Sherpa Nomad Trek
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Manaslu Annapurna and Upper Mustang Trek - 32 Days

MANASLU, ANNAPURNA & UPPER MUSTANG TREK: 32-DAY PACKAGE

The **Manaslu, Annapurna Circuit, and Upper Mustang Trek** is a 32-day journey that offers an ideal exploration of the Manaslu and Annapurna regions. Experience the pristine natural beauty and cultural diversity of Manaslu, which is famously recognized as a restricted trekking area and an off-the-beaten-path adventure. Did you know that the Manaslu Circuit Trek can also be combined with the Annapurna Circuit Trek? Indeed, the Manaslu Circuit Trek begins in Kathmandu and travels to Machha Khola, encircling the world's eighth-highest mountain, Manaslu (8163m), while traversing the Larke La Pass at 5106m. The trek concludes in Dharapani, which serves as the starting point for the classic Annapurna Circuit Trek. We plan to undertake the Annapurna Circuit Trek alongside the Manaslu Circuit Trek, following the renowned trekking route to Thorong La Pass at 5416m, adhering to the standard itinerary. The breathtaking views of mountains, valleys, villages, forests, and rugged Himalayan trails inspire everyone to continue their journey. After crossing the pass, we descend to Muktinath village, a well-known settlement in Lower Mustang, from where we embark on the highly regarded Upper Mustang Trek. In Upper Mustang, you will encounter the ancient Lo Kingdom, the walled city of Lo-Manthang, Ghar Gompa, the oldest monastery, unique rock formations, stunning arid Himalayan deserts, and the hidden treasures of this Himalayan kingdom. After exploring the remarkable landscapes and rich history of Upper Mustang, we will return to Jomsom and take a flight to Pokhara and Kathmandu.

This trekking package is ideal for those seeking a longer adventure. Experience the breathtaking views of the mountains, Tibetan villages, and the rich cultural and natural diversity. It is renowned for being an off-the-beaten-path trek and for wilderness exploration. The Annapurna Circuit Trek is a

premier classical trek, recognized as one of the most famous treks in the world. Marvel at the stunning landscapes, apple orchards, and the encircling Annapurna range, along with valleys, glaciers, and the magnificent mountain vistas of Annapurna and Dhaulagiri. After crossing the Thorong La Pass, continue on the trail to Upper Mustang. Upper Mustang features a unique landscape, arid terrain, monasteries, ancient Tibetan culture, caves, mountain views, and hidden gems of Nepal. Book this long and challenging trek to experience three distinct treks in a single journey.

MANASLU ANNAPURNA AND UPPER MUSTANG TREK COST

The price for an extraordinary 32-day journey to Manaslu and Annapurna ranges from $3,200 to $4,500 per person, depending on the size of the group. Did you know this is the longest package combining both Manaslu and Annapurna, designed for true adventure seekers who wish to explore these two magnificent Himalayan regions on a solo expedition? This trip includes the Manaslu Circuit, Annapurna Circuit, and the highly preserved Upper Mustang. The cost of experiencing these legendary three treks in one journey is truly special. Sherpa Nomad Trek Pvt. Ltd. has crafted this 32-day itinerary for those who prefer to immerse themselves in nature for a month, away from the crowds, and fully appreciate the beauty of the Himalayas. The package includes airport pickup, luxury accommodations in Kathmandu and Pokhara, the best lodging in the mountains, all necessary permits, private transportation, flights (Jomsom-Pokhara-Kathmandu), a professional local guide, porter support for two trekkers, mountain meals, Wi-Fi, three cups of tea or coffee each day in the mountains, fresh fruit, and daily energy bars. This is a comfortable package, yet we offer competitive pricing, making it reasonable and ideal for those seeking quality service. The cost may vary based on group size, duration, service level, and other key factors; however, we pride ourselves on being the best company for quality service at very reasonable rates. The breakdown of costs for the 32-day Manaslu, Annapurna, and Upper Mustang trek is as follows:

- If you are traveling solo, the cost will be $4,000

- For a group of 2-6, the cost will be $3,300 per person
- For a group of 7-10, the cost will be $3,200 per person.

HIGHLIGHTS OF MANASLU ANNAPURNA & UPPER MUSTANG TREK

- Begin your journey on the Manaslu Circuit Trek to uncover the region's natural and cultural diversity.
- Discover the breathtaking beauty of the area, featuring impressive waterfalls, lush valleys, traditional Gurung settlements, and dramatic landscapes.
- Stroll through the tranquil atmosphere, gathering experiences with every hour spent walking.
- Marvel at the stunning alpine meadows, wildflowers, and mountain vistas, particularly the magnificent Manaslu (8163m), the eighth-highest peak in the world.
- Trek to Pungen Gompa, explore Tibetan villages, and reach Manaslu Base Camp (4800m) for a transformative experience.
- Stand at Larke La (5106m), the breathtaking pass of the Manaslu region.
- Connect with the Annapurna Circuit trail at Dharapani, one of the world's renowned trekking routes.
- Visit charming villages, apple orchards, alpine vegetation, and enjoy spectacular views of the Annapurna Range.
- Discover Gangapuran Lake and the ancient monasteries of Manaslu before ascending to Thorong La Pass (5416m).
- Join the Upper Mustang trek from Mustang and Kagbeni, relishing the dramatic scenery of the arid landscape, and explore the ancient walled city of Lo Manthang, Tsarang, Ghar Gompa, and Choser before returning to Jomsom.

