



MOUNT MANASLU EXPEDITION (8163 M)

The eighth highest mountain in the world, Mt. Manaslu is another favorite mountain to the summit for mountain climber and adventure seekers. With an elevation of 8163m above sea level, mount Manaslu is greatest on its own and located at Gorkha District. Also known as Mt. Kutung in the Tibetan language means a mountain of spirit. The mountain was first climbed by Toshio Imanishi and Gyalzen Norbu in 1956. The climb to the top of the mountain is technically difficult than other peaks like Cho Oyu and Shisha Pangma. There are 6 routes to reach the summit of the mountain but the south route is one of the hardest and difficult. The climber mostly opts to climb from the northeast route which is the simplest and common route. The climb may be the hardest but the best things come after the hardest climb. From the top of the mountain, you can see the breathtaking views of peaks and glaciers.

Mt. Manaslu, part of the Nepalese Himalayas in the Gorkha massif at an altitude of 8163 m, is the eighth highest mountain in the world. It's also known as the Kutang. The site of this mountain top is Mansiri Himal in the Gorkha district of Nepal. "Manasa" in Sanskrit means the "Mountain of the Mind" is converted to the highest point of Gorkha, Mt. Manaslu, as "intellect" or "soul." This Mt. Manaslu is located approximately 40 miles east of Mt. Annapurna, Kaski District. Manaslu is an immense peak, with a prominence of 3092 m, which stretches from the field of cultivation of crops to the area permanently covered with snow and ice; thus, it appears like a sheet of snow and ice hanging in the sky. Manaslu's long ridges and valley glaciers deliver feasible approaches from all directions, culminating in a hill that rises steeply above its surrounding landscape.

This Manaslu Expedition was known to be one of the riskiest mountain climbing events in the past and has now been turned into a simple and less technical attempt in the autumn season of the year. The benefits of professional rope fixing and trail building facilities have been supported by the organization "Expedition Operators Association" EOA for the last few years, making climbers an easy and relaxed climbing experience in Mt. Manaslu. That's why the Himalayan Social Journey team regularly organizes the Departure Manaslu Expedition in the autumn season of each year, where we only have an optional and demanded spring season expedition project. In the season, we recommend that only accomplished climbers chose this journey.

Outline Itinerary (40 Days)

Day 1 : Day 01

Arrival to Kathmandu & Transfer to the Hotel (1,400m)

Day 2 : Day 02

Rest in Kathmandu, Expedition briefing and Preparing

Day 3 : Day 03

Drive from Kathmandu to Besisahar (760m)

Day 4 : Day 04

Trek from Besisahar to Dharapani (1,860)

Day 5 : Day 05

Trek from Dharapani to Tilije (2,300m)

Day 6 : Day 06

Trek from Tilije to Bhimthang (3,720m)

Day 7 : Day 07

Acclimatization at Bhimthang (rest day)

Day 8 : Day 08

Trek from Bhimthan to Samdo (3,872m) via Larke Pass(5,160m)

Day 9 : Day 09

Trek from Samdo to Sama Gaun (3,541m)

Day 10 : Day 10

Trek from Sama Gaun to Manaslu Basecamp (4700m)

Day 11 : Day 11-Day 32

Climbing Period [Base Camp - Manaslu Summit(8,163m)– Base Camp]

Day 12 : Day 33

Trek from Manaslu Base Camp to Sama Gaun (3,541m)

Day 13 : Day 34

Trek from Sama Gaun to Namrung (2,670m) *to Arughat (Heli) if requested.

Day 14 : Day 35

Trek from Namrung to Philim (1,606m)

Day 15 : Day 36

Trek from Philim to Machha Khola (883m)

Day 16 : Day 37

Trek from Machha Khola to Arughat (606m)

