Manaslu Expedition

DURATION: 44 DAYS

Trip Facts

Group Size 1 - 6 Persons

Trip Grade Strenuous

Accommodation Camping

Max Height 8163 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus, Car, Helicopter

Duration 44 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March, April, May, September, October & November

Trip Overview

Manaslu Expedition is a challenging mountaineering adventure in Nepal, aiming to reach the eighth-highest peak, Mount Manaslu, at an impressive height of 8,163 meters. The climb occurs primarily during the spring and autumn, with stable weather conditions making it ideal for summit attempts. The route includes steep sections, crevasses, and seracs, requiring strong mountaineering skills and prior experience in high-altitude climbing. Climbers require permits, logistics, physical fitness, safety, and risk management. Safety is a top priority, and climbers should be prepared to make informed decisions. Guided expeditions led by experienced mountaineers and reputable guiding companies increase the chances of reaching the summit safely. Climbers should adhere to the principles of "Leave No Trace" to minimize their environmental impact and respect local culture.

Manaslu, the eighth-highest mountain in the world, is located in the **Mansiri Himalayan Range**. With six routes, it serves as preliminary training for Everest Expeditions and is ideal for first-time 8000-meter-material climbers. The Manaslu Expedition begins with gradual altitude gain, followed by the Manaslu Circuit route or a flight back to Kathmandu. Expert mountain guides, top-grade safety gear, and a proper itinerary make the Manaslu Expedition a memorable and successful adventure. The mountain offers breathtaking views of the surrounding peaks and valleys, making it a photographer's paradise. Additionally, the route provides opportunities to experience the rich local culture and interact with the friendly inhabitants of the remote villages along the way.

Trip Itinerary

Day 01 - Arrival in Kathmandu

Our representative will meet you at Tribhuvan International Airport on your arrival schedule. You will be greeted and then transferred to the hotel in the heart of Kathmandu city. Our staff will help you until the check-in procedure ends at the Hotel. You can either have a rest at the Hotel or visit our office

for collecting additional information about the trip.

Day 02 - Official formalities and climb preparation

This is the day to meet other team members, complete official and government formalities, and finalize gear check and load. Upon your interest, an optional Kathmandu sightseeing can be arranged on these days. We will have a trip orientation and your trip leader will give you a brief about your climb before we head on our journey.

Day 03 - Drive from Kathmandu to Philim

After breakfast, it’s an early drive today for Philim. Along the way, we enjoy views of Nepal&rsquo's colorful rural landscapes along with the mountain scenery.

Day 04 - Trek to Deng (1804 m)

We start our hiking by descending a chain of stone steps to the river, then we climb a terraced hill to Saguleri, from where we can see the impressive Sringi Himal (7187m). The path splits, with the right-hand branch heading off towards the Ganesh Himal while crossing the river at Gata Khola. Our route continues upstream, through a gorge with tall walls. We cross the river thrice in the next two hours to avoid difficult valley sides and then climb up

over a further steep spur to reach the village of Deng.

Day 05 - Trek to Namrung (2630 m)

Today we cross the Budhi Gandaki and climb to Rana. We climb a bit to join a trail from Bhi, then head west up the Budhi Gandaki valley. The trail also passes through forests and mani where we turn towards a corner that contours to Ghap. Despite an alternative route, we take the route through Prok village. Prok village has a viewpoint for a beautiful sight of Sringi Himal. The trail follows the river upstream through a dense forest. After crossing the river at an impressive spot where it gushes down a narrow gorge, the forest becomes less dense and the trail is all right again. The pleasant walk continues and after a last steep climb, we reach the village of Namrung.

Day 06 - Trek to Samagaon (3530 m)

After leaving the village of Namrung behind, we follow the right bank of the river, with views of Peak 29 ahead. As we continue on the main trail, we soon reach the fields of Sama Gaon, 3500m. We reach Sama Gompa, 20 minutes beyond the village, and Samdo, which is close-up to the Tibetan border.

Day 07 - Rest and acclimatization day

This is a day at Samagaon for rest and acclimatization. Today we get to discover some interesting things about Buddhist culture.

