

Enjoy a spectacular trip to Nepal

October 15th – October 27th, 2022

Kathmandu-Manaslu Conservation Area:

**Machha Khola (700m) – Doban (1.070m) – Philim (1.590m) – Bihi
(2.130m)- Serang Monastery (3.200m-3.500m)-
– Kathmandu (Return by Helicopter)**

WHY?

Nepal is one of the richest countries in the world in terms of spirituality and happiness. This is so, at least in part, not despite the country's poverty but because of it.

This amazing country where inner rewards are valued more highly than material ones offers lessons, both in personal growth and in leadership. Here the two are always intertwined. Thus, Nepal offers an almost perfect opportunity to discover and make use of your untapped potential of body, mind and soul.

Thirteen days in Nepal combining Royal valley sightseeing, vigorous trekking, amazing mountains, great power places, staying in Serang Gompa – a Buddhist monastery at high altitude – and quiet time for introspection will lead you to reach again the peaks of yourself. Enjoy the lessons in leadership from the Himalayas. Enjoy a different life.

Both the Nubri and Tsum Valleys are known as "Beyul", a sacred Valley that was blessed and designated as a place of refuge by Guru Rinpoche. The Valley also lies within the Kyimlung Valley, meaning the "Valley of Happiness." For these reasons, and among others, the Manaslu Trek is quickly becoming one of the most popular treks in Nepal.

With help from our local guides, trek to little known places of beauty and sanctity, immerse in the local culture and traditions, and visit the Serang Monastery & School. Himalayan Tahr Treks is a team of locals dedicated to empowering the local Nubri-Tsum community through creating opportunities and engaging in philanthropy.

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WHAT?

13 days in pure spiritual environment and nature. The scope: support an amazing educational project: the Serang Basic school at 3.500m altitude. Group Size: min 4 people, max 9 people. Language: English & German, Organisation: Dr.Thomas Oehler; Organisation/Responsibility in Nepal: Himalayan Tahr Treks Pvt. Ltd./Serang Monastery

For references regarding previous treks in Nepal and please refer to:
www.genius-coaching-training.com/training/resultate/ download

MANASLU TREK DESCRIPTION

Due to rapid development, Nepal's remote and untouched Himalayan regions have undergone transformational changes for better and for worse. The renowned Annapurna Circuit now has roads along the entire route with jeeps racing the entire way, and the Everest region has been long obsolete of its traditional style houses. However, the Tsum-Nubri Valleys along the apex of the Manaslu Circuit remain virtually untouched by outside development and were opened to trekkers relatively recently. Both the Nubri and Tsum Valleys are known as "Beyul", a sacred Valley that was blessed and designated as a place of refuge by Guru Rinpoche. The Valley also lies within the Kyimolung Valley, meaning the "Valley of Happiness." For these reasons, and among others, the Manaslu Trek is quickly becoming the most popular trek in Nepal.

The trek is centered around Mt. Manaslu, the world's eighth highest mountain at 8,163 meters (26,781 ft.). Like the Everest and Annapurna Circuit, the Manaslu Circuit also offers humbling Himalayan scenery, high mountain passes, rich biodiversity, and the rewarding journeys to get there. This awe-inspiring natural beauty is only accentuated by the rich culture and traditions that exist there. The Manaslu Trek's serenity and cultural richness provides an authentic experience unlike anywhere else, and it can only be tapped into with the help of our locals who was shaped by the very area they are guiding.

Building upon years of family and personal knowledge, locality, and heritage, we are able to bring you this experience. Below is a sample itinerary for this journey. All aspects of the itinerary can be customized, just let us know.

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All the profit of this trek goes to Serang Basic School and its project in Bihi. That means the trekking company is directly funding this monastery and its [Serang Basic School](#) project. And by choosing Himalayan Thar Pvt. Ltd. as your travel partner, you will be playing a direct role to preserve this ancient monastery its school that provides free education to community children. **For details please refer to www.human-care-education.com**

MANASLU TREK SPECS

Trip Duration ----- 13 days, 12 nights
Difficulty ----- Moderate/Strenuous
Highest Point -----Serang Monastery (3,400m)
Cost -----EURO 3.500,00 per person (plus VAT)
Single Room -----EURO 350,00 per person (plus VAT)

Deadline for booking and payment: 15.08.202

We strongly recommend to respect this deadline also because of cheaper international flights for your own booking.

