



Himalayan Expedition

March 15, 2025 — March 30, 2025

Starting at: \$5,800



OVERVIEW

The Need

According to the United Nations, Nepal ranks 138th in the world in overall human development and is stated to be the least developed Asian country. Nepal is also located in a vulnerable environment, susceptible to natural disasters including the Gorkha, which was a 7.8 magnitude earthquake in 2015. This earthquake destroyed several city and town structures, and also had catastrophic ramifications specifically in rural villages. This earthquake produced landslides that devastated rural villages.

Because the villages you will visit are remote, they have not benefited from the growth that larger areas have seen. At the medical camps, you will treat respiratory conditions, neonatal disorders, heart disease, and diabetes. You will also help to administer vaccinations and help treat conditions related to unsanitary drinking water. You and the rest of the volunteer team will also educate locals on how to stay properly nourished and how to care for their loved

ones. One of the main focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high.

Our Work

International Medical Relief began making the Himalayan Expedition trips in 2017. Since then, we have served more than 1,000 people through nearly 100 staff and volunteers.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3 and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

This Mission

Nepal is undoubtedly one of the most fascinating places on Earth and is a top destination for adventure tourism. The nation is home to the world's uppermost roads, longest walking track, sacred monasteries, stone huts, colorful rooftops, and bustling markets. Nepal boasts the highest summits in the Himalayas, which also happens to be the world's most glorious mountain range as it contains nine of Earth's ten tallest mountains. However, Nepal is still experiencing extreme rates of poverty and malnourishment.

International Medical Relief (IMR) has coordinated with local Sherpas to organize an epic medical expedition just for IMR, bringing medical assistance to isolated villages surrounding the Manaslu Circuit. This once-in-a-lifetime opportunity was uniquely designed by Sherpa friends of IMR to offer a very exclusive opportunity to not only trek around the world's eighth highest mountain, including crossing Larkya La pass, but also to provide medical care along the way. You will meet first hand with Sherpa communities and friends as you participate in an exclusive medical and cultural trek in this remote Himalayan area.

The Manaslu Valley Trek is more remote and spectacular than many, with rough steep tracks and long days on the trail. It is culturally fascinating with strong continuing links to Tibet in the upper Buri Gandaki (called Nupri, meaning "the western mountains") and the Tsum Valley, and even has the Larkya La (5160m) as a challenge. The views of Mt Manaslu are marvelous and close. This trek would appeal to anyone who is looking for a challenging trek in a remote region of the

Nepal Himalayas. The trail has scenery similar to the classic Annapurna Circuit but is far less crowded. This trip will be physically demanding but you can trek at your own pace each day and will always be in the company of a professional guide. As you make friends along the trail, you will find yourself thinking much more about conversation and the beautiful place you are in rather than the trekking!

See the packing list for this mission.

Lodging/Transportation

Lodging

Lodging will be in clean and safe accommodations. Volunteers are assigned shared rooms with single beds and will be paired by gender, age, and profession respectively. For volunteers who prefer to have their own room, you can upgrade at any time leading up to your mission's departure. Ask our office about a single supplement at office@imrus.org. If you are traveling as a couple or family, let our office know and we will do our best to accommodate you.

Transportation

All ground transportation to and from your accommodations to clinic sites is provided by safe, reliable drivers. Airport transportation is included for volunteers flying on the IMR flight. For those flying independently, you may purchase your airport transportation a la carte with our partner, Worldwide Navigators.

Airfare is included if you register for your mission and request the IMR flight. You can learn more about flying with IMR versus flying independently in our Flights & Prices section on this page. If you would like assistance booking your independent airfare, please contact our partner, Worldwide Navigators.

Highlights

This trek includes a visit to Tsum Valley, which includes one of Buddhism's sacred hidden valleys, called a Beyul, where you will see important ancient monasteries and remote villages. The Tsum valley was only opened for trekkers a few years ago, and therefore is a new place to explore with little impact from tourism. Beyuls are hidden valleys that Padmasambhava blessed as refuges to be discovered when the planet is approaching destruction and the world becomes too corrupt for spiritual practice. They are valleys reminiscent of paradise, which can only be reached with enormous hardship. Your team and you will spend a cultural sightseeing day in Kathmandu with an English-speaking city guide. On the last night of your trek, you will have a celebratory farewell dinner with traditional Nepalese dancers.



