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Kapan Marg, Kathmandu, Nepal



## Manaslu Expedition

Mt. Manaslu is located in the ridges of Mansiri Himal in Gorkha District of Nepal, about 64 km from the famous Mount Annapurna. Manaslu is the eighth highest peak in the world at 8,163m (26,781 ft). It was first ascended in 1956 by the two mountaineers Toshio Imanishi from Japan and Gyalzen Norbu from Nepal. If you are interested in climbing an 8000 meter peak, Manaslu is a very good choice. Although the ascending of Manaslu is a bit more technical than that of other peaks like Cho Oyu and Shisha Pangma it's still considered one of the easier 8000-meter peaks. Taking a private jeep from Kathmandu to Soti Khola we start our trekking towards the Manaslu base camp at 4700m. From here there are 6 different routes to the summit. For this trip we will go the northeast face route which is the most common one. Adventure Ascent will organize a luxury expedition of Mt. Manaslu making your journey as comfortable as possible. There are 4 camps along the way to the summit and the whole expedition will take about one month.

Price:

Trip Start: Kathmandu

Trip Ends: Kathmandu

Duration: 36

Grade: Hard/Advanced

Altitude: 8,163m

Destination: Home

Trip Style: Adventure

Transport: Jeep/Helicopter

Group Size: 4-10+

Best Time: September

## Itinerary

Day	Title	Description
1	<u>Arrival to Kathmandu</u>	Upon arrival at Tribhuvan International Airport, you'll be welcomed by our team and transferred to your hotel in Kathmandu. Take the rest of the day to relax and recover from your journey. You can enjoy an evening walk around the vibrant city if time permits. Overnight stay in Kathmandu.
2	<u>Exp. document application,briefing for Expedition</u>	Adventure Ascent will help you get the related permit and save you time. Following this, we'll conduct an essential briefing session covering expedition details, safety protocols, and a final gear check. Prepare for the adventure ahead! Overnight stay in Kathmandu.
3	<u>Preparation</u>	This day is dedicated to final preparations before the trek. Whether it's organizing your gear, making last-minute purchases, or simply resting and mentally preparing, you'll have ample time to ensure you're ready for the journey. Overnight stay in Kathmandu.
4	<u>Drive to SotiKhola [700m.] 8 - 9 hour</u>	We start our adventure with an exciting drive to Soti Khola, which takes around 8-9 hours. The scenic drive takes us through small villages and winding roads, offering a glimpse of rural lifestyle and natural beauty of Nepal. Once we arrive at Soti Khola, we'll settle in and rest for the night, gearing up for the trek ahead. Overnight stay at Soti Khola.

5 Trek to Machhikhola  
[869m.] 5 - 6 hrs.

Today marks the beginning of our trek as we head toward Machhikhola. The journey takes approximately 5-6 hours and takes us through lush forests, riverside paths, and charming villages. This is a beautiful part of the trek, with stunning views of the surrounding hills. Overnight stay at Machhikhola.

6 Trek to Jagat  
[1340m.] 6-7 hrs.

Our trek continues as we make our way to Jagat. This journey takes around 6-7 hours, with scenic trails through terraced fields and villages. We'll have the opportunity to experience the unique culture of the local communities as we ascend. Overnight stay at Jagat.

7 Trek to Deng  
[1860m.] 6-7 hrs.

we trek from Jagat to Deng, which takes approximately 6-7 hours. The trail leads us through forests, past waterfalls, and across suspension bridges, all while offering breathtaking views of the surrounding landscape. As we ascend further, the altitude and the natural beauty of the region become even more pronounced. Overnight stay at Deng.

8 Trek to Namrung  
[2630m.] 6 - 7 hrs.

Today's trek takes us to Namrung, which lies at an elevation of 2630m. The 6-7 hour trek brings us through forests and small villages, with spectacular views of the snow-capped peaks in the distance. Namrung is a traditional village, offering a glimpse into the life of the local people. Overnight stay at Namrung.

9 Trek to Lho [3180m.]  
5 - 6 hrs

We continue our ascent toward Lho, a trek of 5-6 hours. As we make our way up, we'll pass through lush forests, gaining altitude and views of the mighty peaks around us. Lho is a beautiful village with stunning panoramic views, including that of Manaslu. It's a great spot to enjoy the high-altitude environment. Overnight stay at Lho.

10 Trek to Samagaun  
[3520m.] 3 - 4 hrs

we take a shorter trek to Samagaon, approximately 3-4 hours. Samagaon is the gateway to the higher Himalayas and offers a peaceful retreat with spectacular views. You'll have time to rest and acclimatize to the higher altitude while soaking in the majestic surroundings. This is a great place to relax and prepare for the upcoming days of trekking. Overnight stay at Samagaon.

