

# Manaslu (8163m) Expedition



Trip Grade: Extreme  
Duration: 38 Nights/39 Days  
Max. Altitude: 8163m

Destination: Nepal  
Region: Manaslu  
Activity: Climbing & Expedition  
Theme: Lodge & Tea House

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## Overview

Mount Manaslu is the eighth highest mountain in the world. Mount Manaslu is the highest peak in the Gorkha massif towering above 8163-meters from sea level. Mount Manaslu is located about 40 miles east of Annapurna. Mount Manaslu is taken as one most beautiful 8000-meter mountain in the world. The name 'Manaslu' is derived from the Sanskrit word 'Manias' meaning "intellect" or "soul". It is the same root word as that for 'Mansarovar', the holy lake near Mt. Kailash in Tibet. Trekking Experts offer Manaslu Expedition to bring you to the top of world's eight highest mountain; Manaslu.

Manaslu Expedition with Trekking Experts begins with six hour's drive to Bensi Sahar; the gateway of world popular trekking route Annapurna Circuit. After completing formalities to obtain permit to climb Manaslu in Kathmandu, you'll head towards Bensi Sahar and you'll pass 5160-meter Larkya La Pass before reaching Manaslu base camp which will help you to adjust high altitude. From the base camp of Mount Manaslu, you'll start your climbing attempt. Mount Manaslu's ascending is technical than that of other peaks like Cho Oyu and Shisha Pangma. Among six routes, route starting from south is hard hitting while the northeast face route being the most common.

## Highlights

- Climb one of beautiful mountain in the world
- Climb world's eight highest mountain
- Expedition led by experienced Sherpa climbers
- One of most accessible 8000-meters mountain world
- Cheapest 8000-meters mountain to climb

## Trip Itinerary

### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

**Accommodation:** Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

### Day 02: Kathmandu (alt. 1310m)

Today you'll visit around Kathmandu at the same time Trekking Experts will be preparing for climbing. One of you who will randomly picked as the Team Leader in the group needs to visit Department of Tourism for

mandu and you can visit three among them. Most probably you'll visit Boudanath, Pashupatinath and Bhaktapur Durbar Square.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

#### **Day 03: Kathmandu: Bensi Sahar-Dharapani (alt. 1963m)**

After earlier breakfast in Kathmandu, you'll drive to Besi Sahar. The journey starts with drive to Besisahar and again drive to Bulbule by local transportation. The route along to the Prithwi highway; from Dumre you'll divert to off the highway at the bustling town of Dumre and continue for a further one and half hours to Besisahar. After having lunch at Bensi Sahar, we shall find local jeeps for Dharapani and will drive to Dharapani. About 35 kilometers from Bensi Sahar to Dharapani will take about ¾ hours drive. Along the journey you will witness rather stunning scenery of snowcapped mountains, green hills, rivers, and villages. The route to Dharapani will follow through the Nagdi, Bhulbhule, Sange, Chamche, Tall, Dharapani, can see wonderful Manaslu, Annapurna II scenery, and others majestic mountains.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:**210 KM, 7/8 Hours' Drive **Altitude:**1963 meters

#### **Day 04: Dharapani- Gho(alt.2515m)**

After breakfast at lodge, you'll trek to Gho. Dharapani is main entrance point of Manaslu Circuit trip reverse way. Only few people do Larkya La Pass from this side. So, you will see just few trekkers heading up as your companion. After having breakfast, your trip for Manaslu base camp begins from Dharapani. There is a check point of the ACAP and MCAP before turn right side of Dharapani, our Guide will check in all requiring permits here. First you will cross the bridge at Marsyandi River and following the DhudhKhola as tributaries of Main River. You will walk on wider road until Tilje but rarely drive vehicles on this road. If you walk 30 minutes west from Tilje/Tiliche, get is religious Pyakane cave. And you may visit Tamrang Gompa which is situated in north east of Thonche village, about an hour walking. There is significance Buddha's statue and other deities, with religious scriptures and holy book in the Monastery. It is nice place to stop to having cup of tea and breaks. After this most of the time the trail goes through the river bank and oak and pine forest with beautiful Gurung villages and finally reach at Gho.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 4/5 Hours Walk **Altitude:**2515 meters

