Mt. Manaslu Expedition



Group Size:	1+
Max. Elevation:	8163M Mt. Manaslu
Best Season	Autum/Spring
Trip Grade	Hard
Transportation	Jeep/Bus
Meals	B+L+D
Trip Route	Ktm - Arughat - Jagat - Lho - Sama -Mt. Manaslu Top - Samagaun - Dovan - Arughat - Kathamndu

Trip Highlights

- One of the proven most difficult mountains to climb for adventure lovers all over the world.
- Moderately hard trekking trail leading you to the base camp of the Manaslu Peak.
- One of the best Climbing experience of the Himalayas and achievement only a few determined Mountaineers have achieved.
- Amongst the top three challenging Mountains to climb for professional mountaineers.

- Cultural experience in the lower regions of the expedition.
- Experiencing a wide range of climatic and vegetational changes in a single journey.

Trip Overview

Mt. **Manaslu Expedition** is climbing one of the most challenging peaks of the 8,000. Peaks of the world, alongside **trekking** in the area surrounding them. Experienced and determined Mountaineers from all over the world consider. The summits to Manaslu are a feat to be respected and remembered. The eighth peak in the world, Manaslu, stands tall, with a height of 8,163 meters.

This expedition of about two months will prepare you completely before climbing to the summit of this mighty peak. The six routes leading to the top of **Mount Manaslu** each have their unique qualities. But the South route is challenging with a high fatality rate. Whereas climbing through the northern face is the most common route. This expedition and the **Manaslu circuit trek route** are mostly similar.

Climbing Mount Manaslu requires permits from various authorities. Because it must be preprocessed and requires documents and health conditions. The **Base Camp** of Manaslu lies at an elevation of 4,700. The summit is a long and grueling climb from here. Guides and Sherpas are a must for completing the expedition. **Himalaya Guide Nepal** provides the perfect professional to assist you throughout the journey if you love to push yourself to the limits and unlock the new chapter of your Mountaineering diary, because the Mt. Manaslu Expedition is Just Perfect for you.

Mt. Manaslu area is very famous for trekking this time due to road construction in the **Annapurna part**. But it is very nice to go trekking and on expeditions. Around the world, we have fourteen peaks above 8000, but Nepal has eight entire them. Mt. Manaslu is the eighth-highest of all Mountains above the eight-thousand-meter peaks. The Ford Expedition and other peaks are mostly climbed only in the spring season. But Mt. Manaslu will be climbed during these two seasons: autumn and spring. Manaslu expedition successfully summits on May 09, 1956, by Japanese Toshio Imanishi and Nepal Gyalzen Norbu Sherpa.

FAQ

Q: Is Manaslu more difficult than Everest?

It is an excellent training climb for potential Everest climbers who want to evaluate how their bodies react to high altitude – 8,000m. The journey from Camp 1 to Camp 4 on Manaslu is more difficult than on Everest. However, the summit night on Manaslu is easier and shorter.

Q: Why is Manaslu nicknamed “Killer Mountain”?

The massive Manaslu, which towers above the pine woods of Nepal’s Budhi Gandaki river valley, is dubbed “killer mountain” by natives because more than 60 people have perished on its hazardous slopes.

Q: How much time is required to climb Manaslu?

Climbing Manaslu takes roughly 7-8 weeks, along with the picturesque walk to the 4,400-meter-high Manaslu Base Camp. The trekking trail is virtually unspoiled and is a marvel in its own right.

Outline itinerary

Day 00: Arrival at the airport in Kathmandu (1350 m), Nepal
Time: 30 Min. **Accomodation:** Hotel

Day 00: Trip preparation day and tour in Kathmandu
Meals: BB **Accomodation:** Hotel

Day 00: Equipment checking and Meeting with the climbing crew

Day 01: Kathmandu - Dhading Besi to Sotikhola (710 m)
Time: 5-6 hrs **Accomodation:** Lodge

Day 02: Sotikhola-Labubensi-Khanebensi to Machhakhola (869 m)
Time: 5-6 hrs **Accomodation:** Lodge

Day 03: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)
Time: 7-8 hrs **Accomodation:** Lodge

Day 04: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)
Time: 6-7 hrs **Accomodation:** Hotel