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IMPORTANT NOTES

- The Manaslu and Upper Mustang Treks are located in Restricted Areas, necessitating the presence of a local trekking guide and a reputable company like Sherpa Nomad Trek.
- The treks in Manaslu, Annapurna, and Upper Mustang require five different permits: the Manaslu Conservation Area permit, special permits, and local permits.
- Special permits can only be acquired through a local trekking company and are issued by Immigration, which necessitates processing time during business days; they will not be available on public holidays.
- To obtain special permits, please apply for an online visa and provide us with the visa submission number if you require the permits in advance.
- It is crucial to honor the local culture and ecosystem throughout your trek.
- Make sure you have the right gear and take time to warm up before embarking on your journey.
- Maintain a steady walking pace, stay hydrated, and choose hygienic meals.
- Always walk on the safe side of the path and steer clear of areas near cliffs.
- Preparation, awareness, and walking calmly are essential for a successful trek.
- Savor the beauty of Manaslu, Annapurna, and Upper Mustang while being conscious of safety and local traditions.
- When the mule and local porter arrive, ensure you give them space and remain on the safe side.
- While travel insurance is not mandatory, it is vital for emergencies.
- It is important to provide gratuities for the guide, porter, and driver.
- Always ask for permission before photographing local individuals.
- Killing any animal is strictly prohibited
- For safety and security, book your trek with Sherpa Nomad Trek Pvt. Ltd, the premier local company.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Free Day in Kathmandu / Preparation Day**

Day 3: **Drive from Kathmandu to Machha Khola (900m): 180km, 6-7 hours**

Day 4: **Trek from Machha Khola to Jagat (1410m): 20km, 6-7 hours**

Day 5: **Trek from Jaget to Deng (1860m): 21km, 6-7 hours**

Day 6: **Trek from Deng to Namrung (2630m): 18km, 6-7 hours**

Day 7: **Trek from Namrung to Shyala (3500m): 17 km, 6-7 hours**

Day 8: **Hike to Pungen Gompa (4100m) from Shyala for 3 hours and Trek down to Sama (3550m): 2 hours: 12km**

Day 9: **Rest Day in Sama/ Manaslu Base Camp Hike (4800m): 13km, 8 hours**

Day 10: **Trek from Sama to Samdo (3800m): 6km, 2-3 hours**

Day 11: **Trek from Samdo to Dharmasala (4460m): 7km, 3-4 hours**

Day 12: **Trek from Dharmasala to Bhimthang (3700m) via Larke La Pass-5106m: 18km, 7-8 hours**

Day 13: **Trek from Bhimthang to Dharapani (2000m): 20km, 6-7 hours**

Day 14: **Trek from Dharapani to Chame (2650m): 16km, 6hours**

Day 15: **Trek from Chame to Upper Pisang (3300m): 15 km, 5-6 hours**

Day 16: **Trek from Pisang to Manang (3440m) via Ghyaru (3700m) and Ngawal (3660m): 16km, 6-7 hours**

Day 17: **Rest Day in Manang / Hike to Ice Lake or Gangapurna Lake**

Day 18: **Trek from Manang to Yak Kharka (4000m): 10 km, 4 hours**

Day 19: **Trek from Yak Kharka to Thorong La Phedi (4460m): 7 km, 4hours**

Day 20: **Trek from Thorong La Phedi to Muktinath (3700m) via Thorong La Pass-5416m): 15km, 7-8 hours**

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Day 21: **Trek from Muktinath to Kagbeni (2810m): 10km, 4 hours**

Day 22: **Trek from Kagbeni to Chele (3050m): 15km, 6 hours**

Day 23: **Trek from Chele to Shyangbochen (3600m): 14km, 6 hours**

Day 24: **Trek from Shyangbochen to Dakmar (3700m): 15km, 6 hours**

Day 25: **Trek from Dakmar to Lo Manthang (3800m) via Ghar Gompa (4950m): 14km, 6 hours**

Day 26: **Rest day in Lo- Manthang / Choser exploration**

Day 27: **Trek back to Ghami via Tsarang Village : 17km, 8 hours**

Day 28: **Trek from Ghami to Samar**

Day 29: **Trek from Samar to Kagbeni and Jomsom**

Day 30: **Flight to Pokhara from Jomsom**

Day 31: **Flight from Pokhara to Kathmandu**

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Day 32: Departure

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 3 Nights Deluxe Hotel in Kathmandu, Ramada Encore- 4-star Hotel
- Kathmandu to Machhe Khola by Private Jeep
- One night Hotel in Pokhara at Hotel Middel Path
- 27 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and energy bars every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Tsum Valley Special Permit, Manaslu Special Permit, Upper Mustang Permits, ACAP, and Local regional Fees)
- Jomsom to Pokhara flight
- Pokhara to Kathmandu flight
- First Aid service and all the required equipment.
- Trekking gear such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gear, and Accommodation
- Tilche to Kathmandu by Private Transportation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

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PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD 80 per person
- Tips for Guide, Porter, and Driver
- Personal expenses
- All the personal trekking gear
- Extra day in the mountains: USD 90 per person
- Extra day in Kathmandu: USD 90 for single and USD 110 for double/Twin Rooms per room.

