Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Manaslu Expedition - 36 Days

MANASLU EXPEDITION: GRADE 4E

Mt. Manaslu (8163m), known as the Mountain of the Spirit, is an excellent choice for those seeking to climb an 8000m peak while testing their endurance and enjoying an exhilarating expedition in the heart of the Himalayas, situated in the Mansiri Himalayan Range. Are you aspiring to conquer an 8000m summit? The Manaslu Summit is an ideal option for climbers seeking a moderately challenging ascent, although it is not without its difficulties. The expedition typically lasts between 30 and 40 days, starting from Kathmandu and leading to Sama Gaun, depending on whether you prefer trekking or flying. If you opt for trekking, it provides a great opportunity for acclimatization while allowing you to experience the breathtaking landscapes, diverse climates, cultural immersion, and impressive scenery along the way. The true expedition begins at Sama Gaun, where you will hike to Manaslu Base Camp (4800m). Beyond the base camp, the expedition includes Four additional camps: Camp I at 5700m, Camp II at 6400m, Camp III at 6800m, and Camp IV at 7500m, before making the final push to the summit of Manaslu (8163m). At each camp, climbers typically spend around 3 to 7 days acclimatizing and preparing for the ascent. The most technical sections of the climb are found at Camp I and Camp II, where climbers must navigate vertical ice. Proper preparation, high-quality gear, physical endurance, and mental resilience are crucial for reaching the summit and celebrating your successful ascent. The Manaslu expedition is primarily conducted during the autumn season, particularly in September. If you are interested in embarking on the Manaslu expedition, consider joining Sherpa Nomad Trek Pvt. Ltd. We are local experts in Manaslu climbing, and this mountain will serve as a stepping stone for your future challenging climbs.

MANASLU EXPEDITION COST: 14000$ TO 15000$ PER PERSON

The cost of the Manaslu Expedition ranges from $11,000 to $15,000 per person, depending on factors such as group size, service level, and package standards. If you opt for the base camp

service, the price will be between $11,000 and $12,000 per person. Conversely, if you choose to book the comprehensive package, the cost will range from $13,000 to $15,000 per person. Our Manaslu expedition package includes extensive services from arrival to departure. This package covers transportation, a Sherpa guide, porters, yaks, and mules for gear support, all necessary permits, tents, camp setup, a fixed route, and other essential arrangements. Please note that personal clothing and equipment are not included in the package. The cost of the Manaslu expedition is outlined below based on group size.

- For solo climbers, the cost is $15,000
- For groups of 2-6, the cost is $14,500 per person
- For groups of 7-10, the cost is $14,000 per person.

MAJOR HIGHLIGHTS OF THE MANASLU EXPEDITION

- Initiate the Manaslu Expedition prior to investigating the restricted Manaslu Conservation areas
- Discover the historic Tibetan settlement and immerse yourself in the authentic Tibetan cultural heritage
- Examine the abundant botanical and zoological specimens within the pristine cultural and natural landscape
- Observe the magnificent glacial formations, moraines, and the world's most elevated mountain peaks
- Achieve the summit at 8,163 meters elevation on Manaslu mountain, recognized as an exceptional accomplishment among the world's eight-thousander peaks, requiring advanced technical mountaineering expertise for successful completion
- Mount Manaslu stands as an accessible 8,000-meter peak, offering an ideal introduction to high-altitude mountaineering and serving as excellent preparation for Everest expeditions.

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

- The complete Manaslu summit expedition typically requires 30 to 40 days, with duration varying based on individual fitness levels and acclimatization rates.
- The expedition route encompasses four strategic camps: Camp I at 5,700 meters, Camp II at 6,300 meters, Camp III at 6,800 meters, and Camp IV at 7,400 meters.
- Each camp location necessitates approximately 3 to 4 days for proper training, acclimatization, and physiological adjustment to high-altitude conditions.
- Climbers will witness spectacular panoramic vistas of the majestic Himalayan mountain range and create unforgettable lifetime memories throughout this remarkable expedition.

