

# Manaslu Expedition



## Trip Overview

Mt. Manaslu (8,163 meters/ 26,781 ft.), is the 8th highest mountain in the world. Toshio Norbu who was a Japanese traveler first conquered the expedition on May 9, 1956. The Mt. Manaslu is located in the northern Himalayan of Nepal, Gorkha District. It is a toothed wall of snow and ice hanging in the sky. The Mt. Manaslu Expedition was legally approved in 1991.

The Manaslu Conservation Area is covered by the National Trust for Nature Conservation of Nepal after the declaration in December 1998 under the National Parks and Wildlife Conservation Act. The prime intention of this act is to help to safeguard and preserve natural resources sustainably wish list to encourage rich cultural heritage together while promoting ecotourism and improve the livelihood of the indigenous people residing in this region".

Mt. Manaslu is a popular trekking destination among other trekking circuits in Nepal. Mt. Manaslu Base Camp is located at an elevation of 4750 m. Mt. Manaslu

expedition flows the trail of Buri Gandaki valley up to Camagoan. The Buri Gandaki origins form the Mt. Manaslu Himalayas range. The Mt. Manaslu expedition camp follows an altitude of 5700 meters at Camp I, 6400 meters at Camp II, Camp II at an elevation of 6800 meters, and Camp IV at 7400 meters. The challenges and obstacles throughout this trek offer a magnificent view of the highest mountains in the world like Mt. Annapurna and Mt. Dhaulagiri.

Manaslu trek takes you into the less trodden and unspoiled mountain trails. The trek promotes a variety of cultural and biological involvement. You can see high-altitude glacial lakes. Nubri and Tsum are the main ethnic groups found in this region. The region has a rich culture, tradition, festivals, and arts. People in this region are distinctly Buddhist. Mt. Manaslu has been well known among trekkers after an inaugural expedition by H.W. Tilman.

This region covers six climatic zones which are tropical, sub-tropical, temperate zone, sub-alpine zone, alpine zone, meadows, and arctic zone ranging from an elevation of 1,000 meters to 4,500 meters.

The other central attraction of the Mt. Manaslu expedition includes sightseeing the majestic peaks like Himalchuli (7,893 m/25,896 ft.), Langpo (6,668 m/ 21,877 ft.), Shringi (7,187 m/ 23,579 ft.), and Saula (6,235 m /20,456 ft.)

Extreme elevation and avalanches make the Mt. Manaslu expedition difficult. We are well equipped with trained and professional guides and medical personnel. We can manage immediate evacuation and assistance at the time of serious distress, injury, or sickness. Our guide provides you with adequate information and guidelines on dos and don'ts regarding the excursion.

## **Trip Itinerary**

- Day 1 - Arrival inn Kathmandu, Tribhuvan International Airport and transfer to Hotel
- Day 2 - Kathmandu valley sightseeing and make further preparation.
- Day 3 - Ride to Soti Khola from Kathmandu (712m /2335 ft.).
- Day 4 - From Soti Khola to Machha Khola (883 m/ 2896 ft.).
- Day 5 - Hike from Machha Khola to Jagat (1415m/ 4641 ft.).
- Day 6 - March for Jagat to Deng (1,804m/ 5,917 ft.).
- Day 7 - Trek to Namrung from Deng (2,670m/ 8,757 ft.).
- Day 8 - Hike from Namrung to Samagaon. (3,541m/ 11,614 ft.).

- Day 9 - Acclimatization day at Samagaon.
- Day 10 - Trek to the Manaslu Base Camp (4,440 m/ 14,432 ft.).
- Day 11-35 - Conquering period of Mt. Manaslu (8163m / 26,774 ft.) and back to the Base Camp.- 25 days
- Day 36 - Back from Manaslu base Camp to Samagaon.
- Day 37 - Trek back to Samdo (3,872 m/ 12,700 ft) from Samagaon.
- Day 38 - Trek to Larkya Pedhi (4,494 m/ 14,740 ft.) from Samdo.
- Day 39 - Trek to Bimtang via Larkya LaPass (3,720 m/ 12,201 ft. and 5,135 m/ 16842 ft. respectively).
- Day 40 - Hike from Bimtang to Dharapani (2006m/ 6579 ft.).
- Day 41 - March to Syange (1194 m/ 3916 ft.).
- Day 42 - Ride back to the Capital, Kathmandu.
- Day 43 - Rest day in Kathmandu.
- Day 44 - Take back to the international airport for departure.

