Manaslu Circuit Trekking : Safe Women-Only Expedition

Manaslu Region

Trip Facts

REGION	DURATION
Manaslu	**17 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
5106 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
163 km/101 miles	**Private vehicle**

Group Prices and Discounts

USD 1,300 per person

No. of travellers	Price per person
2–4 Pax	USD 1,450
6–12 Pax	USD 1,300
14–24 Pax	USD 1,190

Overview

Manaslu Circuit Trekking or around Manaslu takes you on both scenic sides of **Mt. Manaslu**. The world's 8th highest Mt. Manaslu 8,163 m/26,781 feet, was first summited by the Japanese Expedition in 1956. The **Manaslu Circuit treks** start from the lower warm farm villages of the Gorkha district to the cooler alpine hills. Trekkers will reach the high picturesque **Manaslu Valley** enclosed by towering snow peaks of the Manaslu massif.

Trekkers will experience dramatic changes in climate, vegetation, and landscapes to local cultures. You can make Manaslu Circuit Trekking an exclusive adventure of a two-week time frame. This trek can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow female explorers. For solo women trekkers, choosing a **female only trekking guide agency** ensures added safety, cultural insight, and empowerment. We are a **female-owned trekking company** providing reliable, licensed **women trekking guide in Nepal** and **female porter** support.

The trail leads you around the harmony of the impressive cultures of the native Manaslu villagers. The women of the Manaslu region, belonging to native tribes like the Gurungs and Tamangs, lead resilient and resourceful lives, engaging in agriculture, animal husbandry, and tourism. They significantly contribute to community development and serve as powerful symbols of **women's empowerment** by inspiring others through their dedication and hard work. A **female trekking guide agency** like Women Adventures supports this mission by promoting the role of local women in tourism.

You will walk beneath the **massive Manaslu Himal range** of peaks with views of the **massif Ganesh Himal** towards the east. The high and upper regions of **Manaslu Circuit** remained a forbidden country for the outside world around the late 1950s which then opened for foreign visitors in 1992. It was one of the restricted areas in Nepal. In the early days, it existed as the Trans Himalayan Salt Trade Route, due to its close borders with Tibet-China, where a caravan of yaks and mules laden with goods from both sides of the borders passed through. The trade still exists but in a small way than in the early days. This is why, it was known as Larke Bazaar, which is **en route to Larke Phedi**, Dharmasala. Dharmasala is the base of **Larke-La Pass**, where our trek leads to the end of Manaslu Valley rim.

The adventure continues following the Budhi-Gandaki River to its near glacial source at Upper Manaslu Valley. The walk proceeds to explore the lovely villages of Jagat, Dyang, and Namrung to Lo-Gaon, steeped with immense cultures of **Buddhism religion**. From Lo-Gaon, a lovely village with an impressive monastery located beneath the towering North Face of Mt. Manaslu. The high and scenic trail follows the route to Sama-Gaon, the major village of the Upper Manaslu Valley which is **en route to Manaslu Base Camp** and towards Larke-La Pass, as well as towards Nepal and Tibet borders.

Spend extra days in the large village of Sama Gaon, walking among towering mountain ranges to acclimatize and explore scenic viewpoints. Explore the traditional village of Sama-Gaon enriched with cultures amidst beautiful scenery. This is a key stop on the **manaslu circuit trek itinerary**. Trekkers will leave the Sama-Gaon, towards the end of Manaslu Valley on a windswept terrain, and past Samdo village to reach Dharmasala.

An early morning, a steep and long climb leads you to the top of Larke-La Pass. The highest point of the adventure rewards a glorious vista of surrounding snow-capped peaks which includes the grand **panorama of Manaslu**, Himlung, and **Annapurna Himalayan range**, as far as Ganesh Himal. After achieving our goals and main highlights of the adventures, the return journey is a long downhill passing through a lovely forest and eventually reaching at the other end of Larke Pass around Manang areas. A pleasant walk amidst an enchanting forest leads to Dharapani village, where our trek concludes. Enjoy the last overnight around the mountain village. From Dharapani, an exciting drive brings you to Kathmandu after a great and wonderful experience and adventure on Manaslu Circuit Trekking.

Highlights

- Head on an empowering journey to Manaslu Circuit Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- Adventure around the world's eighth highest Mt. Manaslu and its massive peak.
- Walking within the formerly forbidden country of high and scenic Manaslu Valley.
- Explore traditional villages adorned with age-old impressive heritage cultures.
- From tall tree lines to arid mountain wilderness of moraine, snow, and glaciers.
- Crossing high Larke-La Pass facing jaw-dropping views of the Mid-West Himalayas.

