

Manaslu 8163m

1 September 2022

EXPEDITION ITINERARY

Day 1: Arrive Kathmandu

Day 2-3: Your leader will brief you about the expedition, documentation, visa application, last minute shopping and preparation for the departure.

Day 4: Drive to Aarughat by private vehicle.

Day 5: Trek to Soti Khola (775m) 6 hrs. Following the Budhi Gandaki River toward the village of Morder and Simre.

Day 6: Trek to Machha Khola (900m) 5-6 hrs. We pass Almara and onwards to Riden Gaon. The valley here cuts into another side of the river to enter Budhi Gandaki. Then at Lambesi, the trail drops down to the sandy river bed of Budhi Gandaki.

Day 7: Trek to Jagat (1340m) 6 hrs. We head towards Dovan.

Day 8: Trek to Ngyak (2310m) 6 hrs. After ascending to the terraced hill of Saguleri a view of Sringi Himal (7177 m) can be seen. Then we continue towards Sirish Gaon.

Day 9: Trek to Ghap (2100m) 6 hrs.

Day 10: Trek to Lho (3200m) 6 hrs. After Namru we cross the Hinan river and continue on to Sho with a view of Naike peak, Manaslu north (7,774m) and Manaslu (8,163m) which are visible if weather is clear.

Day 11: Trek to Sama Village or Gaon (3500m) 6 hrs. The last village before BC.

Day 12: Rest Day at Sama Gaon for acclimatization.

Day 13: Trek Sama Gaon to Manaslu Base Camp. 4 hrs

Day 14-37: Climbing Period of Manaslu Expedition (8163m)

PLEASE NOTE: The above itinerary is not a fixed programme but is intended to give an indication of the likely events during the expedition. Please note that because of climbing Manaslu, it will be necessary to have a flexible plan in order to take the best advantage of situations as they present themselves. Any changes to the itinerary will be made with a view to maximising the benefit to the team members and of ensuring their eventual success on the mountain.

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Cost 22 000 USD per person

1:1 Sherpa, 3 oxygen bottles, maximum 1:2 western guide.

What the price includes

- Airport/Hotel/airport transfers
- 5 nights' accommodation at hotel in Kathmandu with breakfast and all taxes
- Manaslu Expedition Government Royalty
- All camping facilities and meals during the expedition including tent (one member = one tent) at Base camp.
- Kitchen and Dining equipment, Eating utensils, Shower Tents, Toilet Tent, Store Tent, etc
- Twin sharing HA tents Mountain Hardware T3 on Camp 1, Camp 2 and Camp 3. Triple sharing HA tents Mountain Hardware T3 on Camp 4.
- All porter wages costs from and to Base camp.
- All costs for support staff (guide, cook, kitchen helpers, and porters)
- Liaison officer, his fee, daily wages, equipment, clothing, accommodation, flight, meals and insurance
- Expedition handling fees
- Garbage deposit for Ministry of Tourism
- HA food till Camp 4 and summit
- EPI Gas and HA cooking stoves above Base Camp till Camp 4
- Oxygen – 3 bottles per client , Mask and Regulator and extra Mask and Regulator for emergency
- Oxygen bottles, Mask and Regulator for climbing Sherpa
- High altitude sleeping mat above Base Camp till Camp IV
- All our base camp staffs , porters, Climbing Sherpas and staff wages, insurance and their daily wages and their equipment allowance.
- Heaters in the mess tent at BC.
- All breakfast, Lunch, Dinner, Tea, Coffee on the trek.
- Generator and Solar Panel at Base Camp

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- Climbing Sherpa daily wages, insurance, equipment allowance, meals, accommodation etc
- Climbing Rope Fixing fee for Expedition operators Association of Nepal
- Carrying wages for Climbing Sherpa above base camp (Camp 1, Camp 2, Camp 3 and Camp 4 and back to Base Camp)
- Satellite phone for Emergency use
- Radio sets for members and climbing Sherpa
- GAMO bag (Portable Altitude Chamber)
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What the price does not include

- International flights and airport taxes.
- Nepal Visa fees.
- Bar bills and laundry.
- Travel insurance.
- Lunch and evening meals in Kathmandu.
- Tips for driver, guide, porter, BC staff and climbing Sherpas
- Personal climbing equipment such as Ice axe, Crampons and Climbing boots, Four season sleeping, Harness, Jumar/ascender...
- Successful Climbing Bonus for the Sherpa – (USD 1500)

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Booking

If you would like to book a place on this expedition, please contact us. We can do a Zoom conference to show you what to expect on the mountains and to answer any questions personally.

The deposit is 7 000 USD (per person) and will secure you a place on this expedition.

Remember we operate on a maximum of 2 clients per western guide so places are limited each year.

The final balances must be settled as follows

June 1st 15 000 USD

Pre training and advice

The receipt of your deposit also allows you a 5 Days training period in the Pyrenees prior to your expedition. This can be in the summer or winter. It can be expedition training, ice climbing, fitness training, running, rock climbing.

Additional training weeks in the Pyrenees are available at cost as well as other 8000m peaks and expeditions in preparation for Everest and Lhotse.

At all times before, during and after Manaslu you will have access via email, Whatsapp, Zoom and phone for any questions on any subject.

Base Camp services only – 9 500 USD

The time period and schedule is the same. You enjoy the full support of the Manaslu team with full trekking and BC services. Anything above BC is your responsibility although can be hired separately.

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Meet your guides

Sean and Lluís are the regular western guides on your expeditions. Between them they have led over 17 expeditions to 8000m peaks. Because we keep a western guide ratio to 2 clients to 1 western guide, you most likely will be climbing with them.

Feel free to contact them anyway and meet up in the Pyrenees, near Andorra where they are both based.



Lluís Cortadellas is one of the new breed of climbers. He has a strong competition background in skimo, vtt and running. He is from the Catalunya region and lives with his daughter and partner in the foothills of the Pyrenees where he works as a physiotherapist. He has led teams to 8000m peaks in Nepal and Pakistan.



Sean James, originally from Sheffield in the UK divides his time between Dubai and the Pyrenees and of course the Himalayas. With a strong technical background in rock climbing he has been leading expeditions for over 25 years. Both Lluís and Sean have summited 8000m peaks without supplementary oxygen.

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