Day 05: Deng-Rana-Bihi Phedi to Namrung (2165 m)
Time: 5-6 hrs **Accomodation:** Lodge

Day 06: Namrung-Lihi to Lho (3180 m)
Time: 5-6 hrs **Accomodation:** Lodge

Day 07: Lho-Syala to Samagaun (3525 m)
Time: 3-4 hrs **Accomodation:** Lodge

Day 08: Rest day in Samagaun (3525 m)
Time: 2-4 hrs hike **Accomodation:** Lodge

Day 09: Samagaou to Mt.Manaslu Base Camp 4400m
Time: 4-5 hrs **Accomodation:** Tent

Day 10 - 38: Expedition period (8163m/2678ft)
Accomodation: Tent

Day 39: Return preparation and base camp cleaning 4400m
Accomodation: Tent

Day 40: Hike down to Samagaun 3520m
Time: 3-4 hrs **Accomodation:** Lodge

Day 41: Samagaun - Syala - Lho to Namrung 2630m
Time: 6-7 hrs **Accomodation:** Lodge

Day 42: Namrung - Ghap - Bihi Phedi to Deng 1860m
Time: 5-6 hrs **Accomodation:** Lodge

Day 43: Deng - Philim - Jagat to Dovan (1070m)
Time: 6-7 hrs **Accomodation:** Lodge

Day 44: Dovan - Machha Khola to Sotikhola
Time: 5-6 hrs **Accomodation:** Lodge

Day 45: Soti Khola - Arughat to Kathmandu 1350m
Time: 6-7 hrs **Accomodation:** Lodge

Costs Included

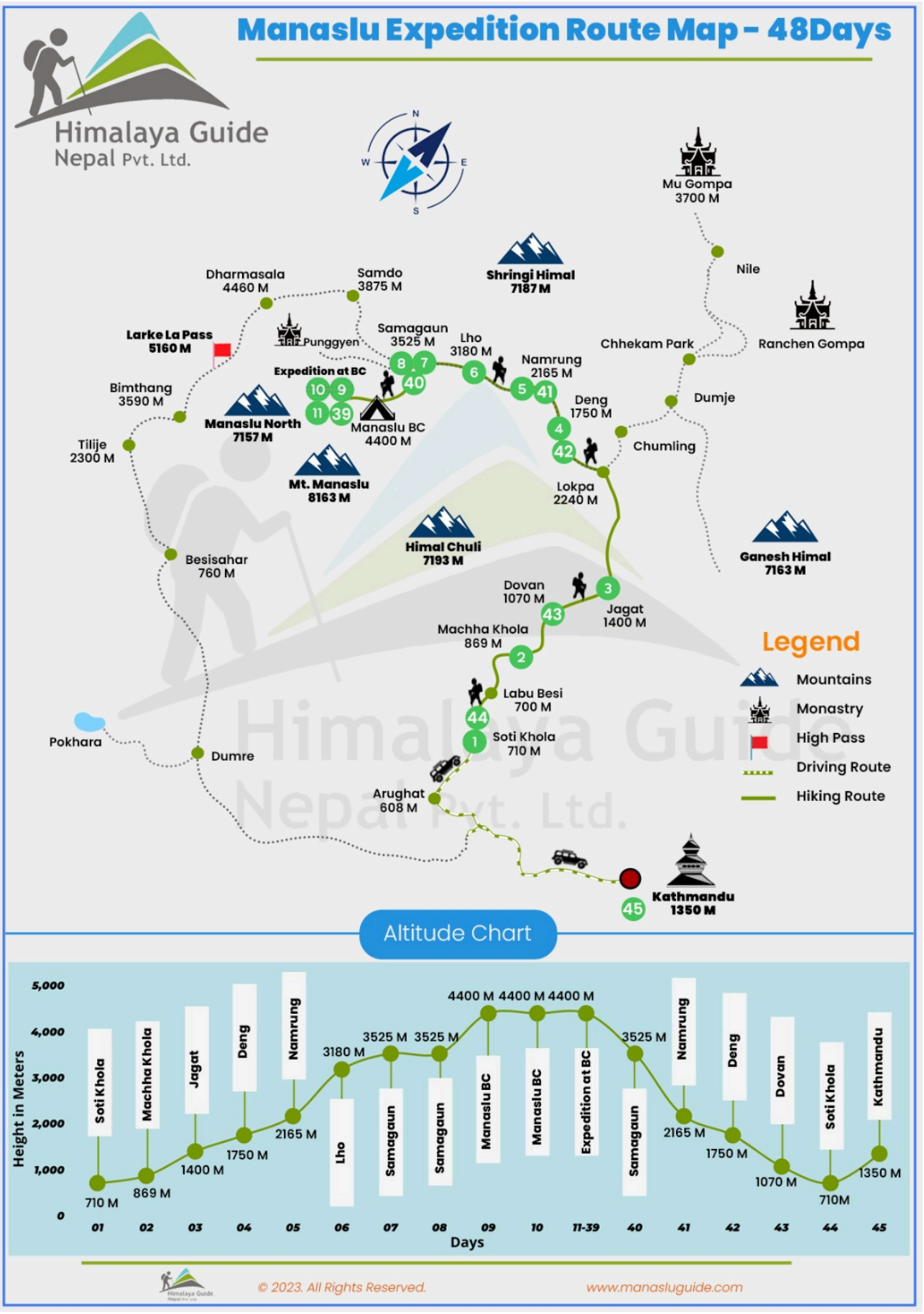
- International Airport Pick Up and Drop Service.
- 2 Nights Hotels in Kathmandu with BB Plan.
- Hotel to the airport by private car.
- Airport to the hotel by private car.
- Kathmandu to Sotikhola by private jeep.

