good hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we either camp (larger groups) or utilise Nepalese trekking lodges (smaller groups) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories. You will need a sleeping mat and sleeping bag.

### LANGUAGE AND TIME

**Language:** Nepali is the official language but English is the commercial language and is widely spoken.

**Time:** GMT+5hr45min (CET). No daylight saving time at present.



### HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

### INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to

the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

### ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.



### USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

### EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

### BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Kathmandu for your return.

### VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

### LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips and personal spending. You would be responsible for

any extra night's accommodation or costs (including fees for changes to International flights), due to you finishing the trip early or to unavoidable delays. All additional payments would need to be paid for whilst in Nepal (card payments accepted).

### CURRENCY

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu.

### TIPPING

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole. Please see the Nepal Background Sheet in your Welcome Pack for more information. Tipping at meals and in hotels is normal practice.

### ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

### FLIGHTS AND JOINING ARRANGEMENTS

Within the published 'With UK flight' price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the 'Land Only' and the 'With UK flights' prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change. Clients who have booked a [flight inclusive package](#) will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

**The rendezvous for this trip is the HOTEL IN KATHMANDU in the early evening of Day 2.**

Return flights can be booked to depart anytime on Day 24, or later if you wish to extend your stay.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

### EXTENSIONS

- **Everest Panoramic Flight** (from Kathmandu).
- **Chitwan Safari** (+ 3 or 4 days)
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*FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE*

## MANASLU AND ANNAPURNA TRAVERSE ITINERARY *(Detailed itinerary available on request)*

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Depart UK			
2	Sun	Arrive Kathmandu	Kathmandu	Hotel	
3	Mon	Sightseeing	Kathmandu	Hotel	B
4	Tue	Transfer	Arughat Bazaar (650m)	Camp / Lodge	BLD
5	Wed	Trek 1	Sundi Khola (700m)	Camp / Lodge	BLD
6	Thu	Trek 2	Machha Khola (900m)	Camp / Lodge	BLD
7	Fri	Trek 3	Jagat (1410m)	Camp / Lodge	BLD
8	Sat	Trek 4	Deng (1800m)	Camp / Lodge	BLD
9	Sun	Trek 5	Ghap (2040m)	Camp / Lodge	BLD
10	Mon	Trek 6	Lho (3150m)	Camp / Lodge	BLD
11	Tue	Trek 7	Sama (3500m)	Camp / Lodge	BLD
12	Wed	Trek 8	Sama (3500m)	Camp / Lodge	BLD
13	Thu	Trek 9	Duwang (4450m)	Camp / Lodge	BLD
14	Fri	Trek 10	Tanbuche (3855m)	Camp / Lodge	BLD
15	Sat	Trek 11	Karche (2700)	Camp / Lodge	BLD
16	Sun	Trek 12	Bagar Chaap (2200m)	Camp / Lodge	BLD
17	Mon	Trek 13	Chame (2685m)	Camp / Lodge	BLD
18	Tue	Trek 14	Pisang (3185m)	Camp / Lodge	BLD
19	Wed	Trek 15	Manang (3535m)	Camp / Lodge	BLD
20	Thu	Trek 16	Phedi (4420m)	Camp / Lodge	BLD
21	Fri	Trek 17	Muktinath (3792m)	Camp / Lodge	BLD
22	Sat	Trek 18	Jomson (2743m)	Hotel / lodge	BLD
23	Sun	To Kathmandu	Kathmandu	Hotel	B
24	Mon	Depart	Plane	Plane	B
25	Tue	Arrive UK	Home	Own bed!	

**Days 1-3** Depart UK and arrive Kathmandu. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu within easy walking distance of the Monkey Temple with its lovely gardens. Day 3 is free for sightseeing

**Day 4** After breakfast we travel by private vehicle along a to the Burhi Gandaki Valley and the sprawling village of Arughat Bazaar. *6 hours driving.*

**Days 5 to 9** The initial part of the trek takes us through lowland forests interspersed with farms and hamlets upstream along the Burhi Gandaki. Ascents and descents take us over the steep cliffs. At times we are on the sandy riverbed, at other times high above it. At times the cliff-hanging trail passes through an uninhabited and thickly forested gorge. Beyond Bihi evidence in the form of mani stones show we have reached the Buddhist region and at our night top on the village of Ghap we encounter the Tibetan culture. *5- 7 hours walking daily.*

**Days 10 to 12** Now we are in a deep, steep sided valley and start to gain significant height. After passing through Namrung, the valley opens out into fields of barley. Shortly after Lho we get our first views of Manaslu (8163). We continue through forest to Shyala from where there are commanding views of Himal Chuli, Manaslu and Phungi. We then continue along the trail to the village of Sama and the impressive Sama Gompa just beyond, where we stop for a rest / acclimatisation day. *6 hours walking daily*

**Day 13** As we continue up the valley above Sama fresh mountain views greet us at every bend. We pass Samdu, the highest permanently inhabited village in this region at 3850m and continue on past here to the teahouses at Duwang. *6 to 7 hours walking.*

**Day 14** The longest day of the trip as we cross the Larkya La (5135m). An early start is essential. We ascend across glacial moraines through rugged, often snow covered terrain, passing a frozen lake to reach the prayer flags marking the summit. Views across to Annapurna II, Kang Guru and Himlung Himal are our rewards. The descent is initially steep, then eases off as we descend a moraine ridge leading to the lovely

camping place in a lateral valley at Tanbuche. *10 hours walking.*

**Days 15 and 16** We descend the Karche River for 3 days passing the Manaslu west base camp with more fine views of Annapurna II and Manaslu. We drop back into rhododendron forest and continue down to the Marsyangdi River on the Annapurna Circuit which is joined at Dharapani *5 hours walking daily*

**Day 17 to 20** Now we are following the main Annapurna Circuit route and will reach the foot of the Thorong La in just four days as we are already acclimatised. Our trail crosses the Marsyangdi river on numerous occasions and passes through the administrative capital of Manang (3535m). *5- 6 hours walking daily*

**Day 21** Crossing the Thorung La is undoubtedly the hardest and most spectacular part of the trek. The trail ascends in wide curves, passing a number of glacial lakes on the way to the chortens of Thorung La (5416m) which boasts magnificent views to Gangapurna and Dhaulagiri. We descend the other side of the pass down steep slopes which may well be snow covered until the valley becomes level with the occasional rise and fall in the trail. Descent takes around three hours but provides stunning views of Dhaulagiri I, Tukuhe Peak and Nilgiri. Muktinath at 3792m hosts the sanctuary of Juwala Mapa (Temple of Miraculous Flame) a 'must see'. *9+ hours walking.*

**Day 22** Today we continue our descent in the Jhong Khola valley passing through small settlements on the way until we reach the ancient village of Kagbeni (2810m) with houses of pounded earth stacked against each other and the ruins of Sakyapa Monastery. From here a long, level path leads to the administrative capital of the Kali Gandaki Valley, the village of Jomosom (2743m). *5 hours walking*

**Days 23 to 25** Fly to Jomson to Kathmandu, and enjoy some free time in Kathmandu before transferring to the airport for your overnight flight home.