#### **Day 05: Gho-Bhimtang(alt. 3590m)**

After breakfast at Gho, you'll trek to Bimthang today. You'll have pleasant walk through the sub-tropical jungle and rural villages. People of here are mostly doing agriculture and animal husbandry. Often you see herd of sheep, cow, and yaks. Before to get Toemro can see Mt. Manaslu (8163m), this is first view of Manaslu on your trip. The trail keeps on through the jungle with sound of birds and ranging river to the Karche (2700m) and walk further cross the bridge to reach Yak Kharka, where you will have lunch. There is not proper place to get meals till Bhimtang. After having lunch, you start to walk, the trail is much harder due to step up. Finally, you will get in a tiny valley at Bhimtang about 4 to 5 walk walking.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 4/5 Hours Walk **Altitude:**3590 meters

#### **Day 06: Bhimtang (alt. 3890m)**

Today you'll rest at Bhimtang. Rest in Bhimtang is for acclimatization as you are already above 3590-meters from sea level. Bhimtang is a beautiful place with full of nature beauty. As it is surrounded by White Mountains some time people called it bowl of silver. Ponkar Lake, Nayamlo Tal, Ponkar Glacier, Kechakyu and Suti glacier are main attraction of Bhimtang. While walk above the Ponkar Lake you will get in view point, from where many mountains including Manaslu North (7,157m), LamjungHimal (6,983m), Larkya Peak (6,249m), HimlunhgHimal (7,126m), Cheo Himal (6,812m) and many more can be observed.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** N/A **Altitude:**3590 meters

#### **Day 07: Bhimtang-Larkya Pass (alt. 5160m) -Samdo(alt. 3872m)**

After breakfast at Bhimtang, today you'll trek to Samdo via crossing Larkya/Larke Pass which is 5160-meters above sea level. First, you'll ascend to Larkya Pass. From the pass, you enjoy the view of mountains. And then you'll descend towards valley and you'll cross wooden bridge over the Budhi Gandaki River and pass by fields and Mani wall to reach Samdo. You will be getting an amazing view of the mountains, especially Manaslu as you will be reaching Samdo, which is a Tibetan refugee village. Upon reaching Samdo, you will also explore the village and the surrounding hills.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 6/7 Hour Walk **Altitude:**3872 meters

**Day 08: Samdo- Sama Gaon (alt. 3450m)**

After breakfast at Samdo, today you'll trek to Sama Gaon. The trail to Sama Gaon follows forests with Juniper and birch through the pastures.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 3/4 Hour Walk **Altitude:**3450 meters

**Day 09: Sama Gaon-Manaslu Base Camp (alt. 4800m)**

After breakfast at Sama Gaon, today you'll head towards base camp of Manaslu. The trail to Manaslu Base Camp follows through forest before steep ascent to a slope and to a moraine. There is magnificent view of glacier, a turquoise lake and wonderful mountains from all angles. Trekking to Manaslu Base Camp takes approximately 4-5 hours. Upon arrival at base camp, you'll meet rest of your climbing team here and camping settlement there for your rest of days for climbing period.

**Accommodation:** Tented Camp **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 4/5 Hour Walk **Altitude:**4800 meters