- After the summit, back to Kathmandu by heli or trek.
- Three meals a Day (Breakfast, Lunch, and Dinner along the trek with Tea/Coffee).
- Lodge accommodation on the way (simple one)/ on a tent.
- An Experience Guide, Sherpa, and Helper (carry luggage 2 trekkers 1 helper and including their salary, equipment, insurance, lodging and food).
- Garbage deposited.
- One Climbing Sherpa.
- Climbing Sherpa equipment charge.
- Require Porters.
- Legal Documents (Peak climbing permit, National park permit and TIMS card).
- Some Dry Fruits.
- Farewell Dinner.

Cost Excluded

- Extra night accommodation in Kathmandu.
- Travel insurance.
- Hard and soft table drinks such as; Coke, Mineral Water, Beer etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge shower and boiled water).
- Personal climbing equipment.
- Private guide if requested.
- Tips for Guide and Helpers.

Manaslu Expedition Route Map - 48Days



Altitude Chart

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Your Journey day by day

Day 00: Arrival at the airport in Kathmandu (1350 m), Nepal

Time: 30 Min. **Accomodation:** Hotel

After landing at TIA (Tribhuvan International Airport), our representatives from Himalaya guide Nepal will meet you. You can view the bustling city lifestyle of Kathmandu on your way to the hotel. Visit our office for a quick orientation of the whole program in the Manaslu region. Take an evening tour of the nearby places and markets from your hotel. Overnight at a hotel in Thamel, Kathmandu.

Day 00: Trip preparation day and tour in Kathmandu

Meals: BB **Accomodation:** Hotel

After breakfast, please meet your guide for the Manaslu climb in our office. After a brief introduction session, you will spend the day planning the upcoming expedition. Visit the nearby heritage and religious sites in your spare time today. Return to your hotel and rest for the day. Overnight at a hotel in Thamel, Kathmandu.

Day 00: Equipment checking and Meeting with the climbing crew

After breakfast, meet your climbing crew for the Manaslu circuit trek in our office. After a brief introduction, we will prepare all the gear, necessary items, climbing equipment, and other essential materials to complete the Manaslu Peak climbing expedition. Your team consists of all the members trained and experienced to do this expedition. The leading guide and others would be the best ones with the history of Climbing Manaslu as well as other major peaks of the Himalayas. We will provide you with the diet and exercise tips to follow throughout the expedition in Manaslu. Return to your hotel and rest for the day. Overnight at a hotel in Thamel, Kathmandu.

Day 01: Kathmandu - Dhading Besi to Sotikhola (710 m)

Time: 5-6 hrs **Accomodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu leaving for the eastern hills of Dhading district. The hill highway drive starts your day, leading you to the villages of Arughat. This drive's magnificent scenic view of nature is the perfect boost to kick-start your Manaslu expedition. Overnight at a lodge in Sotikhola village.