Route Overview

Trekkers joining for Manaslu Circuit Trekking or other **adventures around Nepal Himalayas** must be aware beforehand. Nepal is a country with the world's highest mountain range from foothills to the world's tallest peaks with rugged mountainous landscapes and terrains. The walk leads to many ups and downhill with few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal.

On **Manaslu Circuit**, the trek starts with a gradual, slow climb, followed by some steep ups for some hours, with a few short downhill sections. The trek follows along the glacial Buddhi-Gandaki River, to cross several bridges as well as an exciting Cantilever bridge, built and attached on the sheer rocky cliff wall, close to the river.

From Dharmasala or Larke Phedi, the trek leads to a steep climb for a few hours to reach on top of Larke-La Pass. The rest of the journey is downhill to the Manang area unto Dharapani village, the finishing point of treks.

Fixed Departures

Departure	Duration	Availability
November 10th – November 26th	17 Days	Available
November 12th – November 28th	17 Days	Available
November 14th – November 30th	17 Days	Available
November 15th – December 1st	17 Days	Available
November 21st – December 7th	17 Days	Available
November 22nd – December 8th	17 Days	Available
November 22nd – December 8th	17 Days	Available

November 24th – December 10th	17 Days	Available
November 27th – December 13th	17 Days	Available
December 8th – December 24th	17 Days	Available

The next 10 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Manaslu Circuit Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Drive to Machha Khola 900 m / 2,952 feet approx. 07 hours. (160 km)

An early morning start after a good breakfast, for a long hour's overland journey to Maccha-Khola village. The drive follows the main busy national highway and diverts north towards Dhading district. Then, the trail continues on winding up and down to Arughat Bazaar, a moderate area in the Gorkha district with a sub-tropical climate.

From Arughat, we follow the Budi-Gandaki River past Soti-Khola to reach Maccha-Khola farm village for overnight stop. In Maccha-Khola we will stay in the comfort of a simple nice lodge accommodation. The driving distance is approx. 160 km/100 miles from Kathmandu to Maccha-Khola.

Day 04: Trek to Jagat 1,340 m via Dovan 1,070 m-07 hours.

Today is the first day of the trek and we start walking from Machha-Khola. After breakfast, the walk follows on a gradual winding path, passing through farm areas, small hamlets, and forests of pines and Sal trees. We then reach Tatopani, a place with a natural hot spring, where you can enjoy a refreshing bath if time permits. The walk continues to Khorla Besi for possible lunch stop. In the afternoon we climb towards a cooler hill to reach Jagat.

A lovely hill village with many nice lodges for overnight stay. Jagat is the starting point of Restricted Area to enter Upper Manaslu. We then checked into a nice lodge and after checking into a nice room, you will have time to explore the local cultures of the local hill people.

Day 05: Trek to Dyang 1,860 m via Philim village-06 hours.

After a long first-day walk and climb to Jagat, today is an average hour of trekking. The trail follows downs and ups to cross few bridges over tributaries streams of Buddhi Gandaki River. Then our climb leads to a Salleri, a small village, before descending towards Sirdibas. The trail leads across a small bridge above Gatte Khola / stream with climb to Philim, a large farm village. The village is populated by the Gurung hill tribes and we will stop here for lunch. In the afternoon, we walk on a gradual winding trail to a small settlement at Ekle Bhatti. From here, we take a short descent to cross a stream, then towards our overnight stop at Dyang/Deng, a nice farm village. After checking in a nice simple lodge, we will spend our time to explore the local culture. From Dyang onwards one can observe a strong Tibetan Buddhism religion.

Day 06: Trek to Namrung 2, 660 m-06 hours.

The morning after breakfast we cross over the Budhi Gandaki River and climb to a small settlement at Bhi. From here our walk enters a lovely cool forest to reach Prok, another nice small village. The walk continues coming across Buddhist monuments all the way to Namrung for overnight stop. A nice village with grand views of Mt. Manaslu North Face.

Day 07: Trek to Lo-Gaon 3, 180 m-05 hours.