**Day 10/30: Mount Manaslu Climbing Period**

We have estimated about 22-days to make summit of Mount Manaslu. During these days you'll rest for better acclimatization, will rotate to upper camps for practice and also gain some knowledge about climbing during these days. Your climbing guide will guide and will train you for climbing and will instruct you about skill of climbing. In the meantime, your climbing guide will supply equipment like oxygen, tents, high food, rope etc. to higher camps during these days. After conducting worship, preparing for ascend, you'll rotate to higher camps. In the meantime, your climbing Sherpas will supply required equipment to higher camps like tents, high food, ropes, oxygen etc. In initial days you you'll climb to Camp I. Camp I will be set up at about 5800-meter from sea level. Once you have reviewed basic and advanced training by your climbing Sherpa guide, you will be ready for your attempt to climb to camp I which is at a height of 18,700ft/5800m. In this section of the climb, you will encounter mixed terrain including a few crevasses and short ice sections on the first section of glacier. Prior to the first section of glacier, you will encounter grassy slopes, rock slabs and moraine. For average climbers it takes about 4 hours. The first section of climbing on the moraine takes about an hour, then you reach the crampon point at the mouth of the glacier, the glacier portion takes about 3 hours.

From camp I you'll climb Camp II. Camp II will be set up at around 6400-meters from sea level. The climbing from camp I to camp II is the most technical section on MountManaslu. During this section you encounter the heart of the icefall. The first section is just slogging over snow for about an hour, and then you encounter several steep sections of ice, 2 ladder crossings and steep snow climbing. Expect that this section will take you about 5 hours. Expect that you will encounter several steep sections of ice that are 100m at a slope of 65°. For most people this is the crux of the route. Camp II is situated above the icefall on a snowy terrace. After Camp II, you'll climb to Camp III. Camp III will be set up around 6800-meter above sea level. Camp II to Camp III is the shortest distance and will be your shortest climbing day. It does not require any ladder crossings, but there are a few crevasses that are roughly a half meter that need to be jumped. The main ropes are fixed by climbing Sherpa's team. This section for most climbers feels easier, but still it is not to be taken lightly, the climbing is still on sustained slopes and there is exposure to cold and wind. Although in spring there has been reports of direct sun hitting this section making it feel very warm

After checking weather forecast and consulting your Climbing Sherpas, you'll move up to Camp IV for summit push. Camp IV is situated at 7500-meter above sea level. Climbing from Camp III to Camp IV feels like a long day, the distance of short nut now you are nearing the death zone. As all climbers as aware the oxygen levels are very low at this altitude so it is expected that any effort no matter how minimum or trivial will feel arduous. In this section you have to climb for 3-4 hours on steep snow that is on a 50-55° slope. This section is dangerous because the snow slope is covering a layer of ice which make ethos section avalanche prone. Comparing with other sections of the route, this portion is extremely physical with sustained steep snow sections at extreme altitude in avalanche terrain.

On the summit day, most of the climbers begin their summit bid at 1:00 AM in the morning. if all goes well, they reach the summit between 7-10 AM. Below the main summit is a false summit, the main summit is reached via an exposed ridge. It takes about 4 hours to return to Camp IV from the summit and another 2 hours to get to camp III for overnight stay. The climbing is not technical in the early part as you ascend through several basins with short snow headwalls. The climb passes the false summit and finishes on an exposed ridge to the true summit for a spectacular view of the mighty Himalaya. Trekking Experts' climbing guides will fix ropes break trail and make every effort to assist the group to reach the summit of the 8th highest mountain in the world.

**Accommodation:** Tented Camp **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** N/A **Altitude:** N/A

**Day 31: Close Base Camp (4800m)**

After successful summit of Mount Manaslu, today our team will pack up all the equipment for ready move to down to Sama Gaon tomorrow.

**Accommodation:** Tented Camp **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4800 meters

**Day 32: Base Camp-Sama Gaon (alt. 3450m)**

Today you'll trek down to Sama Gaon.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 4/5 Hour Walk **Altitude:** 4800 meters

**Day 33: Sama Gaon- Namrung (alt. 2670m)**

Today you'll trek down to Namrung.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 6 Hour Walk **Altitude:** 2670 meters

**Day 34: Namrung- Philim (alt. 2300m)**

Today you'll trek down to Philim.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 6 Hour Walk **Altitude:** 2300 meters

**Day 35: Philim-MachhaKhola (alt. 1330m)**

Today you'll trek down to MachhaKhola.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 6 Hour Walk **Altitude:** 1330 meters

**Day 36: MachhaKhola- Arughat (alt. 950m)**

Today you'll trek down to Arughat.

