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# MANASLU EXPEDITION

*Journey to the eight highest mountain of the world!*

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## Introduction!

Manaslu, at an elevation of **8,163 meters (26,781 feet)**, is the eight highest mountain in the world. It lies in **Mansiri Himal** range of the Hiamlaya, in the west central part of Nepal. Manaslu comes from the Sanskrit term manasa, which means "**intellect**" or "**soul**," and thus means "mountain of the spirit." Manaslu is the highest mountain in the Gorkha District, approximately 64 kilometers east of Annapurna. The mountain's long ridges and valley glaciers provide viable approaches from all directions, culminating in a peak that towers steeply above its surrounding landscape and is a prominent feature from afar.

The mountain was first climbed in **1956** by a Japanese expedition led by Toshio Imanishi and Gyalzen Norbu, and it has since become a popular destination for mountaineers and trekkers. Manaslu is renowned for its **stunning beauty** and demanding climbing conditions, with steep slopes, unpredictable weather, and difficult terrain. The mountain is also culturally significant to the locals, who regard it as a sacred place and a **symbol of their heritage**.





## Mountain Facts

- **Elevation:** 8163 meters
- **Location:** Gorkha District, Nepal (Latitude: 28°32'58"; Longitude: 84°33'43")
- **Range:** Mansiri Himal Range
- **Rank:** Eight highest Mountain in the world
- **Classification:** 8000er Ultra (UIAA)
- **Standard Climbing Route:** NW-Route

## Trip Facts

- **Duration:** 36 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Challenging
- **Best Season:** Spring (Apr-May) and Autumn (Oct-Nov)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Tea Houses and Camping
- **Transportation:** Road Transportation



# Climbing History of Manaslu

- **1956** – First summit of Manaslu by Aritsune Maki, Toshio Imanishi, and Gyaltsen Norbu via the North Side
- **1972** - Reinhold Messner and a team of Austrian climbers summited from South West face
- **1974** - Kyoko Sato summited the peak thus becoming the first woman to climb an 8000m peak
- **1983-84** - Maciej Berbeka and Ryszard Gajewski made the first winter summit via the normal route
- **2001** - Serguiy Kovalov, Vadim Leontiev, and Vladislav Terzyul summited Manaslu via South East face with oxygen support
- **2022** - Nima Rinji Sherpa became the youngest summiteer at the age of 16
- **2013** - Expedition Himalaya organized Altitude Junkies' first Manaslu expedition

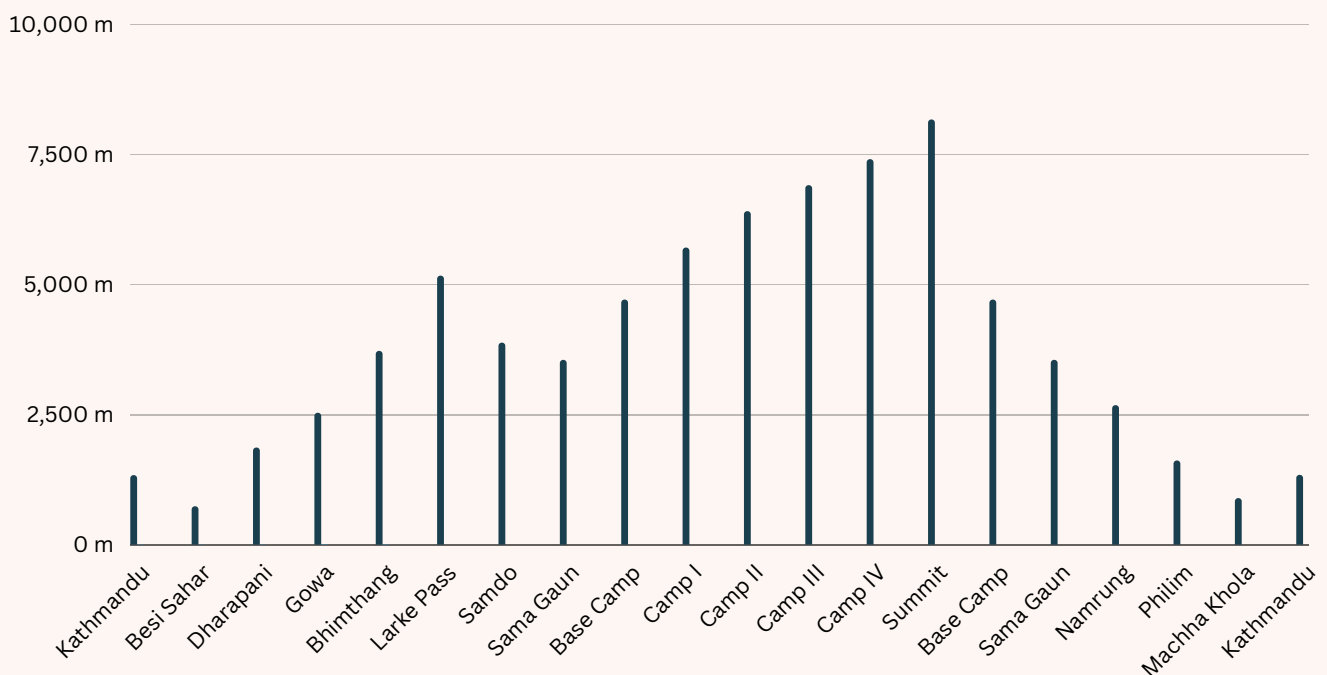
## Our Manaslu Special!

- Customizable packages from normal to deluxe
- Highly qualified and experienced climbing guides and supporters' team
- Full-proof documentation so you don't have to worry a bit
- Every attempt to make your summit dream come true
- Cross the famous Larke La en route to Base Camp
- Comfortable seated reserved vehicle from and to Kathmandu, four-wheel drive vehicle to Dharapani
- Required numbers of porters for the trek and 1:1 Shepa during the climb
- Sustainable and environment-friendly operation module
- Expedition Himalaya is built on the foundation of social principles; we give back to the Himalayan communities as we make it.

# Brief Itinerary

Day 1	Arrival in Kathmandu (1330m; 4,364 ft ) & Transfer to the Hotel
Day 2	Rest in Kathmandu, expedition briefing and Preparation
Day 3	Drive from Kathmandu to Besisahar (760 m; 2,493)
Day 4	Drive from Besisahar to Dharapani (1860 m; 6,102 ft)
Day 5	Trek from Dharapani to Gowa (2530 m; 8,300 ft)
Day 6	Trek from Gowa to Bhimthang (3720 m; 12,205 ft)
Day 7	Acclimatization at Bhimthang (Rest Day)
Day 8	Trek from Bhimthang to Samdo (3872 m; 12,703 ft) via Larke Pass (5160 m; 16,929 ft)
Day 9	Trek from Samdo to Sama Gaun (3,541 m; 11,617 ft)
Day 10	Trek from Sama Gaun to Manaslu Base Camp (4700 m; 15,420 ft)
Day 11-22	Rotation: Multiple Rotations
Day 23-29	Summit Push: [Base Camp - Manaslu Summit (8163 m; 26,781 ft)- Base Camp]
Day 30	Trek from Manaslu Base Camp to Sama Gaun (3541 m; 11,617 ft)
Day 31	Trek from Sama Gaun to Namrung (2670 m; 8,760 ft)
Day 32	Trek from Namrung to Philim (1606 m; 5,269 ft)
Day 33	Trek from Philim to Machha Khola (883 m; 2,897 ft)
Day 34	Drive from Machha Khola to Kathmandu (1330 m; 4,364 ft) & transfer to the Hotel
Day 35	Leisure Day in Kathmandu (1330 m; 4,364 ft)
Day 36	Transfer to International Airport for final departure

## Manaslu Expedition Altitude Profile





# Manaslu Trekking Route Map




# Manaslu Expedition Route Map



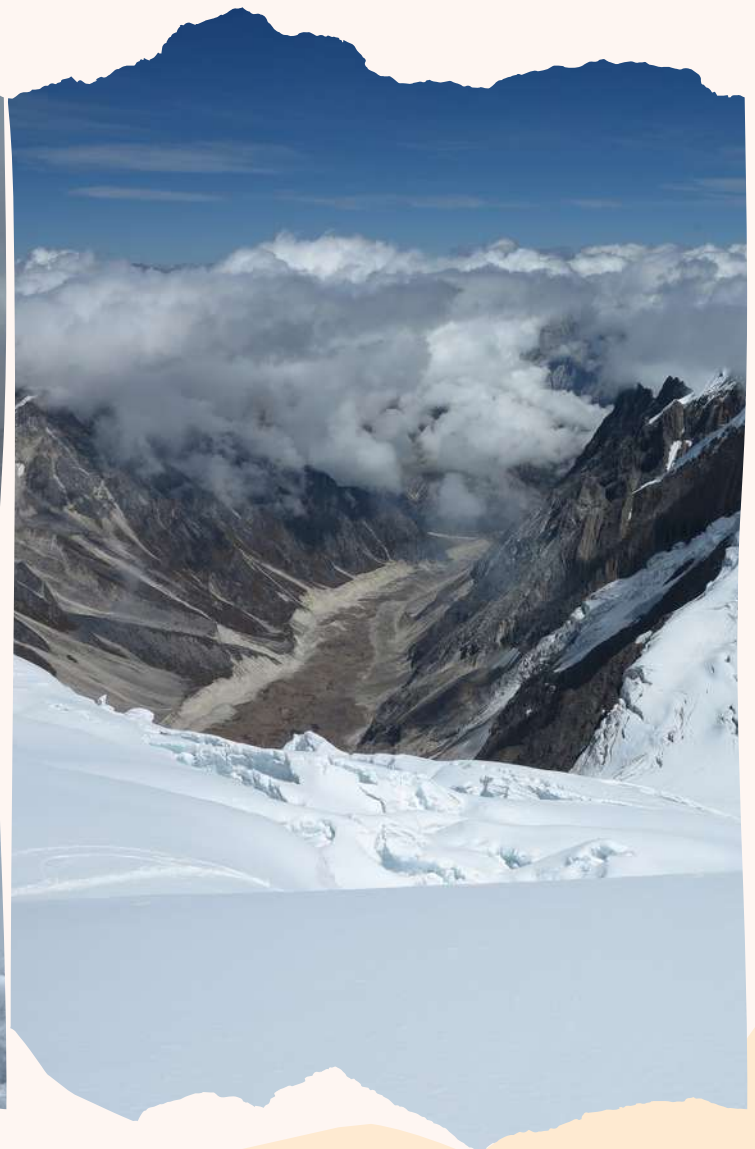
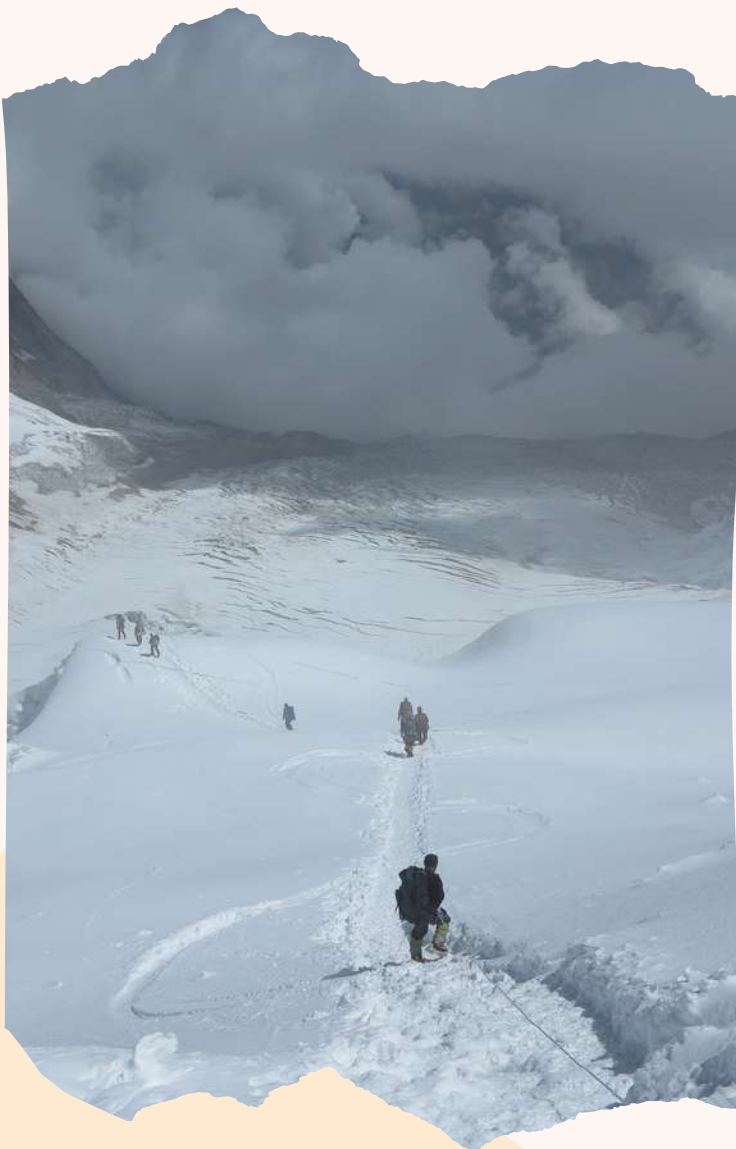


# Cost Inclusions

- **Departure and arrival shuttle** to and from the airport and hotels
  - Manaslu climbing **permit** and other required costs related to the permit
  - **Applicable local and government taxes**
  - **Surface transportation** on private vehicles as per the itinerary
  - **Bed and Breakfast** for 4 Nights' Accommodation at **5-Star Hotel** (Radisson Hotel) in Kathmandu (**Twin sharing basis**)
  - **Accommodation on full board** (breakfasts, lunches & dinners) during the road transfers.
  - **Individual sleeping tent with mattress** for base camp accommodation
  - **Base camp service** (shared with group) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
  - **High altitude foods** during the climb having high calories
  - **2 oxygen bottles (4l)** for each member & 2 oxygen bottles (4l) for climbing sherpa
  - **1 climbing Sherpa** for 1 climbing member during the expedition
  - **Medical Kit** carried by the Guide/ Sardar
  - **Walkie-Talkie** and **Satellite Phone** (Charges Per Call)
  - **Sherpa's remuneration** and load-bearing bonus (this bonus does not include the summit bonus)
  - **Required number of porters** to and from base camp and return
  - Climbing equipment, transportation, lodging, food, salary, and insurance for **Sherpas and other staff** are all provided.
  - **Shuttle services** from Kathmandu to Dharapani and Machha Khola to Kathmandu; you may enjoy the scenarios and enjoy the changing landscapes
  - **Welcome and Farewell Dinner** in Kathmandu at an Authentic Nepali Restaurant.
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# Cost Exclusions

- **International airfare** to and from Kathmandu
- **Nepal Visa** fee
- **Travel & medical insurance** including insurance for emergency rescue & evacuation
- **Lunches and dinners** in Kathmandu
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Trekking/Climbing gear** (also available on hire)
- **Summit Bonus for Sherpa** & tips for local staffs (\$1000+200)
- **Cost for the daily weather forecast**
- **Tips** for the staff as a gratitude
- **Any extra cost** arising out of natural calamities or cancellation of the program
- **All other items** not mentioned in the list of 'Inclusions'



# Trip Preparation

## Guide to a safe adventure in Nepal!

### Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

### Covid-19 Updates

#### Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

#### If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. \*not required for children below 5 years.

### Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

### During your stay - responsible practices

- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.



## Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.





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**Inquire Now!**