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 3–4 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

ADDITIONAL INFORMATION

COMBINING THREE TREKS INTO ONE JOURNEY

Sherpa Nomad Trek Pvt, Ltd. invites you to embark on an epic Himalayan journey that features the **Manaslu Circuit Trek**, **Annapurna Circuit Trek**, and **Upper Mustang Trek**. This 32-day trek fulfills all your needs for a complete trekking experience in Nepal. Don't miss this opportunity to explore three distinct treks in one journey and immerse yourself in the stunning natural beauty.

Manaslu Circuit Trek: Explore the untouched beauty

The **Manaslu Circuit Trek** is recognized as the ultimate off-the-beaten-path trekking experience in Nepal, located in the northern Gorkha district within the Manaslu Conservation Area. This region is protected under the Tsum Nubri restricted areas, which aim to preserve both the natural environment and local culture in its original state. Trekkers can begin their journey from either Kathmandu or Pokhara, with the trek typically lasting between 12 and 20 days based on the chosen routes. Manaslu is notable for housing the eighth-highest mountain in the world, Mount Manaslu (8163m). This trek is moderately difficult and is ideal for both novice and experienced trekkers; however, a good level of fitness and physical endurance is required. The trek starts at Machha

Khola, which can be reached via an off-road route. Budget-conscious travelers can take a bus, while those preferring comfort may choose a private jeep. The total distance covered during the Manaslu Circuit Trek is around 120 km, passing through various terrains from subtropical areas to moraines and glaciers. This trek allows for the exploration of stunning natural beauty and rich cultural diversity, offering a transformative experience. Interestingly, the Manaslu Circuit Trek was opened as a tea house trek in 2010 AD, having initially been established in 1992 as a camping trek. It has now become the best tea house trek in Nepal, standing as the third most popular trek after Everest and Annapurna. It is widely regarded as one of the classic treks in Nepal.

Annapurna Circuit Trek: Discover the World's Famous Trek

The **Annapurna Circuit Trek** is a world-renowned trekking destination in Nepal, situated within the famous Annapurna Conservation Area, home to the towering Annapurna I, the 10th highest mountain in the world at 8,091 meters. This trek typically spans 10 to 20 days, beginning in either Jagat or Dharapani and concluding in Jomsom or Nayapul, depending on whether you opt for the shorter or the classic Annapurna Circuit Trek. It provides an opportunity to experience the rich cultural and natural diversity, alongside breathtaking views of the Manaslu, Annapurna, and Dhaulagiri mountain ranges. The walking distance for the Annapurna Circuit Trek ranges from 120 kilometers to 230 kilometers, depending on your chosen route and starting and ending points. The classic route commences in Besishar and concludes in Nayapul, requiring 25 to 27 days to complete, covering a distance of 230 kilometers. In contrast, the shorter trek can range from 120 to 160 kilometers, typically from Dharapani to Jomsom or Tatopani. This trek is famous worldwide due to its impressive journey from the lower valleys to the high Thorong La Pass at 5,416 meters, followed by a descent into the arid lands of Mustang and the deepest gorge in the world, flanked by Annapurna and Dhaulagiri. The trek has been recognized as a tea house trek since 1992, with well-maintained routes through the Himalayas. Our 32-day Manaslu, Annapurna, and Upper Mustang Trek package encompasses this pristine and delightful trek, allowing you to discover the magnificent landscapes and magical lands of the Himalayas.

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Upper Mustang trek: Witness the Remote and ancient Lo-Kingdom

The **Upper Mustang trek** is a globally recognized trekking destination situated in the Mustang district of Nepal, within the Annapurna Conservation Area. It is the most restricted area in the world, requiring a special permit costing $50 per day, in addition to the Annapurna Conservation Area permits. Historically, Upper Mustang was part of the ancient Lo kingdom, with its capital being Lo-Manthang, famously known as the walled city. This secluded region opened to visitors in 1992 and mandates a special permit, which is relatively expensive, resulting in a limited number of visitors. Currently, permits can be obtained on a daily basis, allowing for solo travel without the need for a group, making it an ideal destination for individual travelers. The trek is located beyond the Himalayas, showcasing dramatically beautiful landscapes, including arid terrain, windswept hills, cliffs, ancient civilization remnants, rich culture, Tibetan monasteries, caves, and breathtaking mountain views. The peaceful trails lead through lesser-explored regions, revealing hidden gems where Padmasambhava once meditated, solidifying its status as a must-visit destination. The trek can be completed in 15 to 20 days, covering a distance of 120 to 160 km, making it a remarkable journey. If you are eager to explore the untouched Himalayan region, this trek is the perfect choice. It is home to palaces, forts, monasteries, caves, ancient villages, and sandstone hills.

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