ITINERARY

This itinerary is subject to change without notice.

Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.

If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact flights@worldwidenavigators.com.

*If you have any questions regarding flights, please contact flights@worldwidenavigators.com.
Thank you.*

Saturday, March 15, 2025

Arrivals

You and the team will fly into the Tribhuvan International Airport in Kathmandu, Nepal. Flying to Kathmandu on a clear day will provide a panoramic glimpse of the mighty Himalayas that will stay with you for the rest of your life. We will meet our local driver and proceed to the hotel. At the hotel, you will be briefed about

your daily activities.

Sunday, March 16, 2025

Drive to Soti Khola via Arughat (around 9 hr drive)

After early morning breakfast, we will be picked up from the hotel and will begin our journey towards Sotikhola via Arughat the starting point of our trek. The drive from Kathmandu to Dhading Besi is comfortable, however, be prepared for a bumpy ride with winding dirt road and rough terrain on the road from Arughat and then to Sotikhola. Though a rough ride, this is an incredibly beautiful area and the majestic sites will serve as a perfect distraction. As we follow the Budi Gandaki River towards its point of origin, we will pass the village of Morder and Simre to reach the Arkhat River and descend to Kyoropani. Finally, we will reach Soti Khola where we spend our night.

Monday, March 17, 2025

Trek to Machhakhola (Approx. 5-6 hrs)

Today is the first day of our trek. We walk by the dense forest passing through a number of small villages tucked into the hillside, until we reach a widening of the valley, opposite the point where a large tributary stream enters the Budhi Gandaki River. The terraced cultivated fields belong to the upper village of Lapubesi (880m). Descending down through the wide, sandy riverbed, which follows a trail meandering below the steep, craggy valley side, we then climb again to a ridge to Almara. Further on, a guide will lead us to Machha Khola, which literally means "Fish River."

Tuesday, March 18, 2025

Trek to Jagat (around 6-7 hrs walk)

The trail makes some minor ups and downs and eventually crosses the Tharo Khola and reaches Khorlabesi. After a few more ascents and descents we will come across a small hot spring in Tatopani. The valley sides remain steep until they are impassable and the route then switches to the left bank of the river by way of a suspension bridge. The trail is quite exposed and challenging in places. After a short section of the forest path, we reach Dobhan. Above Dobhan, the Budhi Gandaki descends an impressive series of rapids. Beyond this steep section, the river is much more placid, meandering across a broad gravel bed. At Lauri, we cross the river on a suspension bridge and then climb on a high path to the fields of Jagat.

Wednesday, March 19, 2025

Trek to Philim (around 3 hrs walk) - Half-day medical camp

After finishing our early morning breakfast, we start our journey towards Philim. After crossing a suspension bridge over Budhi Gandaki we will enter Philim, a big

village mainly inhabited by the Gurungs. We will see small monasteries, chortens and prayer flags fluttering in the sky, and traditional houses as we cross through the village where we will begin our first day of the medical camp.

Thursday, March 20, 2025

Trek to Ghap (around 7-8 hrs walk)

After an early morning meal, we will traverse to north out of Philim through some gorgeous forests with views up the narrowing valley. After a slow descent along the riverbank, we will reach the small village of Bihi Bazaar near the Tibetan border. From this point, we will be immersed in Tibetan culture as we walk for a few hours to Ghap village where we will spend the night.

Friday, March 21, 2025

Trek to Namrung (around 4 hrs walk) Half-day medical camp

After breakfast, we will descend towards the Budhigangadi River and cross a suspension bridge to reach Bihi Phedi. Once again, the strong Tibetan cultural influence on the Gorkha region will be apparent. The trek will gradually ascend into the dense rhododendron forest. Finally, we will reach Namrung village where we will conduct the second day of medical camp.