Day 02: Sotikhola-Labubensi-Khanebensi to Machhakhola (869 m)

Time: 5-6 hrs **Accomodation:** Lodge

You will start your day with a fantastic sunrise over the mountains. The first part of the day is through lush Sal forests to the Labubensi village (884 m). Walking beside the beautiful Budi Gandaki River, we'll pass through many small Gurung settlements to Khanbensi. The trail to Maccha Khola from Khanbensi also provides some steep and challenging sections of Manaslu. The final part of today's trek is narrow; you must be careful with the incoming mules and donkeys. Overnight at a lodge in the Gurung community of Macchakhola.

Day 03: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)

Time: 7-8 hrs **Accomodation:** Lodge

We start the day making our first cross of the Maccha Khola and trek up the trail surrounded by patches of Gurung settlements and hill farmlands. Continuing on this trail, we will reach the village of Khorla Bensi. You can enjoy the organic coffee here during your brief break. We will walk in the paths carved between hill forests to reach Tatopani. Tatopani is a place to relax for a while and rinse up your exhaustion with the hot-water springs. We will cross through a steel bridge from here to reach the village of Dovan (1070 m). Crossing the settlements of Thulo Dunga and Yaruphant on the adjacent side of Budi Gandaki, we will reach the beautiful Gurung settlement of Jagat. Overnight at a lodge in Jagat.

Day 04: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)

Time: 6-7 hrs **Accomodation:** Hotel

In the morning, we will have our permits to the Manaslu region checked here at Jagat. In the meantime, you can head for a Tibetan-inspired cultural village tour here with the Himalayan view. We will hike up to the Suspension bridge from Jagat and to Salleri. The segment connecting Jagat to Sirdibas is mostly flat and provides great views of the Siringi Himal (7161 m). Crossing the Gandaki River once more from Sirdibas, we will walk about an hour to reach the Philim Village. We will take our lunch break here and continue our walk to Nayapul (the new bridge) via Eklebhatti. The trek routes to Tsum valley and Pewa are separate from here in Nayapul. Choosing the left path from here, we will walk to Nyak and reach the village of Pewa. Overnight at a lodge in Pewa.

Day 05: Deng-Rana-Bihi Phedi to Namrung (2165 m)

Time: 5-6 hrs **Accomodation:** Lodge

Today will be a shorter walking day compared to others, so we can enjoy the mountains and make stops at the beautiful intermediate sites. Walking through a canyon, we will walk beside the Budi Gandaki to reach Deng. Ascending from the other side through the Pine forest, reach the village of Rana (1980 m). Climb up to the village of Bhim Phendi and through the gorge of Serang Khola. Going traversing the Budi Gandaki, you will reach the Namrung village in the afternoon. Overnight at a lodge in Namrung.

Day 06: Namrung-Lihi to Lho (3180 m)

Time: 5-6 hrs **Accomodation:** Lodge

We will start today with a refreshing tea and head for Namrung village in the first part of the day. The trail passes through pine and rhododendron forests beside the gorge. In this stretch of the Manaslu circuit trek, one can encounter many beautiful Hymalian and migratory birds. After some time, you will cross the gorge from a wooden bridge to Namrung village. Namrung is the second checkpoint on your trek and provides you fantastic view of Ganesh and Siringi Himal. The views of these mountains accompany you walking to Lho from Lihi and Lamagaon as one can trek a short hike to Ribung Gompa and return to Lho. Overnight at a lodge in Lho.

Day 07: Lho-Syala to Samagaun (3525 m)

Time: 3-4 hrs **Accomodation:** Lodge

The trek portion from Lho to Samagaon is gifted with amazing landscapes and beautiful mountain flowers. From the viewpoints in the sites lying on the path, one can also have mesmerizing panoramic views of Manaslu and surrounding ranges. Shyala will be the midpoint of our trek with pristine rhododendron forests and crystal clear streams. An hour of walk from here will lead you to the village of Samagaon. People mostly trek further and return to Samagaon for better acclimatization results. Overnight at a lodge in Samagaon.

