

## GHT Manaslu & Annapurna - 39 Days

GHT Manaslu & Annapurna trek is one section of GHT Nepal, it combine two most popular treks Tsum Manaslu trek and Annapurna circuit trek in Nepal.

A nice variation of the circuit is the path leading to the villages of Naar and Phu, crossing the Kang La (5322 m) on the way back to the main trail. This area was closed to trekkers until late 2002 and still very few venture off the well-trodden circuit up to these relatively unexplored villages surrounded by many dazzling 7000 m peaks.

From Chame the trek climbs up through beautiful forests, gorges and narrow canyons, past ancient gompas in century old villages. Beyond Manang you can leave the busy trail again by trekking via Tilicho Tal (4920 m), crossing two 5000 m plus passes instead of the customary trail via Thorung La (5415 m) and descend down to Muktinath and finally to Jomsom.

## PRICE INCLUDES

- Local transfers for your international flight x 2 (arrival/ departure)
- Manaslu & Annapurna Conservation Area Permit and Restricted Area Permit
- Kathmandu to Soti Khola to Kathmandu (starting point/ending point of the trek) by private jeep
- One English speaking experienced guide and porter (1 porter for 2 trekkers)
- 4 nights' accommodation in a Kathmandu hotel (Hotel Holy Himalaya or similar)
- All night accommodation in mountain teahouses
- All breakfast, lunch and dinner while on trek
- Farewell dinner in Kathmandu
- Staff insurance and necessary ground transport for support staff
- Fly back from Jomsom-Pokhara- Kathmandu

## PRICE EXCLUDES

- International flight ticket and Nepal Entry Visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)