11 Rest day in Samagaun  
Day 11 is a well-deserved rest day in Samagaon. Acclimatization is key at this altitude, and today you'll have time to rest and adjust to the environment. You can explore the village, visit the nearby monasteries, or simply enjoy the stunning mountain views. It's a perfect day to prepare mentally and physically for the challenging days ahead. Overnight stay in Samagaon.

12 Trek to Manaslu  
Base camp [4400m.]  
5 - 6 hrs  
Today, we trek to Manaslu Base Camp at an elevation of 4400 meters. The trek takes around 5-6 hours and offers an incredible experience as you approach the base of one of the world's highest peaks. As you make your way through rugged terrain and rocky paths, you'll be rewarded with spectacular views of Manaslu and other surrounding mountains. Once at base camp, you'll settle in and prepare for the expedition phase ahead. Overnight stay at Manaslu Base Camp.

13-  
33 Climbing Period of Manaslu Expedition  
(8163m)  
The next 21 days are dedicated to the climbing period for the Manaslu Expedition. This phase includes acclimatization, ascending, and summiting one of the world's most challenging peaks, Mount Manaslu (8163m). Our experienced guides and Sherpas will support you every step of the way, ensuring your safety and progress. The expedition will be a combination of tough climbing, technical skills, and endurance. We will also make stops for acclimatization, rest, and preparation before the final summit push. The duration of the climbing period may vary based on weather conditions and your team's progress.

34 Helicopter flight to Kathmandu  
After a successful summit and descent, we return to base camp and make our way back to Kathmandu. On Day 34, we take a scenic helicopter flight from the base camp back to the capital. This flight offers breathtaking aerial views of the Himalayas and the surrounding landscapes. Upon arrival in Kathmandu, you'll be transferred to your hotel for a well-deserved rest. Overnight stay in Kathmandu.

35 Free day in Kathmandu  
After the intense expedition, Day 35 is a free day to relax and recover. You can take the day to explore Kathmandu at your own pace, enjoy some leisure activities, visit local markets, or indulge in the city's rich culture. This is also a great time to unwind and reflect on your journey. Overnight stay in Kathmandu.

36 Departure Home

On the final day, we'll transfer you to Tribhuvan International Airport for your flight home. Reflect on your incredible journey and the unforgettable experiences you've had. Safe travels, and we look forward to welcoming you on another adventure soon!

**Includes**

All transportation including pick up & drop.

4 night's 4/5 star hotel in Kathmandu with bed & breakfast

One Welcome Dinner in tourist standard restaurant in Kathmandu with Office's Staffs.

International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. \*before expedition.

Expedition Royalty and permit of Nepal Government, Restricted area Permit, national park, TIMS Card, Conservation area entry permits and fee.

1 Government Liaison officer with full equipment, salary and accommodation.

Stool Shipment Transfer & Garbage Deposit fees.

Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.

Trekking and climbing map.

All kind of Land/air Transportation Kathmandu to Kathmandu

Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Kathmandu (by Jeep) Up to 60 Kg per member for personal baggage during the trek carrying by porters.

3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Tent during the trek and Basecamp. Well-managed base camp set up for member & Staffs.

Porter per member up to Base camp & back

Experienced and well-trained Base camp Cook & kitchen Helpers as required.

All Nepalese staffs & porter's daily wages, salary, equipment, foods & clothing.

Each member will have individual tent in Base Camp.

At Base camp: best mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.

Heater for base camp in each Dining and other necessary camp.

Solar panel for battery charge and light at base camp. (Generator in only for backup power) we are not using generator because of the try to be responsible for environments.

1 veteran and Government Licensed Sherpa per member (1 Sherpa)

Climbing Sherpa Salary, Equipment, Food and Clothing.

Oxygen bottles members&high-altitude Sherpa with mask and regulator for each member and high-altitude Sherpa, which has to be return after expedition.

The team of experienced Sherpas will fix the route. (Extra charge is not applied to members).

High Altitude Tent, Necessary cooking gas, cooking pot for member, High food for member, Sherpa.

Group climbing gears, fixed and dynamic rope during the climbing period as required.

Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.

Walkie-talkie for communicating during the expedition.

Comprehensive Medical kit.

After summit each member & Sherpa will get climbing certificate issued by MoCTCA

## **Excludes**

International flight airfare (from and to Kathmandu).

Nepali Visa fee US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120).

Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).

Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.

Travel and high-altitude insurance, accident, Helicopter medical & emergency evacuation.  
\*Mandatory

Medical and emergency rescue evacuation cost if required. (Rescue, Repatriation, Helicopter, Medication, Medical Tests and Hospitalization costs.)

Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers and any Alcoholic beverages (during the trek and in Kathmandu but we will serve all kinds of beverages for members in base camp).

Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.

Special Filming, Camera and Drone permit fee.

Toiletries: Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.

Summit bonus for each climbing Sherpa- Minimum 1200 to 1500 USD. (For Full Board Service takers).

Tips: Tips for climbers & Basecamp Staffs.

Extra: Any other services or activities, which are not mentioned in the itinerary.

Any other item not listed in "Cost Includes"