



Manaslu Expedition (8163)



Introduction

Mt. Manaslu a part of Nepalese Himalayas in the Gorkha massif with an altitude of 8161m is world's eighth highest peak. It is also known as Kutang. The location of this mountain peak is in Mansiri Himal in Gorkha district of Nepal. "Manasa" in Sanskrit means "Mountain of the Spirit" is converted to this Gurkha's highest peak Mt. Manaslu as "intellect" or "soul". This Mt. Manaslu is situated about 40 miles east of Mt. Annapurna of Kaski District. Manaslu is an imposing mountain being a 3092m prominence it extends from crops cultivation area to the area permanently covered with snow and ice; hence it looks like a serrated wall of snow and ice hanging in the sky. Manaslu long ridges and valley glaciers offer feasible approaches from all directions, and culminate in a peak that towers steeply above its surrounding landscape.

Manaslu region is located in Central Nepal and was opened to trekkers only in 1991. But lots of mountaineering expedition teams had access for long time. In 1950 a group headed by H.W. Tilman trekked this area for the first time and ever since this area has been quite popular among tuff trekkers. This area is still restricted to a limited number of groups and only organized trekkers in groups can trek in this area. Manaslu region is very remote and rescue is very difficult. This is possible wilderness area to live leopard of snow. Yet the trek is geographically spectacular and culturally fascinating. Lots of people residing in this area especially in the upper Buri Gandaki (river) Valley are Tibetan. A place in this valley called Nupri (meaning Western Mountain in Tibetan) is a trading center among Tibetans and Tibetans residing in these areas.

Mt. Manaslu is located in a remote and isolated area and the first photographs were obtained only in 1950 by British expedition. It was surveyed for climbing by Japanese expedition in 1952 and after few attempts between 1953 and 1956

Manaslu was finally climbed by Japanese in 1956. This Japanese team was all of female team introduced a first women successor of climbing over 8000m peak. Mt. Manaslu Expedition requires more time than other 8000m Peaks in Nepal due to long approach to reach to the base of the mountain. However, we can use a helicopter to make an expedition shorter. This Manaslu Expedition is one of the most dangerous mountain climbing activities and hence we suggest to choose this trip only by the experienced climbers.

Facts

- Altitude: 8163m<
- Duration: 48 days
- Grade: Low technical difficulty
- Group: 2 - 15
- Country: Nepal
- Best Season: Spring (April, May) and autumn (October, November)
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft]
- **Day 2** : Preparation, briefings, last minutes shopping and permit formalities. Included meals: Breakfast Dinner
- **Day 3** : Drive from Kathmandu to Arughat (950m/3117ft) 7hrs. Tea house/camping Included meals: Breakfast Lunch Dinner
- **Day 4** : Trek from Arughat to Soti khola (1165m/3822ft) 5hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 5** : Trek from Sotikhola to Machhakhola (1330m/4364ft) 6hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 6** : Trek from Machhakhola to Jagat (1350m/4430ft) 4hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 7** : Trek from Jagat to Dho (2300m/7546ft) 6-7 hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 8** : Trek from Dang to Namrung (2550m/8366ft) 6hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 9** : Trek from Namrung to Sama Gaun (3780m/12401ft) 5hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 10** : Trek from Lho to Sama Gaun (3780m/12401ft) 4hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 11** : Rest and acclimatization day at Sama Gaun (3780m/12401ft) Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 12** : Trek from Sama Village to Manaslu Base Camp (4700m/15420ft) 4hrs. Camping at base camp. Included meals: Breakfast Lunch Dinner
- **Day 13 - 31** : Climbing period. (8163m/26781ft.) Camping. Included meals: High Food Breakfast Lunch Dinner
- **Day 32** : Preparation to return to Kathmandu. Clean base camp (4700m/15420ft). Included meals: Breakfast Lunch Dinner
- **Day 33** : Trek from Base Camp to Sama Gaun (3780m/12401ft) 3hrs. Tea house. Included meals: Breakfast Lunch Dinner
- **Day 34** : Trek from Sama Gaun to Namrung (2550m/8366ft) 6hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 35** : Trek from Namrung to Philim village (2300m/7546ft-06hrs) Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 36** : Trek from Philim Village to Macha khola (1330m/4664ft) 6hrs. Tea house/ camping. Included meals: Breakfast Lunch Dinner
- **Day 37** : Trek from Machakhola to Arughat (950m/3117ft) 8hrs. Tea house/camping. Included meals: Breakfast Lunch Dinner
- **Day 38** : Drive from Arughat to Kathmandu (1350/4429ft) 6- 7 hrs. Tourist Jeep/Van/ bus transportation will be provided as per group size. Hotel accommodation in Kathmandu. Included meals: Breakfast Lunch
- **Day 39** : Free day. Relax and shop in Kathmandu. Farewell celebration dinner with cultural program in the evening. Included meals: Breakfast Dinner