## **Cost Includes & Excludes**

### **Includes**

- Airport pick and drop to/from Airport
- Welcome dinner in Kathmandu
- 4 Nights accommodation in Five star hotel in Kathmandu in BB basis
- Lodging and Fooding all nights during the trek and climbing period.
- Group equipment for climb cooking gearss, fuel, stoves, ropes, all forms of rock, ice, and snow protection, radio communications, oxygen delivery system and oxygen cylinders, medical supplies, etc.
- High altitude sherpas,porters, liason officer,and all staffs
- All permit fees and government taxes.
- Sat phone available at Base Camp in paying service
- High altitude tents for all members and climbing Sherpas. All food and fuel for Base Camp and higher camps during expedition. Services of cook and kitchen boy at Base Camp and cook at Camp 2. All kitchen tent, stores tent, dining tents, toilet tents, tables and chairs, and cooking utensils for Base Camp

- Insurance for climbing Sherpas, cooks, Liaison Officer, and local porters. Equipment allowances and wages for climbing Sherpas, cooks, kitchen boys and Government Liaison Officer
- Base Camp single tent with mattress and pillow for each member, climbing Sherpa, BC staff and Liaison Officer.
- Solar panel at Base Camp for light and charging small electronics (eg. mobile phones, amateur digital cameras and handheld video cameras).
- Personal solar powered light at each tent per member at Base Camp.
- Transportation of food supply to Base Camp from Kathmandu (cargo to Samgaun and then by porter to Base Camp).
- Khumbu Ice Fall route fixing fee (Khumbu Ice Fall route will be rope fixing fee (Rope will be fixed to summit by expedition operators association of Nepal).

## **Excludes**

- International airfare and Nepal Visa fee (bring accurate USD cash and two passport photographs)
- Personal gears, clothing and sleeping equipment (see gear list).
- Tips and Bonus for Staff and guide
- Insurance and Trip cancellation
- Insurance and Trip cancellation
- Alcoholic beverages and bottled drinks.
- Nepal entry visa Fee( can be obtained at the airport upon arrival
- Lunch and dinner in Kathmandu.
- Personal insurance such as travel, accident, medical, emergency evacuation, and lost luggage.
- Personal solar pack for charging

## **Gears and equipment**

- Head Wear
  - Sun Hat
  - Warm Synthetic wool Hat
  - Head Band/buff/Face mask/balaclava

Head lamp and Spare Batteries  
Nose guard

- Eye Wear

Sun Glasses  
Glacier glasses  
Googles

- Hand Wear

Lightweight Synthetic Gloves  
Heavyweight Synthetic Gloves  
Softshell gloves  
Disposable Hand Warmer  
Mittens

- Body

Fleece Jacket  
Long Sleeved shirts  
Short Sleeved Shirts  
Wind Jacket  
Down Suit  
Down Jacket(Light Weight)  
Down Jacket(Heavy Weight)  
Soft shell Jacket  
Hard shell Jacket

- Down Wear

Trousers(Light Weight)  
Trousers(Heavy Weight)  
Wind Paints  
Lightweight Underwear  
Heavyweight Long underwear  
Lightweight Nylon paints  
Down Pants  
Soft shell pants  
Hard shell pants  
Insulated synthetic pants

- Foot Wear

Light weight synthetic socks  
Climbing socks  
Climbing boots  
Trekking boots/Light hiking boots  
Running Shoes  
Insulated Camp boots(for Basecamp)  
Gaiters

- Accessories

Sunscreen and Lip Balms  
Personal First Aid Kit  
Dairy and Writing Material  
Camera with spare batteries  
Pocket knife  
Sun Glass  
Personal Toilet Equipment  
Water Bottles  
Hand sanitizers  
Small Towels/Soap/Shampoo

- Climbing Gear

Down Suits  
Helmet  
Harness  
Carabiners(Regular)  
Carabiners(Locker)  
Descender  
Ascender  
Ice Axe  
Crampons  
Helmet  
Water Bottle  
Duffol Bag  
Trekking Back Pack(40 Ltr)  
Climbing Back Pack (50 Ltr)  
Sleeping Bag(-40) for higher camps  
Sleeping Bag(-20) for Basecamp  
Thermarest  
Thermos  
Trekking Poles  
Pee Bottle