From Namrung, the journey heads higher towards the Upper areas of Manaslu to reach Lo-Gaon. Your morning walks start with exciting views of Sringi and Ganesh Himal with Himal Chuli in the south. The walk follows with a climb into a dense forest to Lihi, where you will find a large number of Buddhist stupas. Enjoy the fabulous scenery of terraces filled with barley and buckwheat, as the walk follows down across the valley. Then walk to small areas of Sho, and finally, the walk completes for the day reaching Lo-Gaon for an overnight stop. The village is situated in beautiful locations covered with lovely pines and rhododendron forests. At Lo-Gaon, you can relax in the comfort of a nice lodge, beneath the towering Mt. Manaslu. You will have time to explore the village and the Ribung monastery.

Day 08: Trek to Sama-Gaon 3, 500 m /11, 480 feet-06 hours.

In the morning, you can enjoy the magnificent views of snow-clad peaks with the majestic North Face of Mt. Manaslu. After breakfast, we begin the day and the walk enters the wide valley of Manaslu, following a moderate path to Sama-Gaon. The trail leads us to a short climb and then downhill to Shayla, another lovely village with superb views of snow peaks. Enjoying the lovely scenery of beautiful landscapes and snow peaks, the walk ends reaching Sama-Gaon. A great place for views of Manaslu, Himal Chuli and Peak 29 (Ngadi Chuli). Overnights in a nice cozy lodge, and you can enjoy the rest of the afternoon overlooking the majestic mountain views.

Day 09: At Sama-Gaon rest day for acclimatization and excursion.

Today is a rest day for acclimatization in Sama-Gaon. A perfect height for acclimatization with an option for hiking to scenic viewpoints. You will walk further high to Birendra Lake en route Manaslu Base Camp, visit an old Pungyen Gompa, and have time to relax while enjoying the grand views of the giant snow dusted mountains. Women of Sama Gaon in the mountainous region live a hardworking lifestyle, managing agriculture, raising livestock, and weaving traditional clothing, while inspiring others through their resilience, strong community bonds, and cultural preservation.

Day 10: Trek to Samdo 3,875 m -05 hours.

After a pleasant rest at Sama Gaon, morning walk leads to Samdo, the last village around Manaslu and Gorkha district. It is also en route to the Tibet border and towards our Larke-La Pass. The walk follows on a dry and arid terrain with short steep climb to reach a wide field. Then, we will reach Samdo, one of the largest settlement around Manaslu Valley. A nice village with good lodge accommodation for overnight stop with grand views of snow peaks.

Day 11: Trek to Dharmasala 4, 450 m /14, 596 feet-04 hours.

The walk this morning leads to the end of Manaslu Valley rim, making a short day with a lunch and overnight stop. From Samdo village we walk down to the river bed, and over a wooden bridge. After the bridge, we take a short climb to cross several streams to reach Dharmasala, after crossing Salka Khola / stream. At Dharmasala or Larke Phedi, the bottom of the pass, we check into a lodge. You can enjoy lunch while facing views of the surrounding peaks, with Larke Peak Glacier nearby. The rest of the afternoon is at leisure, allowing you to conserve energy for the long climb and trek to Bhimthang or Bhimphedi the following day.

Day 12: Trek to Bhimphedi 3, 590 m via Larke-La Pass 5,106 m -08 hours.

In the early morning, we start the big day of the adventure. After having a good breakfast we will carry a packed lunch, and start to walk heading to Larke-La Pass. We start the morning walk heading north-west with steep climb with close views of Cheo-Danda and Larke Peak. After hours of tough steep haul, we then finally reach on top of Larke-La Pass. The highest point of the adventures, offers spectacular panorama of towering peaks that encircles the top.

Enjoy the stunning views of Himlung Himal, Cheo Himal, and Annapurna II-III and A-IV. You will also see a Ganesh Himal with series of Manaslu range of peaks at far distance with some peaks of Nar Phu areas. Celebrate the success of conquering Larke La Pass with your female friends, guides, and porters which is a great achievement, showcasing the courage, strength, and unity of women adventurers in the mountains. After an exciting and tiring moments, we head downhill towards Cheo Danda and Larcia. The trail continues reaching at the base of Larke Pass on the western side around Manang district. From the Phedi or bottom of the pass, we will reach back into dense forest to Bhimphedi, also called Bhimthang.

A wonderful spot on a wide grassy field, amidst tall tree lines of oaks, pines, firs and rhododendrons. Upon reaching, you will check in the best lodge. Enjoy the comfort in a nice lodge accommodation, after a long and toughest walk of the adventure.

Day 13: Trek to Gho 2,535 m- 04 hrs.

A leisure morning for breakfast, due to the hard long walk of the previous day. From Bhimphedi, the trail leads us to a pleasant and short walk to Gho passing through dense woods downhill. After a few hours of pleasant morning hikes, we then reach Gho for an overnight halt which is located within the beautiful forest in a serene environment. In the afternoon you can enjoy some leisure time.

Day 14: Trek to Dharapani village 1,820 m -05 hrs.

Enjoy the day with the last final walk of the adventure to Dharapani village. The trail follows downhill through the forest and then reaches the lovely nice village of Tilje, located above Masrsyangdi River and close to Dharapani village. We will stop at Tilje for lunch and from here we will take a short climb to cross a bridge above Masrsyangdi River to reach Dharapani village. You can enjoy the last overnight in a mountain village, situated on the side of a motorable road at the junction of Annapurna and Manaslu Circuit trekking routes.

Day 15: Drive to Kathmandu and transfer to hotel -08 hours.

We start the morning as early as possible for the long and interesting drive to Kathmandu. After having breakfast, we then board in a jeep or similar four-wheel drive which is best for mountainous rough dirt roads. The drive heads down towards lower warm farm villages on leaving the Manang areas after Tal village. The drive continues past Chamje and Jagat, winding downhill to Syange, and then reaches the large town of Besisahar. The headquarters of Lamjung district, from here the drive leads on a good road to join the Pokhara and Kathmandu highway at Dumre Town.

A pleasant ride to Mugling Bazaar, following the Trisuli River for a few hours. As the drive climbs up on a winding road for a few hours, we reach Kathmandu Valley and then back into the bustling city. After a long interesting overland journey, you then check into your Hotels. We will arrive at the hotel by dinner time and for a good rest. The driving distance from Dharapani to Kathmandu is approximately 212 km / 132 miles.

Day 16: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 17: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Manaslu with trek to Manaslu Circuit. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

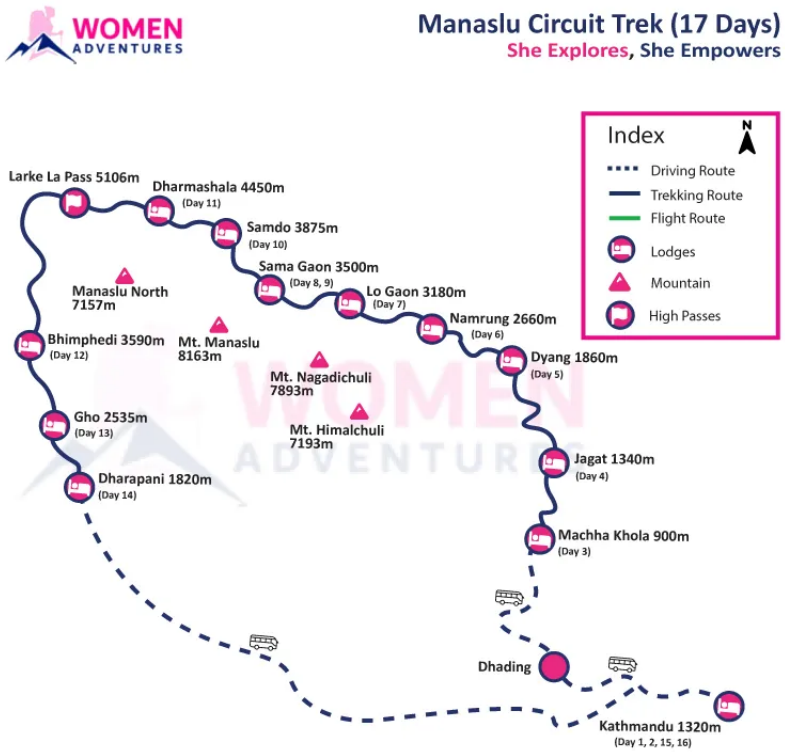
- Airport Pickup and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- All ground transportation in luxury four-wheel drive in mountain

- Kathmandu cultural and historical sightseeing with a certified female tour guide, private transportation, and entrance fee.
- Trekking Permit (TIMS)
- Manasalu Special Permit
- ACAP and MCAP permits
- Down jacket, a sleeping bag, a fleece liner, and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- International airfare
- Travel Insurance
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



FAQs

What is Circuit Trekking?

Circuit trekking is a loop trek that starts at one point and ends at another. The endpoint won't be the same as the starting point, it goes in a circular route rather than retracing the same route. In case of Manaslu Circuit Trek , the starting point is Soti Khola and the endpoint is usually Dharapani which is a scenic journey through diverse cultures, landscapes, and high mountain passes.