Included in Price

Arrival/Stay in Kathmandu

- Airport Transfers arranged to/from KTM airport to hotel
- Sim Card with 500 NPR balance for each team member
- Map of Manaslu Trek for each Trekker
- Hotel in Kathmandu before departure of trek: 2 nights, breakfast included.
- Trek Briefing Dinner before departure

During Trek

- Pick-up and Drop-off at bus station or for private jeep
- Bus/Jeep Transport KTM to Trailhead - Round Trip
- Basic Medical Kit carried by guide (anti-inflammatories, diamox, laxatives, antidiarrheals, bandages, and mole skin.
- Lodging during the trek in single/double rooms
- Breakfast, Lunch, afternoon tea/coffee, and Dinner. All meals come with tea, coffee or hot-water.
- All trekking permits and entry fees
- Professional English speaking guide and the guide fee
- Porter (one porter can only carry up to 25 kg)

After Trek Kathmandu

- Transfer back to airport.

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Excluded in Price

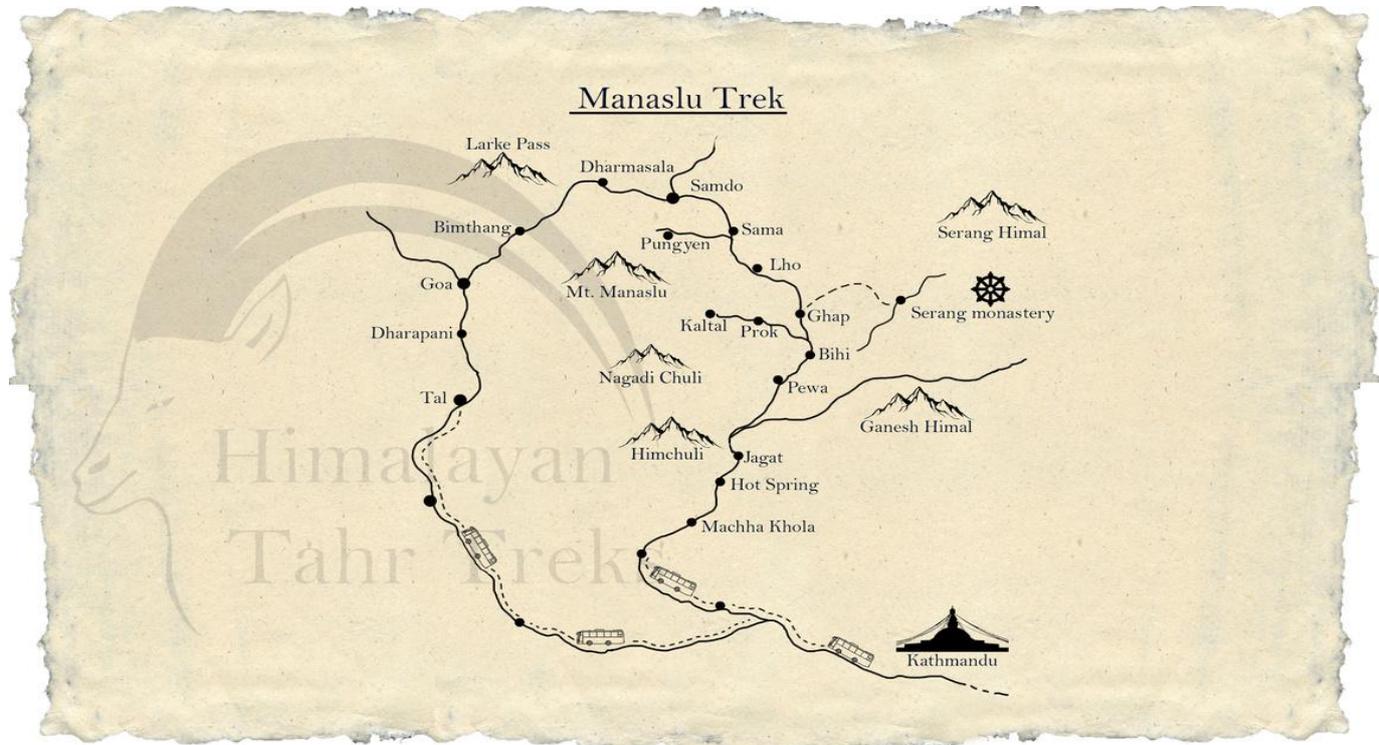
Pre Arrival to KTM

- International Flights
- Travel and Evacuation Insurance (mandatory)
- Nepal Visa
- Meals in Kathmandu
- Transportation around Kathmandu.

During Trek

- Personal Expenses (guide tip, soda, alcohol, snacks, wifi, battery charging, hot showers, trekking gear, other miscellaneous items)
- More than one meal/person. Note: Daal Baht is unlimited refills.
- Any medicines not listed
- Water purification or filters (iodine tablets, steri pen, water filters)

ITINERARY



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All itineraries are subject to change based on weather, complications, walking speed, and group preferences. Along the trek, you will communicate with your guide to make designs best for the group. This is the nature of trekking in Nepal.