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m) and transfer to Hotel

Day 2: Preparation Day in Kathmandu (1350m)

Day 3: Drive from Kathmandu to Besisahar (760m): 6 hours

Day 4: Drive from Besisahar to Dharapani (2000m): 4 hours

Day 5: Trek from Dharapani to Gowa (2,530m): 4 hours

Day 6: Trek from Gowa to Bhimthang (3,700m): 6 hours

Day 7: Acclimatization at Bhimthang (Rest Day): Explore the Pungkar Lake

Day 8: Trek from Bhimthang to Samdo (3,860m) via Larke Pass (5,160m): 7-8 hours

Day 9: Trek from Samdo to Sama Gaun (3,541m): 3 hours

Day 10: Trek from Sama Gaun to Manaslu Base camp (4800m): 5-6 hours

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Day 11: Manaslu Base Camp

Day 12: Manaslu Base Camp

Day 13: Manaslu Base Camp to Manaslu Camp- I (5700m): 5 hours

Day 14: Manaslu Base Camp -I (5700m)

Day 15: Manaslu Base Camp -I (5700m)

Day 16: Manaslu Base Camp -I (5700m)

Day 17: Manaslu Base Camp -I (5700m)

Day 18: Manaslu Base Camp -I I(6300m): 5 hours

Day 19: Manaslu Base Camp -I I(6300m)

Day 20: Manaslu Base Camp -I I(6300m)

Day 21: Manaslu Base Camp -I II(6800m): 5 hours

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Day 22: **Manaslu Base Camp -I II(6800m)**

Day 23: **Manaslu Base Camp -I II(6800m)**

Day 24: **Manaslu Base Camp -I II(6800m)**

Day 25: **Manaslu Base Camp -I II(6800m)**

Day 26: **Manaslu Summit (8163m): 10 Hours**

Day 27: **Manaslu Base Camp -I II(6800m)**

Day 28: **Manaslu Base Camp -I I(6300m)**

Day 29: **Manaslu Base Camp -I (5700m)**

Day 30: **Manaslu Base Camp (4800m)**

Day 31: **Trek Back to Sama Gaun (3500m): 6 hours**

Day 32: **Trek back to Namrung (2600m): 5 hours**

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Day 33: **Trek from Namrung to Philim (1600m):7 hours**

Day 34: **Trek from Philim to Machha Khola (883m): 6 hours**

Day 35: **Drive from Machha Khola to Kathmandu & transfer to the Hotel**

Day 36: **Free Day In Kathmandu**

Day 37: **Departure**

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

PRICE INCLUDES

- All arrival and departure transfers for your convenience
- 4 Nights 4 Star Hotel accommodations in Kathmandu on a BB Plan as per the itinerary.
- Kathmandu-Machha Khola-Kathmandu private transport.
- Complete and well-furnished camping facilities at Advanced Manaslu Base Camp.
- Toilet and shower tents in the camping with each member's box tent.
- Three meals a day (BLD tea/coffee) and tea-house /lodge accommodation during the trek.
- Freshly cooked 3 meals a day (BLD tea/coffee) by a highly professional higher Elevation Cook
- 50kg: 40kg per person individual baggage allowance for trekking up and down to All Base Camp.
- Annapurna & Manaslu Conservation Area Project (ACAP and MCAP) entry permit.
- Expedition royalty and climbing permit for climbing the normal route of Mt. Manaslu (8163m).
- 1:1 experienced private climbing Sherpa guide during trek and climb (Manaslu Approach).
- Fully paid government-appointed Liaison Officer for the expedition team.
- Required high-altitude food for CI, CII, CIII, and CIV for the climbing member &support Sherpa.
- Rope and route fixing charges to the fixing team and organization.
- 3 Oxygen bottles (4L) -2 for Members and 1 for Sherpa with mask & regulator sets.
- Emergency oxygen mask and regulator for emergency medical use at Base Camp.
- Sharing dome tents for camps I, II, III, and IV between the member and the Sherpa.
- All wages, equipment, medical, and accidental Insurance for the Sherpa & involved staff.
- Gas heater in the dining, solar panel, and petrol generator for light and charging your devices.
- Satellite phone for emergency communication with the cost of US$ 5 per minute call at ABC.
- First aid medical kits for the group and the staff at the advanced base camp.

- Our service charge and government taxes are levied in Nepal.
- Necessary assistance for individual travel arrangements where required.
- Farewell Dinner in a typical Nepali restaurant with a domestic culture show in Kathmandu.
- (T-shirt/Pashmina, etc.), You can take them as gifts.