How difficult is the Manaslu Circuit Trek?

The Manaslu Circuit Trek can be considered challenging because of the remote trails, and higher altitude trek. It has a maximum altitude of 5,160 meters at Larkya La Pass which can be tough for some. However, the trek is overall rewarding with adequate acclimatization and fitness.

How long is the Manaslu Circuit trek?

Usually the full trek is completed in 14 to 18 days depending on side trips, like Tsum Vally or Manaslu Base Camp. Weather can also impact it as will the pace of the trekker. The total distance covered by the trail is approximately 177 kilometers (110 miles).

How to do Manaslu Circuit Trek?

The Manaslu Circuit Trek preparation requires:

A registered trekking agency for logistics and permit requirements.

You need the following permits:

- **An Annapurna Conservation Area Permit (ACAP)**
- **Manaslu Conservation Area Permit (MCAP)**
- **Manaslu Restricted Area Permit (MRAP)**

Solo trekking in the Manaslu region is not allowed; hence, one licensed guide is required. At least two people are needed in a group for the restricted permit.

We take care of everything, including guides, permits, transport, and accommodation, tailored for your comfort and safety.

What is the best time for the Manaslu Circuit Trek?

The best times for trekking are during **spring,** which lasts from March to May, and autumn, from September to November. During these periods, the weather is stable with a clear mountain view, and the passage is safe over Larkya La pass.

Is the Manaslu Circuit Trek crowded?

No, it is one of the quieter treks in Nepal, providing more peaceful, remote, and authentic cultural experiences compared to the Everest or Annapurna regions. It is perfect for people looking to experience true Himalayan wilderness and solitude.

What kind of accommodation is available on the Manaslu trek?

Accommodation during the Manaslu trek is in local teahouses, which are basic but comfortable. As the region is still developing, the facilities offered are more basic than in the other popular trekking areas. In some villages, hot showers and charging points are available at an extra cost.

Is the Manaslu Circuit Trek worth it?

It is worth it, as trekkers consider it to be one of the best off-the-beaten treks in Nepal. You get panoramic views of Manaslu, which is the world's 8th highest mountain. With fewer crowds and a touch of Tibetan culture, this trek becomes much more adventurous.

What if my question isn't listed?

No worries! Get more details on **Manaslu Circuit Trek** , and you can directly talk to our expert at +977 9841290101 or email us your inquiries at info@womanadventures.com.

Food and Culture

From Dharapani Village, the food and lodge accommodations around higher villages is available at designated overnight stops. The lodge accommodation is nice, with a comprehensive food menu to enjoy in big villages.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in the villages of Jagat, Namrung, Lo, and Sama Gaon, as well as in Bhimthang and Dharapani on reaching Manang district. But in places like Dharmasala and Gho the lodge facilities are simple and basic which provides common bathrooms and toilets.

The food menu in these places offers a limited variety of options. Trekkers can expect that most rooms in high-altitude areas come with common bathrooms and toilets. The plumbing systems with running water freeze in the morning, evening, and nighttime because of harsh cold climate conditions. Due to the freezing temperatures from Jagat and Dyang villages onward, hot showers are available at an additional cost.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Gorkha district of Mid-West Nepal are Magar and Gurung hill tribes. The Gurung and Magar with some Hindu Brahmin and Chettries are the inhabitants of the southern areas of the Manaslu and Gorkha district. From Jagat village, we entered the high Manaslu areas as far as on top of **Larke-La Pass** including the Manang district after crossing the pass of Larke-La.

The highland villagers of Manaslu and Manang are of strong Tibetan origin known as *Bhotias*, and Mustang people. They follow **Buddhist religion** similar to their Tibetan predecessors. Trekkers will notice Buddhist monuments of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest. The Highlander people of the Upper Gorkha region, from Jagat onwards, refers to Manaslu as 'Kutang' in the Tibetan-origin language.

Kutang means a flourishing valley for farming high-altitude crops of barley, wheat, buckwheat and raising livestock of yaks, sheep, and goats. Manaslu is named from ancient Sanskrit, and means the mind or soul of a God, like the Manasarover holy lake in Tibet.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Glacier glasses
- Head torch.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.
- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.

- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://womanadventures.com/packages/manaslu-circuit-trekking

Call us at +977 9747508926 or email info@womanadventures.com

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