Day 08: Rest day in Samagaun (3525 m)

Time: 2-4 hrs hike **Accomodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaon is strategically the perfect place to rest and plan the upcoming treks. The scenic mountain views from the village also make your stay worth it. You will have plenty of options for short hiking around Samagaon. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations from Samagaon. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

Day 09: Samagaou to Mt.Manaslu Base Camp 4400m

Time: 4-5 hrs **Accomodation:** Tent

After an energizing rest day at Samagaon, we will push to the Base camp of Manaslu. Our trail is gradually uphill with a steep climb before reaching the Base camp. We will gain significant altitude reaching the Manaslu Base camp. Today's latter half of the trail is covered in snow, so one must be careful here. After reaching Manaslu Base Camp, we will strategize and rest for the day. Overnight at a tent in the Manaslu Base Camp.

Day 10 - 38: Expedition period (8163m/2678ft)

Accomodation: Tent

The Expedition to Manaslu starts from the base camp and consists of professional plans for completing the climb. The itinerary is not fixed, and changes in the plan may occur due to bad weather conditions and the fitness factors of the climbers. There will be multiple climbing exercises in the nearby mountains before moving to camp 1. By communicating and Planning with the sherpas daily, we will choose the best options that will be in our best interests during the climbing period. Suppose any unforeseen problems or complications occur in any portion of the climb. In that case, the expedition might change the program, or one might have to cancel the plan in severe conditions. However, reaching the summit will be a fantastic feat to remember if everything goes well. The memories of looking down from the summit will remain with you forever. The Descent is one of the riskiest parts of any Moutain climbing. Follow your guide and save the energy for the Descent. Once you are down in the base camp, you will have a health checkup and rest day.

Day 39: Return preparation and base camp cleaning 4400m

Accomodation: Tent

After packing our bags for the returning trek, we will clean the Base Camp and the surroundings today. We can separate today as the rest day and enjoy relaxing in the Himalayas. Overnight at a tent in Base Camp.

Day 40: Hike down to Samagaun 3520m

Time: 3-4 hrs **Accomodation:** Lodge

We will have a short walk today back to Samagaun. Losing altitude must make you feel more relaxed and comfortable, too. After reaching Samagaon, rest and share your stories with fellow travellers and climbers. Try some local delicacies and view the beautiful sunset from the village. Overnight at a lodge in Samagaun.

Day 41: Samagaun - Syala - Lho to Namrung 2630m

Time: 6-7 hrs **Accomodation:** Lodge

We will walk on the same trail and return to Namrung today. After breakfast, we will start our downhill trek to Syala. The best thing about using the same trail is the chance to revisit our favourite destinations and people before returning. From Syala, we will walk through the rhododendron forests to reach Lho. Walking further downhill from Lho will take us to the village of Namrung. Overnight at a lodge in Namrung.

Day 42: Namrung - Ghap - Bihi Phedi to Deng 1860m

Time: 5-6 hrs **Accomodation:** Lodge

After breakfast, we'll start the walk to Ghap. You can encounter Blue sheep and mountain birds throughout this trail here. The wildflowers and beautiful landscape view from another perspective will add uniqueness to your journey. We will take our lunch break at Bihi Phedi and continue our walk to the village of Deng. Take your dinner and rest for the day at Deng. Overnight at a lodge.

Day 43: Deng - Philim - Jagat to Dovan (1070m)

Time: 6-7 hrs **Accomodation:** Lodge

We will have a long day ahead, of which most part is gradually descending through subtropical forest. We will pass through many small settlements and farmlands before reaching Philim. We will take our lunch here and rest for a while before continuing our walk to Sirdibas. From here, we have a downhill trek of about an hour to reach the village of Jagat. We will continue our trek to Dovan and stop there today. Rest for the day in a lodge in Dovan.

Day 44: Dovan - Machha Khola to Sotikhola

Time: 5-6 hrs **Accomodation:** Lodge

We can relax in Tatopani's hot springs near Dovan today. After some refreshing time there, we will continue our trek to Maccha Khola and take our lunch. Resting for a while at Macchakhola, we will make our way to Soti Khola. Overnight at a lodge in Soti Khola.

Day 45: Soti Khola - Arughat to Kathmandu 1350m

Time: 6-7 hrs **Accomodation:** Lodge

After breakfast, we will take a return drive to Kathmandu. We will pass through commercial centers and hill villages to reach Kathmandu. We will drive back to the hotel and rest for the day here.

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