Day 0 oct. 14th: Departure from your home country

Day 1 oct. 15th: Kathmandu Arrival (1,400m)

Upon arrival, be greeted by our team at the airport and let us help you settle in.

Day 2 oct 16th: Kathmandu Preparation

Take this day to explore, shop, and prepare for the trek departure. Optional: Day-Trip to Bhaktapur.

This evening meet our team over dinner for the Trek Briefing.

Day 3 oct 17th: Kathmandu to Dobhan (1,070m)

Drive 12 hours

Rise early for our departure to Dobhan, the starting point of our trek. We will arrange a pick-up at your hotel to deliver you to the bus station or for your private jeep. From there, drive along the Kathmandu-Pokhara Highway, and then along the banks of the Budhi Gandaki River for the remainder of the drive.

Day 4 oct 18th: Doban to Philim (1,590m)

Trek 7 hours

We begin walking along the river. We cross a long suspension bridge over the Yaru Khola and then climb stone stairs to reach Tharo Bhanijyang. Along the trail, watch for Langur Monkeys and waterfalls cascading into the Budhi Gandaki River.

Day 5 oct 19th: Phillim to Bihi (2,130m)

Trek 8 hours / Moderate

On this day, we arrive at the intersection that leads to either the Nubri or the Tsum Valley. For this trek, we head upwards towards the Nubri Valley.

Day 6 oct 20st: Bihi

With the help from our guide and the local people, visit the new school under construction, wander around, and enjoy the sight-seeing.

Day 7 oct 21st: Bihi to Serang (3,400)

Trek 9 hours

A huge ascent, leaving the Nubri Valley floor and passing through a small village terraced into the steep mountainsides. The ascent is steep, but its natural beauty is humbling. The Serang Monastery, with a history of over 500 years, is a unique Buddhist sanctuary nestled in the lap of the Himalaya.

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Day 8 – 12 oct 22nd-26th: Serang Stay

Take these days to fully immerse yourself at Serang, the remote Buddhist sanctuary. Begin the morning with a tour from your trekking guide and/or with our monastery representative. During the tour, learn about current projects, the rich history and culture, and visit the school. Take the rest of the day to relax and enjoy the serene, tranquil environment. As you relax, Himalayan Tahr Goats will likely stroll in front of you unafraid, as they, too, feel at peace among the monks and nuns.

Day 13 oct 27th: Serang to Kathmandu (1,400m) (End of Trek)

Depart on a private helicopter (booked by Himalayan Tahr Treks Pvt. Ltd.) back to Kathmandu. Begin in Serang and quickly descend back to Nepal's bustling capital, Kathmandu City. Along the way, from an aerial view, witness the drastic change in scenery, and see the villages that scatter the hillsides.

Departure from Kathmandu to your home country (evening flight) or stay in Kathmandu (optional) and depart Oct 28th.

In case you would like to stay in Kathmandu we are happy to arrange your stay.

WHAT YOU CAN EXPECT FROM THIS TRIP

Would it be valuable for you to learn practically how to bear all of these factors in mind, body and soul amidst ever new and daily challenges?

How would your life change if you preserved and developed a sense of joy in creating when torn between work load and a desire to achieve?

How would your life change if you focused even more on the change of negative stress into positive stress?

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THE RESULTS

You will be able to harness this power for yourself and you can expect these results:

- Heightened physical, emotional and spiritual vitality and awareness
- Release from old, subconscious patterns of failure and low self-esteem
- Increased clarity about your life purpose and the means to accomplish it
- Renewed vigor and excitement about all facets of your life
- A stimulating, potent surge of creativity and conviction
- Enhanced and expanded connection to your spiritual core, the ultimate source of personal power.

PACKING LIST

The first recommendation is to pack as lightly as possible. Women should dress modestly. Cotton or wicking T-shirts are good. Micro-pore polyester allows sweat to evaporate through the fabric, and dry quickly after washing. Before the trek departure, you will meet with a company representative to go over trip itinerary and packing.

This is only a trekking packing list. If you have other plans in Nepal, additional clothes may be needed. Any items that are not needed for the trek, can be stored with your hotel or with us, if necessary. If you don't have items on this list, many items can be bought cheaply in Nepal. Please contact us about any of the above or below.

Clothes and Footwear and Headwear

- 1 rain jacket- We recommend a lightweight, waterproof (or seriously water-resistant) jacket. We recommend a high quality raincoat.
- 1 lightweight down jacket or small jacket
- 1 light Sweatshirt or hoodie
- 1 set of thin, lightweight long underwear top and bottom.
- 2-3 short-sleeved shirts - these can be wicking and/or cotton.