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- Complete insurance that covers (Medical and emergency Evaculation)
- Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- Laundry, communication expenses, and Internet use.
- Clothing, packing items or bags, a personal medical kit, camera/video fees, and trekking gear.
- Any extra expenses arising out of various/unforeseen situations
- Any additional staff other than those specified in the package.
- Rescue, repatriation, medicines, medical tests, and hospitalization expenses for members.
- Summit bonus to your private Sherpa guide for the summit push(a Minimum of US$ 1200.00)
- Insurance policy for medical treatment and helicopter search and rescue for members.
- Permits for walkie-talkie & filming, skydiving, paragliding, etc.
- Defined and listed personal trekking and climbing gear for the member.
- Tips for Base Camp Staffs is mandatory; a minimum of US$ 200 per member for the kitchen team.
- Any other item not mentioned in the “Full Board Service Package Includes” section.
- Extra Day in Kathmandu and the mountain

Sherpa Nomad Trek

Thamel Marg, Kathmandu, Nepal

Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

EQUIPMENT & GEAR

Clothing

- 2–3 moisture-wicking thermal tops
- 2–3 thermal bottoms
- Lightweight underwear (4–5 pairs)
- Sports bra (for women)
- Fleece jacket
- Softshell jacket
- Fleece pants
- Lightweight insulated jacket
- Waterproof and windproof Gore-Tex jacket
- Waterproof and windproof Gore-Tex pants
- Expedition down suit or high-quality down jacket and down pants
- Lightweight rain jacket (optional)

Headwear

- Warm beanie
- Sun hat or cap
- Balaclava
- Buff or neck gaiter
- Face mask
- Glacier sunglasses (Category 4)
- Ski goggles

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Handwear

- Lightweight liner gloves
- Fleece gloves
- Waterproof insulated climbing gloves
- Expedition down mitt

Footwear

- Mountaineering double or triple boots (8000m-rated)
- Camp shoes or sandals
- Gaiters
- 3–4 pairs of trekking socks
- 2–3 pairs of warm wool socks
- Vapor barrier socks (optional)

Climbing Equipment

- Climbing harness
- Helmet
- Ice axe
- 12-point crampons with anti-balling plates
- Ascender (Jumar)
- Figure-8 or ATC belay device
- 4 locking carabiners
- 4 non-locking carabiners
- 120 cm sling (2)

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

- Prusik cords (2)
- Cow's tail safety lanyard
- Ice screw (if requested by guide)
- Trekking poles

Sleeping Equipment

- Expedition sleeping bag (-30°C to -40°C)
- Sleeping bag liner
- Inflatable sleeping mat
- Foam sleeping pad

Backpack & Bags

- Expedition duffel bag (90–120 L)
- Climbing backpack (45–60 L)
- Waterproof dry bags
- Pack rain cover

Personal Items

- Headlamp with spare batteries
- Water bottles (2 × 1L)
- Insulated thermos flask
- Water purification tablets or a filter
- Personal first aid kit
- Sunscreen (SPF 50+)
- Lip balm (SPF)

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

- Wet wipes
- Toothbrush and toothpaste
- Quick-dry towel
- Toilet paper
- Hand sanitizer
- Nail clipper
- Small repair kit (duct tape, zip ties)

Electronics

- Mobile phone
- Camera
- Power bank (20,000–30,000 mAh)
- Charging cables
- Universal travel adapter
- Solar charger (optional)
- Satellite phone (team equipment)

Personal Medicines

- Diamox (Acetazolamide)
- Ibuprofen or Paracetamol
- Antibiotics (prescribed by your doctor)
- Anti-diarrheal medicine
- Cough medicine
- Blister treatment
- Personal prescription medications

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Documents

- Passport
- Nepal visa
- Passport-size photos
- Travel insurance (covering 8,000 m expeditions)
- Climbing permit copies
- Emergency contact information
- Cash (USD and Nepalese Rupees)

Snacks

- Energy bars
- Chocolate
- Electrolyte powder
- Energy gels
- Nuts and dried fruits

Group Equipment - we take care of this

- High-altitude tents
- Dining tent
- Kitchen tent
- Toilet tent
- Fixed ropes
- Snow anchors
- Ice screws

Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

- Oxygen cylinders
- Oxygen masks and regulators
- Rope ladders
- Cooking equipment
- Group first aid and medical kit
- Radios and satellite communication equipment
- Expedition duffel bag
- Sleeping bag
- Down jacket or expedition down suit (rental)
- depending on the package)
- Climbing helmet
- Harness
- Crampons
- Ice axe
- Ascender (Jumar)
- Carabiners

Sherpa Nomad Trek

Thamel Marg, Kathmandu, Nepal

Tel: +977-9851433082 | Email: info@sherpanomadtrek.com