- **Day 40 :** Final Departure. Included meals: Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- All arrival and departure transfer services to and from International airport with other necessary surface transport as per itinerary.
- Assistance at the KTM international airport by Xtreme Climbers during your arriving and departing flights.
- 4 Nights request category hotel accommodations in Kathmandu on B/B basis.
- Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- Appropriate number of porters during the trekking period.
- Land transportation from Kathmandu-Arughat-Kathmandu for all clients, Sherpa guide, liaison officer and kitchen staff.
- All Xtreme Climbers kitchen tent, storage tent, dining tent, client tents, toilet tents, tables, chairs and cooking utensils at base camp.
- Common climbing equipment like rope, ice bars, ice screws, and snow bar.
- 3 meals a day: Breakfast, lunch and dinner with tea and coffee.
- Accommodation at hotel/lodge/guest house or tent camps during the trekking period.
- All camping accommodation for members and staff during trekking and climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp during climbing period.
- 50kg baggage allowance per person during trekking period. will be carried by porter/mules.
- Daily weather report services from Seattle, Washington based company.
- 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 to Nepal government to climb Mt. Manaslu.
- Nepalese government royalty.
- All wages, equipment, medical 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 and the HRA clinic at the base camp.
- Equipment allowances and wages for chef, kitchen assistants and government liaison officer.
- First aid medical kits for the group and the staff.
- Satellite phone carried by the guide for communication available upon request for clients with the cost of \$4 USD per minute.
- Heater will be provided at base camp for the dining tent.
- Emergency oxygen mask and regulator provided for clients if needed. 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 hyperbaric 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 levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Farewell dinner in a typical Nepali restaurant with cultural show in Kathmandu before departure.

Base Camp Service Includes

In the Base Camp: Xtreme Climbers provides very professional, supportive and friendly mountaineering logistic services. The approach from Kathmandu to the Sama Gaun village takes roughly 10 days. From Sama Gaun you climb up to Manaslu Base camp. Throughout your approach and climbing period Xtreme Climbers provides a high quality, supportive, safe, friendly, stress free and comprehensive service to maximize your summit opportunity. We provide a

comprehensive service organizing all necessary permits, climbing documentation, travelling logistics (including airfares), ground transportation, porters, and other individual services required by mountaineers. On the trek to the ABC we organize all required accommodation and food. In the Base camp our cooks and helpers will prepare and serve three delicious freshly cooked meals a day. We also ensure that hot and cold drinks as well as healthy snacks are available 24hrs a day. In the Base Camp we provide spacious and durable 4 season personal tents for all of our clients. This comes with full board or base-camp services only. In the base camp we also provide a dining tent, kitchen tent, toilet facilities and portable shower facilities as well as tent accommodation for our staff. In the Base Camp we provide access to communication including a satellite telephone, internet access, and solar panels to charge your batteries.

- All arrival and departure transfer services to and from International airport with other necessary surface transport as per itinerary.
- Assistance at the KTM international airport by Xtreme Climbers during your arriving and departing flights.
- 4 Nights request category hotel accommodations in Kathmandu on B/B basis.
- Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- Appropriate number of porters during the trekking period.
- Land transportation from Kathmandu-Arughat-Kathmandu for all clients, Sherpa guide, liaison officer and kitchen staff.
- Required necessary Xtreme Climbers kitchen tent, storage tent, dining tent, client tents, toilet tents, tables, chairs and cooking utensils at base camp.
- Common climbing equipment like rope, ice bars, ice screws, and snow bar.
- 3 meals a day: Breakfast, lunch and dinner with tea and coffee.
- Accommodation at hotel/lodge/guest house or tent camps during the trekking period.
- All camping accommodation for members and staff during trekking and climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp during climbing period.
- 50.kg baggage allowance per person during trekking period. will be carried by porter/mules.
- Daily weather report services from Seattle, Washington based company.
- 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.
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- 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 available on request with the HRA clinic at the base camp.
- Equipment allowances and wages for kitchen assistants and government liaison officer.
- First aid medical kits for the group and staff.
- Satellite phone carried by the guide for communication available upon request for clients with the cost of \$4 USD per minute.
- Heater will be provided at base camp for the dining tent.
- Emergency oxygen mask and regulator provided for clients if needed. 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.
- Required necessary Sherpa's tents, High food during 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 levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Summit certificates after your successful summit over Mt. Manaslu.
- Welcome and Farewell dinner in a typical Nepali restaurant with cultural show in Kathmandu before departure.

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that you require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the food available here.
8. Either any of the climbers intend to set any world records? If so, do they require special services or equipment?



Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [Contact Us](#) or login to [Xtreme Climbers](#) for any information about your selected package.

Cost Excludes

Full Board Service 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, nutri-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 which are not mentioned in the itinerary.
- Any extra expenses arising out of various/unforeseen situations like natural disasters, landslides, political disturbances, strikes, 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 of international flights.

- Nepal entry visa fee (Visa insurance is easy upon arrival).
- Ice fall garbage deposit fees (Sharing with other member) if applicable.
- Walkie talkies filming permit.
- Ice falls charges.
- All tents for camp 1, 2, 3
- Personal climbing gear.
- Personal climbing Sherpa Guide(s).
- Emergency oxygen and mask regulator.
- Xtreme Climbers services will not be involved in any capacity above advanced base camp. This means we do not allow any staff or equipment from Satori 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 PACKAGE COST INCLUDES" section