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- 1-2 long sleeved shirts
- 1 pair of shorts- Not too short, no more than an inch or two above the knee. Women often find that a pair of long shorts and a long skirt are good.
- 1 pair of lightweight sweat pants/warm fuzzy pants
- 1 pair of lightweight hiking pants
- 5-6 pairs of underwear and undergarments
- 3-4 pairs of socks - one warm pair for evenings and mornings, and the rest for hiking.
- 1 Baseball Cap or Sunhat
- 1 warm hat
- Light weight scarf (optional) - handy for dust on trail or road
- 1 pair of hiking shoes or running shoes
- 1 pair of camp shoes - flip flops or sandals or crocs - it's nice to have camp shoes that socks can be worn with
- Masks for COVID
- Trekking Poles (optional)

Bags

- 1 large backpack - this should have straps and chest straps. This backpack needs to fit all items for trekking.
- 1 small backpack - can be stuffed into your larger backpack for day hikes
- 1 sleeping bag - at night, it can get cool, though not generally cold. A 20-degree Fahrenheit bag should be fine, and a liner adds about another 10 degrees of warmth. We will be sleeping inside, but lodges at higher elevations can be cool, though all rooms have extra quilts that you can pile on top of your sleeping bag.

Accessories

- 2 water bottles - each 1 Liter
- 1 pair of sunglasses
- 1 rain cover or plastic bag for backpack
- 1 extra trash bag for rain
- 4 small plastic and/or reusable bags for dirty clothes, trash, and rain.
- 1 very lightweight and small towel
- 1 headlamp with extra batteries - best for going to the bathroom at night, reading, and so on.
- Phone and Phone chargers and outlet adapter (widely available in Nepal)
- 2 small carabiner (optional) - for clipping items to backpack
- 1 small umbrella (optional)
- 1 book or E-Reader (optional)
- Camera (optional)
- Emergency Whistle (optional)



Toiletries and Personal Items and Medicines and Other

- 1 toothbrush and small toothpaste
- 1 small shampoo - also available on trail in small packets
- 1 bar soap for washing clothes and shower - available on trail
- Sunscreen
- Water purifiers (iodine tablets, steri pen, or water filters)
- Contact lens, extra contacts, glasses, if needed
- Lip balm
- Small Mosquito Spray
- Feminine Products - not available on the trail
- Medicines (personal medications, antibiotics for respiratory and stomach or other ailments, azithromycin, anything not listed in 'Trek Overview' section)
- Nepali Rupees for additional purchases not included in the package - we can help you calculate this amount.

Health, Insurance, and Vaccinations

Health:

The guide will carry a basic first aid kit on the trek consisting of anti-inflammatories, diamox, laxatives, antidiarrheals, bandages, and mole skin. However, trekkers are asked to bring their own water purifiers, sunscreen, bug spray, personal medications, medicines not listed above, and any antibiotics for respiratory and stomach or other ailments. Please see 'Trek Overview' section to see specifically what is included and not included in your package. Most villages along the trek have health posts with basic medicines.

Our medical point of contact is the CIWEC International Travel Medicine Clinic <https://ciwechospital.com/>. Explore their website for topics on high altitude sickness, psychological problems in travelers, and understanding diarrhea in travelers.

Traveler's Insurance:

Insurance can be purchased online from a number of different providers. The basic plan usually covers trip cancellation, trip interruption, and medical evacuation. Please ensure your insurance covers the above listed at least. Please read the policies on their website. Travelers Insurance is mandatory for all trekkers.



Recommended Immunizations for the Trek:

The U.S. Centers for Disease Control recommends the following immunizations for Nepal:

- For all travelers: Make sure you are up-to-date on routine vaccines: measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, Tetanus/Tdap/Td, and your yearly flu shot.
- For most travelers: Typhoid and Hepatitis A
- For some travelers: Hepatitis B, Yellow Fever, Rabies, Japanese Encephalitis, and Malaria

For more information and specific details on this in Nepal, please visit the following URL and/or your country's equivalent <https://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal>

Regarding vaccination, we highly recommend consulting a travel doctor before your departure.

Important Notes, Payment and Refund Policy (German Version below)

Trekkers, please send us your final flight itineraries, so that airport pick-up arrangements can be made in Kathmandu. Also, send us a passport-like photo (it doesn't need to be of passport quality) in order to process trek permits. Also, send us a scan or high quality photo of the front page of your passport and Nepal Visa if already purchased. These should be in JPG or PDF format. Please email these to himalayantahrtreks@gmail.com and cc. to info@genius-coaching-training.com

With best regards

Dr. Thomas Oehler

Essen. May 16th, 2022

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