Day 17 : Day 38

Drive from Arughat to Kathmandu & transfer to the Hotel

Day 18 : Day 39

Leisure Day in Kathmandu

Day 19 : Day 40

Transfer to International Airport for final departure

Include / Exclude

- Airport Pick Up and Drop
- Accommodation in Kathmandu at Himalayan Suite Hotel (Three-star category hotel) in twin sharing basis including breakfast.
- Welcome dinner with the cultural program on Day 1
- Cargo Clearance: International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. *before the expedition
- Permit: Expedition Royalty and permit of Nepal Government to climb Mt. Everest, Sagarmatha National Park permit, TIMS CARD & Pasang Lhamu Rural Municipality Entry Permit and its fee.
- Khumbu Ice Fall Climbing charge to (SPCC) Sagarmatha Pollution Control Committee.
- Liaison Officer: 1 Government Liaison officer with full equipment (\$2,500), salary and accommodation.
- Garbage Management: Stool Shipment Transfer & Garbage Deposit fees.
- Insurance: Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- Map: Trekking and climbing map.
- Member transportation:
- (*Standard Route Itinerary): (Domestic Flight) Fly from Kathmandu – Lukla and while returning Lukla - Kathmandu, as per itinerary.
- Expedition Stuffs Transportation: Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Lukla (by air cargo) and to Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo). Based on the condition expedition stuffs may transfer by land (KTM-Phaplu) or Heli (KTM-Lukla).
- Member Luggage: Up to 70 Kg per member for personal baggage during the trek carrying by porters or Yaks.
- Food and Lodging: 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Well-managed base camp set up for members & Staffs.
- Porter: Porters per member up to Base camp from Lukla & Porters return from Base camp to Lukla.
- Base Camp Staff: Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- Staff Salary and allowance: All Nepalese staffs & porter's daily wages, salary,

equipment, foods & clothing.

- Base Camp Tent: Each member will have individual Yak Mountain or Kailas tent in Base Camp.
- Base Camp equipment: At Base camp: foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staffs, Store tents, Tables & chairs & all necessary cooking gears.
- Heater: Heater for base camp in each Dining and other necessary camp.
- Solar/Generator/Light: 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
- Medical Checkup: Twice Medical checkup if each climber at the basecamp before summit attempt.
- Bakery and bar at Base camp: Bakery and bar will be at Base Camp with the joining group of Seven Summit Treks.
- Ice wall and Ladder training at basecamp by UIAGM Gide.
- High Altitude Climbing Sherpa: 1 veteran and Government Licensed per member. (1 Member: 1 Sherpa).
- Climbing Sherpa Salary & Allowance: Climbing Sherpa Salary, Equipment, Food and Clothing.
- Bonus: Carry Bonus of Sherpa's and Route Fixing Charges.
- Oxygen Bottle (O2): Summit Oxygen cylinder: 5 oxygen bottles (4 ltrs.) for each member and 3-oxygen bottle for each high-altitude Sherpa. **
- Oxygen Mask & Regulator: 1 Set of Summit Oxygen mask & regulator for each member and high-altitude Sherpa. **
- Back up Oxygen Cylinder, mask and regulator (with appropriate charge).
- Gamow Bag: 1 Rescue sled (Gamow bag) for emergency.
- High camp service: High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for member, Sherpa and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, fixed and dynamic rope during the climbing period as required.
- Rope Fixing Team: The team of experienced Sherpa's will fix the route In Everest (no extra charge will be applied to members).
- Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.
- Walkie-Talkie: Walkie –Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Permit: Satellite Phone / walkie-talkie permit for all members and staffs.
- Internet Service: Internet facility (1 Mbps) will be available at the Base Camp (subject to a charge).

- **Weather Forecast:** Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.
- **Comprehensive Medical kit** for members and staffs.
- **Certificate:** Everest climbing certificate issued by MoCTCA (after climbing Mt. Everest successfully).
- **International flight airfare**
- **Nepal Entry Visa fee:** Nepali Visa fee US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100)).
- **Lunch & Dinner:** Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **Extra night in Kathmandu:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.
- **Insurance:** Travel and high-altitude insurance, accident, medical & emergency evacuation.
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- **Personal Expenses:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers and any Alcoholic beverages (during the trek and in Kathmandu but we will serve soft drinks for members at the base camp).
- **Personal Equipment:** Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.
- **Toiletries:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **Filming:** Special Filming, Camera and Drone permit fee.
- **Internet Service:** Not included during the trek.
- **Rope Fixing:** The cost for using fixed rope during the expedition. (Applies to Basecamp Member).
- **Summit Bonus:** Summit bonus for climbing Sherpa- Minimum 1500 USD. (Applies to Full Board Member).
- **Tips:** Calculate some tips for Basecamp staffs.
- **Extra:** Any other services or activities, which are not mentioned in the itinerary.
- **Our Company's Service** will be "Zero" above Base Camp (If company offers just Base Camp services)
- Any other item not listed in "Cost Includes" Section.



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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