Day 08 - Trek to Manaslu Base Camp (4700 m)

We will start our trek early in the morning. We will carry plenty of food and water. The trail from Samagaon takes us through the forest. We will ascend the steep slope above Samagaon to the north of the Manaslu glacier. It will take approx. 5 hours of uphill trek and 3 hours of descent to reach Manaslu Base Camp.

Day 09 & 10 - Rest and Preparation / Puja Ceremony

We take rest so that we can mentally and physically prepare ourselves for the challenges ahead of climbing Manaslu Mountain. Puja Ceremony will be organized according to the Sherpa ritual to ask for blessings for the successful ascend of the mountain.

Day 11 - 23 - Acclimatization and rotation of higher camps

We will make frequent attempts to high camps and return to lower camps which is an essential step towards increasing altitude. We will make a slow ascend through the steep sections of moraines and glaciers. We will prepare 4 camps before climbing to the summit.

Day 24 - 37 - Summit climb and descend to base camp

Base Camp to Camp I (5700 m):
After a few days of acclimatization and training in Base Camp of Manaslu, we will make ascend to Camp I via the rugged path consisting of moraine and glacier. The trail stretches through crevassed glaciers and small ice steps to reach Camp I. The site offers epic views of the surrounding mountains. We can also view the route that we are going to follow to Camp IV.
Camp I to Camp II (6400 m):
Climbing from Camp I to Camp II is a bit technical. The trail progresses through the longer sections of vertical snow and ice. We will move forward by cutting small ice steps and the expert Sherpas will set up fixed ropes on exposed sections for your safety. Climbing from Camp I to Camp II may take anywhere between 4 to 6 hrs.
Camp II to Camp III (6900 m):
The route from Camp II to Camp III is mostly straightforward. It takes 5 to 7 hrs of a moderately steep climb to reach Camp III from Camp II. We will proceed through small ice steps and slopes to reach the camp.
Camp III to Camp IV:
Another 5 to 7 hrs of the strenuous climb from Camp III will be enough to take us to Camp IV. We will take proper rest and prepare for the final climb to the summit. Camp IV to Summit and Return to Base Camp: Climbing to the summit is not technical but it demands great physical strength. Also, the increased altitude will propose additional challenges. Sherpas will fix the cables wherever necessary to ensure the successful ascend to the summit. Finally, we will climb to the top of the eighth-highest mountain in the world. We will capture the memories on camera and then prepare ourselves for a long descent to the Base Camp. We will celebrate the successful climb and stay overnight in Base Camp.

Day 38 - Clean up and depart base camp to Samagaon

Today we arrange for proper disposal of the garbage that we had made at the Base Camp site and then we will retrace our route back to Samagaon where we will stay overnight.

Day 39 - Fly back to Kathmandu by helicopter Or trek to Dharamsala (4480 m)

Today we trek to Dharamsala or we can leave for Kathmandu by taking a helicopter flight back. We will take a scenic flight from Samagaon to Kathmandu. You will be transferred to your hotel after arrival in Kathmandu. Take leisure and soothe your aching limbs from a long and tiring expedition.

Day 40 - Trek from Dharamsala to Bhimtang (3890 m) via Larke la pass (5125 m)

An early morning start is needed for what is to be a particularly tough and extended day. We start at approx. 4 am to avoid the gale-force wind which usually gains in strength after mid-day at the pass. After a long gradual climb alongside a moraine, we make a short descent to a glacial lake and reach the head of the moraine (4700m) which we cross to climb to the ridge top. Four frozen lakes lie below and then it is up to the crest of the Larkya La (5100m). The reward for these difficult trekking conditions is brilliant westerly views of Himlung Himal, Kangurru, and Annapurna II as well as the looming omnipresence of Manaslu. Well, the descent is hardly any easier; we drop around 650m in less than an hour.

Day 41 - Bhimtang to Dharapani (1860 m)

Today is the last day of our trip as we hike down to the village of Dharapani at 1860 meters.

Day 42 - Drive to Kathmandu via Besisahar

We take a bus to Kathmandu.

Day 43 - Free Day in Kathmandu

Free day to spend, perhaps doing shopping or sightseeing the heritages in or around the valley.

Day 44 - Final Departure

Our Airport Representative will drop you at the International Airport as per your flight schedule.

Cost Includes

- All arrival and departure transfers to and from the International airport with other necessary surface transport as per itinerary.

- Assistance at the Kathmandu International Airport by Mount Adventure Holidays during your arriving and departing flights.
- Experienced and government-licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- The appropriate number of porters during the trekking period.
- Land transportation during the trip for all clients, Sherpa guide, liaison officer, and kitchen staff.
- All kitchen tents, storage tents, dining tents, client tents, toilet tents, tables, chairs, and cooking utensils at base camp.
- Standard climbing equipment like rope, ice bars, ice screws, and snow bars.
- 3 meals a day: Breakfast, lunch, and dinner with tea and coffee.
- Accommodation at hotel/lodge/guest house or tent camps during trekking.
- All camping accommodations for members and staff during the trekking and climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp during the climbing period.
- 50kg baggage allowance per person during the trekking period. will be carried by porter/mules.
- Daily weather report services.
- Services of chef and kitchen assistant at advanced base camp.
- Trekking permit (Manaslu Conservation Park entry fee).
- TIMS card (Trekking Information Management System).
- Manaslu restricted area trekking permit during the period of expedition.
- Expedition royalty and permit of Nepal government to climb Mt. Manaslu.
- Nepalese government royalty.
- All wages, equipment, medical, and accident insurance for all involved staff during the trekking and climbing period.
- Helicopter rescue insurance for all involved expedition staff.
- Medical consultation services at the base camp with the HRA clinic at the base camp.
- Equipment allowances and wages for chefs, kitchen assistants, and government liaison officers.
- First aid medical kits for the group and the staff.
- A satellite phone carried by the guide for communication is available upon request for clients at the cost of $ 4 USD per minute.
- A heater will be provided at the base camp for the dining tent.
- Emergency oxygen mask and regulator provided for clients if needed. An appropriate charge will apply.
- Each expedition member will have an individual tent available in the Manaslu advanced base camp.
- Solar panel for light and electronics charging.

- Gamow Bags (Portable hyperbolic chambers) for high altitude sickness.
- We provide Sherpa's tents, food for climbing, and insurance.
- Free assistance service for cargo clearance and duties.
- Transportation of food supply from Kathmandu to base camp by porter/mules.
- Our service charge and government taxes are levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Farewell dinner in a typical Nepali restaurant with a cultural show in Kathmandu before departure.

Cost Excludes

- Lunch and dinner during your stay in Kathmandu (except farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, and nutrient bars.
- Items of personal nature, laundry expenses, tips.
- Expenses incurred from usage of landlines, mobile devices, walkie-talkies, satellite phones, and Internet.
- Clothing, packing items or bags, personal medical kit, personal trekking gear.
- Any extra services, products, offers, or activities that are not mentioned in the itinerary.
- Any extra expenses arising out of various/unforeseen situations like natural disasters, landslides, political disturbances, strikes, and changes in government regulations.
- Any additional staff other than the specified.
- Rescue, repatriation, medicines, medical tests, and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Airfare for international flights.
- Nepal entry visa fee (Visa insurance is easy upon arrival).

- Ice fall garbage deposit fees (Sharing with another member) if applicable.
- Walkies talkies &filming permit.
- Ice falls charges.
- All tents for camps 1, 2, 3
- Personal climbing gear.
- Personal climbing Sherpa Guide(s).
- Emergency oxygen and mask regulator.
- Our services will not be involved in any capacity above the advanced base camp. This means we do not allow any staff or equipment from Mount Adventure above ABC.
- High altitude food for Sherpa and clients.
- Nepal custom duty for import of expedition equipment.
- Tips, gifts, souvenirs.
- Any other item not included in the “THE PACKAGE COST INCLUDES” section.

Trip Map