Saturday, March 22, 2025

Trek to Samagaun (around 7-8 hrs walk)

The team will wake very early to view the captivating sunrise against the backdrop of Mt. Manaslu. Surrounded by mind-blowing scenery, we will head towards Samagaun through the rhododendron forest, passing by Shyala village. During this portion of the trek, we will be passing 3660m (12,007ft), and we will start to feel the altitude. We will witness a drastic change in vegetation and landscape as we trek into the higher elevations. Trekking for a few more hours, we will reach the village of Sama for our overnight stop.

Sunday, March 23, 2025

Explore Manaslu base camp and return to Samagaun (around 7-8 hrs walk)

After our early morning breakfast, we will take a short detour towards Manaslu base camp to soak up the incredible views and experience the true majesty of this impressive mountain. After getting our fill and fulfilling some bragging rights, we will return back to the Samagaun for our overnight stay.

Monday, March 24, 2025

Trek to Samdu (around 3-4 hrs walk) half-day medical camp

After breakfast, we will trek through a pleasant forest on the border of Tibet

until we reach Samdu. Once again, amazing panoramic views of the mighty Himalayas will present a fantastic photo opportunity. In Samdu, we will conduct a medical clinic and spend the night.

Tuesday, March 25, 2025

Trek to Larkey Phedi (around 4-5 hrs walk) half-day medical camp

After an early breakfast, we will trek to Larkey Phedi where we will conduct another medical camp and stay overnight.

Wednesday, March 26, 2025

Cross Larkya La pass (5220m) and trek to Bhimphedi (around 9-10 hrs walk)

Today is the big day! After an early departure, we will climb toward Cho Chanda and then slowly head up the steep terrain towards the snowy Larkya La Pass. From the top of the pass, the panorama is absolutely breathtaking. Peaks like Himlung Himal (7126m), Cheo Himal (6820m), Gyagi Kung, Kang Kuru (6981m), and Annapurna II (7937m) can be seen in their full glory from this vantage point. The descent from the pass is steep, heading through moraines toward Bhimphedi where we will spend our night.

Thursday, March 27, 2025

Trek to Goa (around 6-7 hrs walk)

The next day we will descend toward Goa. The south horizon is impressive with Manaslu in the east and Annapurna II in the west. Further down, we will follow the trail across a bridge at Dudh Khola, trek through the blossoming rhododendron flowers, leave Karche in our wake, pass through Thonje village, and cross the Marsyangdi River, finishing at Goa.

Friday, March 28, 2025

Trek to Dharapani (around 3-4hrs walk)

From this point forward, the route will get much easier. We will start the day with a gentle climb through paddy fields towards Karcha La pass and descend through fig trees and rhododendron forest. We will conduct our final medical camp at Dharapani and stay overnight.

Saturday, March 29, 2025

Drive to Besi Sahar and drive to Kathmandu (around 11 hrs drive)

With hardly a hill along the way, we will conduct a leisurely walk along the little-known east bank route from Besi Sahar. After lunch we will be picked up and driven to Kathmandu for a traditional farewell dinner and a night in a comfortable bed at the hotel.

Sunday, March 30, 2025

Depart Kathmandu



EXTENSIONS

Since you're journeying halfway across the globe, have you considered extending your stay to visit some of Nepal's top spots? Join International Medical Relief on an exclusive mission extension provided by our partner, Worldwide Navigators! Enjoy a guided trek by sherpa company, home to the first Nepalese woman to summit Annapurna IV, breathtaking views of multiple peaks towering over 8,000 meters, and participate in conservation efforts to keep trails pristine & sustainable.

[Click here to view the itinerary!](#)



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$6000** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

Donation Payment Deadlines

\$5800 due by December 15, 2024

\$6000 due by February 15, 2025

Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

FLEXIBLE FLIGHT OPTIONS

Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at travel@worldwidenavigators.com.

Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service

Featured Enhancements

Airfare & Airport Transfer:

Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*** To purchase any of the above Featured Enhancements for your mission please contact our office at office@imrus.org or call at (970) 635-0110*

Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)

[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure