Lama Adventures Pvt. Ltd.

Manaslu Expedition

Difficulty	Duration	Region	Max. Altitude	Type	Group Size
Extreme	**45 Days**	**Manaslu**	**8163m**	**Expedition**	**2-14 pax**

Overview

Mt. Manaslu is the eight highest mountain in the world standing at 8163 m above sea level and located in the ridges of Mansiri Himal situated in Gorkha district of Nepal. Regarded as the mountain of spirit, Mt. Manaslu is worshipped as a goddess by the local people. Manaslu lies about 64 km east from Annapurna. The first successful ascent to the summit was done by two mountaineers Toshio Imanishi and Gyalzen Norbu.

There are at least six climbing routes to Manaslu's summit in present and because of the few technical sections and diverse surroundings, the expedition to Manaslu will be an unforgettable experience. It is an excellent choice if you want to climb an easily accessible eight-thousand-mountain. The altitude is significant but not as terrifying as Kanchenjunga and Everest. The success rate of reaching the summit is really high taking into account the number of climbing groups who have been successful.

The first ascent is technical from the base camp of Manaslu at a height of 4700 m. Manaslu offers the possibility to be scaled from every direction until you reach the summit, that is why there are six climbing routes for Manaslu. Among the six routes, the route starting from the south ridge is the hardest while the northeast route is the most common and easy one. The descent could be slightly different because this way the climbers can explore more of the region surrounding the mountain. Diverse routes help keep the curiosity and spirit of the team high. While ascending the expedition team passes through Khursani bari, Jagat or Salleri, Dyang and Namrung whereas the route while descending leads through Ghap and Machhakhola.

To ensure safety along with providing the highest quality service in the high altitude, Lama Adventures offers experienced and trained climbing guides who make sure you reach the summit maintaining your physical fitness all along the way. No compromises when it comes to your well-being, so our itinerary is flexible according to your needs and also for some unforeseen circumstances.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It’s a free day/evening. You can walk around Thamel for shopping.

Days 2-3: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 04: Drive to Soti Khola

A 7-8 hours drive from Kathmandu into the western mountains takes us to Arughat via Dhading Besi, headquarter of the Dhading district. Through the dirt road from Dhadingbesi viewing the greenery hills we reach Arughat, our trek start point. Arughat is a major town in the region and is divided in two parts with the Budhi Gandaki river flowing between them. Then, we continue to drive to Soti Khola after passing Arughat. Overnight in Soti Khola.

Day 05: Trekto Khorla Besi

After leaving Soti Khola, we trek through numerous Gurung and Tamang villages on the more scenic upper road. The second part of the trek is on a shady sal forest which climbs up and down for some time offering views of the wild rapids below and eventually drops to the Gurung village Lapubesi. After leaving Lapubesi, we follow the trail through the river till we reach Machhe Khola. Then, after Machhe Khola, we tread past some hills and forests till we arrive at our destination Khorla Besi. Overnight in Khorla Besi.

Day 06: Trek to Jagat

After breakfast in Khorla Besi, the trail goes ascending and descending until you arrive at a small hot spring in Tatopani. From here, we'll climb over another ridge, then cross the Budhi Gandaki on a suspension bridge to reach Dovan. After Dovan, we’ll climb over a ridge, trek along the river and then climb towards the village of Jagat. Overnight in Jagat.

Day 07: Jagat to Deng

After leaving the village of Jagat, we will climb over a rocky ridge to Salleri, and then descend to Sirdibas. Then, we'll continue walking upstream to a long suspension bridge in Philim, a large Gurung village. The route now enters a steep, uninhabited gorge where you'll descend to the grassy slopes, and then cross the Budhi Gandaki river. We'll make our way through various landscapes and dense sub-tropical forests, as well as small rivers and rustic villages until we reach the tiny village of Deng. Overnight in Deng.

Day 08: Deng to Ghap

After breakfast in Deng with the view of Siringi Himal. We take a short descent after Deng and then a steep ascend takes us to Rana Bridge. Through the pine forests and bridge, we reach Buihi Phedi. Beyond Buihi Phedi, we cross the Sereng River located high off the main Budhi Gandaki River and experience the unique environment provided by breathtaking gorge, culturally rich chorten and cross another suspension bridge before we reach Ghap. Overnight in Ghap.

Day 09: Trek to Lho

We leave Ghap passing through villages decorated with rich Buddhist cultural ensembles and ascend ahead through the quiet beaten forest towards the other settlement of Lho. Overnight in Lho.

Day 10: Trek to Samagaoun

After Lho, we head towards Samagaun on a forested path. We arrive at the village of Shyala after walking for an hour from Lho. With significant agricultural activity, the village of Shyala is also engaged in construction of wooden houses presumably aimed at making it a resting place. We march ahead in the trail crossing the slopes that drain the Punggen glacier and reach the nice flat area that hosts the lovely village of Samagaun. With properly aligned houses with beautiful courtyards and fields located on both sides of the village, Samagaun is busy during the season of Manasalu climbing expedition as it is the closest village to the Manaslu Base camp. Overnight in Samagaun.

Day 11: Acclimatization

Today is an acclimatization and rest day at Samagaun to acclimate your body with the changing environment and climate. It is recommended to stay active even in acclimatization days so we explore around the area of Samagaun and see the locals busy in their daily chores. Enjoy the magnificent view of the mighty Manaslu. You can

also hike up to Birendra Tal and Manaslu Base Camp. Overnight in Samagaun.

Day 12: Trek to Manaslu Base Camp

After breakfast at Samagaun, we will hike up to north side of Pema Choling Monastery. The trail leads through the Glacial Birendra lake and then a trail starts The trail offers amazing views of Manaslu Glacier, Birendra Lake and typical village Samagaun. While climbing up, the scenery becomes much more spectacular with the nearest glacier, Manaslu Peak and the views surroundings. Overnight in Manaslu Base Camp.

Day 13-35: Climbing Period Mt. Manaslu

Day 13 through day 35 is for Manaslu summit push. We do a lot of side acclimatization trips before actually climbing the mighty Manaslu. The summit day starts in a late evening. The route heads immediately up a moderate slope from the summit camp before arriving at the first of the summit tables. The route climbs three separate levels before arriving at the final pyramid slope. From here another short steep slope below the immediate summit is climbed until we reach the pre-summit. The ultimate summit is reached by an exposed technical traverse for around a distance of 70 meters. This section needs to have fixed ropes in place. The climb from Camp 4 to the fantastic summit takes between 6 to 9 hours with 3 to 5 hours for the descent to Camp 4. The next day we return to Base Camp to end our successful attempt to climb the magnificent Manaslu. We use trusted climbing tents while on our challenging climb to Manaslu expedition.

Day 36: Trek to Samagaoun

From Manaslu Base Camp, we retrace our way back to Samagaun. The trail seems a lot easier after you have summited Manaslu. After reaching Samagaun, rest and have some food to eat. Overnight in Samagaun.

Day 37: Trek to Samdo

The trail today to Samdo village turns to the north on the upper region of the Budhi Gandaki River. Following the gradual ascends, we pass through the point of confluence of Larke river and the river formed due to Samdo glacier, also the origin of the torrential Budhi Gandaki and we reach to the settlement at Samdo. Before that we leave the trail to Manaslu Base Camp to our left and ahead the point where we part from the trail to Manaslu Base Camp, we pass through beautiful juniper and birch forests of Kermo Kharka. We march ahead through wooden bridges and steep climb on to the headland from where a large white kani can be viewed. Past the kani we reach to our destination for today. Overnight in Samdo.

Day 38: Trek to Dharmasala

This is another adventurous day in the high altitude. So, you must watch your body signs properly. Enjoying the scenic views of the chain of Himalayas you will walk slowly across the rugged terrains of Manaslu region before you reach Dharamashala also known as Larkya Base Camp.

Day 39: Trek to Bimtang via Larkya-La pass

We start early from Dharamshala since we have to pass the Larkya-La and reach Bhimtang. We set off early in the morning for a long trek today. After a short climb, we reach to the north of the Larkya Glacier, into a valley that provides spectacular views of Cho Danda and Larkya Peak. Further we march across the moraines, make a slow climb initially and more steeper into the last section of the Larkey La pass. The view from the top of the pass includes the Samdo Peak and other peaks bordering Tibet, Larkya peak to the southeast, Annapurna region along with several mountains and a bit further down to the west for the view of Annapurna II. We have a steep descent on the slippery path out of the Pass following the trail to the left of Salpudanda glacier moraine. Past the grassy moraine and rock fall area, flatter valley with primulas and azalea bushes we reach to the sandy plain of Bhimtang. Overnight in Bhimtang.

Day 40: Trek to Tilje

We traverse along the magical trail to the south after we enjoy the views of Lamjung Himal, Himlung Himal, Manasalu, Cheo Himal from a ridge at Bhimtang. After we cross pasture and bridge, we navigate through the rhododendron forest, further through a narrow valley and reach to the valley at Karache. Along the rocky river-bed and on the trails on hillsides we pass through the small and lush villages signifying the lower altitudes. Further ahead we reach the village of Tilije, a culturally vibrant and coexisting village populated by Ghale Gurung, Chhetris and Manangis. Overnight in Tilije.

Day 41: Trek to Jagat

Our journey today takes us on a previously trekked section of our trek as we march towards Syange village (1,175m). The dusty roads will eventually let us tumble through them and lead us to the small village settlement of Syange where numerous chortens and prayer flags can be seen along with some beautifully painted Mani walls. Lastly, we further trek to Jagat before ending the day.

Day 42: Back to Kathmandu

After breakfast at Jagat, we drive back to Kathmandu. After arriving in Kathmandu, take a shower and freshen up and celebrate your successful trek with drinks and sumptuous dinner. Overnight in Kathmandu.

Day 43-44: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 45: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.
Kathmandu Sightseeing with Tour Guide.
Entrance fee
Climbing Permit
Professional Mountain Guide between 2 client 1 Guide Climbing Period,
Round Domestic Air Ticket
Domestic airport departure taxes.
Tea House Accomodetion, brekfast lunchand dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, ToiletTent, Table & chairs.
Breakfast, lunch, dinner climbing period.
Guide, Cook, Kitchen staffs and porters/mules.
High food and Tent
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.
Group Climbing Equipment
Base camp Charge
Liaison office

Cost Excludes

Personal Climbing Gear and equipment
International roundtrip airfare to and from Kathmandu
Nepal Visa fee
Lunch and Dinner in Kathmandu
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary
Excess baggage charges if you have more than 30KG luggage
Personal Bill/Expenses
Bar Bill and Drinking water during the Tea House Period
Personal communications (Satellite phone, phone, fax, email)
Personal Climbing Sherpa (must be arranged before the expedition)
Sleeping bags
Travel/rescue insurance
Summit Bonus for climbing guide
Any rescue costs or costs of early departure from the expedition
Helicopter or charter flight
Tiping for staff and guide