**Accommodation:** Lodge **Meals:** Breakfast /Lunch/Dinner **Walking Hours:** 8 Hour Walk **Altitude:** 950 meters

**Day 37: Arughat-Kathmandu (alt. 1310m)**

Today you'll drive to Kathmandu by bus with all trekking staff.

**Accommodation:** Three Star Hotel **Meals:** Breakfast /Lunch **Walking Hours:** N/A **Altitude:** 1310 meters

**Day 38: Kathmandu (alt. 1310m)**

Today is fully free day to rest in Kathmandu. After successful summit of Mount Manaslu, you can celebrate successful day in Kathmandu. In the evening, Trekking Experts will organize farewell dinner at typical Nepalese restaurant.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

**Day 39: Departure from Kathmandu**

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

**Accommodation:** N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

## What's Included

- Meals & Accommodations**
  - i) 4 nights in Kathmandu at three star hotel similar three star-hotels on twin sharing basis with bed & breakfast
  - ii) 11 nights in local lodge during the trek till base camp and return on twin sharing basis at normal room with full board (Breakfast, Lunch and Dinner)
  - iii) 23 nights in tented camps at base camp on single tents and twin sharing basis on high camps with full board (Breakfast, Lunch and Dinner)
- Transportations & Flights**
  - i) All airport/hotel/airport transfers by private air-conditioned vehicle
  - ii) Kathmandu-Bensisahar and Bensisahar-Dharapani drive by private vehicle with staff
  - iii) Arughat-Kathmandu drive by private vehicle with staff
  - iv) 45 kg baggage per person till base camp and return

- Permits & Fees**
  - i) Annapurna Conservation Fee
  - ii) Manaslu Conservation Fee
  - iii) Manaslu Special Permit Fee
  - iv) Manaslu Expedition Permit Fee
  - v) Garbage Deposit Fee
  - vi) Insurance for guide in order to obtain permit
  - vii) 1 Government Liaison Officer with his/her insurance, food allowance and flights
  
- Guide & Supporting Crew at/till Base Camp**
  - i) 1 English speaking experienced trekking guide
  - ii) 1 expedition cooks and required kitchen helpers
  - iii) Required porter to carry personal baggage
  - iv) Required porter to carry camping equipment, food, fuel and climbing gears for Dharapani-base camp and base camp to Arughat
  
- Equipments till Base Camp**
  - i) 1 sleeping tent for every member
  - ii) 1 Foam mattress for every member
  - iii) Dining Tents and kitchen tent
  - iv) Store Tents
  - v) Required toilet tents
  - vi) Required Shower tents
  - vii) Required tables and chairs
  - viii) Required kitchen utensils with fuel
  - ix) Solar light for lighting purpose only
  - x) 2 pairs of walki-talkies
  - xi) 1 Satellite Phone (Use and pay Euro 4 per unit call)
  - xii) 1 medical hyperbaric chamber bag (Certec)
  - xiii) Comprehensive First Aid Kit
  - xiv) 1 bottle (4 ltr) Oxygen and a set of mask & regulator at base camp for medical purpose only

## What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Porter if baggage is above 45 kg for BC
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking/climbing crew
- Personal Climbing Gears
- Guide & Supporting Crew above base camp (in the mountain): High Altitude Sherpa
  - i) 1 Professional high altitude climbing Sherpa
  - ii) Mask & Regulator for HA Sherpa
  - iii) Oxygen for HA Sherpa
  - iv) Summit Bonus for HA Sherpa
  - v) Carry Bonus for HA Sherpa
- Services & Equipments above Base Camp:
  - i) 2-men high altitude sleeping tent for sharing basis
  - ii) Required Coffel Set and Gas burner/Epi Stoves
  - iii) High Altitude food for both Sherpas and members
  - iv) Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners
  - v) Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sher-pas
  - vi) Oxygen
  - v) Mask & Regulator
  - vi) Rope Fixing Fee