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The Manaslu expedition is an 8000-meter climbing adventure in the fabulous Himalayas. It is the eighth highest mountain, and its location is in the Manaslu restricted trekking region in west-central Nepal. Discover the diverse landscape and problematic climbing experience. Manaslu's summit rises above the surrounding peaks and is the most spectacular and dominant mountain from a distance. Manaslu expedition is much more technical and tricky than Cho Oyu and Sishapangma. Therefore, each climber must have excellent physical and mental preparation for a higher level of climbing ability and higher altitude

Main Highlights

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- ❖ Visit the beautiful Ruby Valley and Tsum.
- ❖ Climb the mountain peaks such as Manaslu and Larkya Peak.
- ❖ Go to one of the relatively less explored areas of the Himalayas.
- ❖ Walk along the ancient salt trade route between Tibet and Nepal.
- ❖ Experience the full range of climate from the tropics to the Arctic in one trip.
- ❖ Experience rare wildlife such as leopards, red panda, and Himalayan musk deer.

The Manaslu expedition offers an exceptional opportunity to discover a reasonably untouched place in Nepal. Its location is in fantastic splendor along the border between Nepal and China. At 8,156 meters above sea level, Manaslu is the eighth highest mountain in the world in the Kali Gandaki Valley of Nepal Himalaya. The name, which means Mountain of the Spirit, comes from the Sanskrit word, Manasa means intellect or soul. Manaslu was scaled on May 9,

1956, by Toshio Imanishi and Gyalzen Norbu, members of a Japanese expedition with various heights and climatic fluctuations. The Manaslu expedition also offers a tremendous and diverse habitat for a variety of flora and fauna.

Visiting the legendary Mount Manaslu in the Manaslu region in the Lamjung district is enjoyable and stressful. It starts from the Gorkha Budi Gandaki River, crossing the Larkya La pass. The Manaslu base camp is genuinely romantic as this region is filled with rhododendrons, fantastic hanging glaciers, and steep waterfalls. Manaslu region offers a variety of trekking alternatives. The famous Manaslu trekking direction, 177 km, borders the Manaslu massif on the Annapurna pass.

Detailed itinerary of the Manaslu expedition

Day 01: - Reception at Kathmandu international airport and transfer to the hotel.

Upon your arrival at Kathmandu airport, we will meet you at Kathmandu Tribhuvan International Airport and transfer you to your reserved hotel. When you settle in and cool down after your long flight, you will have a meeting with your trekking, climbing guide, and discuss the necessary trekking equipment, and we will process the trekking permits. We will help you check your gear during this visit, processing other essential items, such as national park permits, special permits, etc. If you arrive in the late evening, we will have the same meeting the next day after breakfast.

Day 02: - Full day guided tour of Kathmandu valley

Today morning, after breakfast, you will leave for a day of sightseeing in the Kathmandu valley. You can visit the sacred Temple of Pashupatinath and Swoyambhunath, very old and mainly listed on UNESCO World Heritage sites. The largest Buddhist stupa in Boudhnath and the fine arts and historical architecture of Kathmandu's Durbar Square, reflecting the ancient Nepalese culture, are highlighted during your guided tour. Back at your hotel, you will have time to explore the nearby area, have dinner, and perhaps take a stroll through Thamel's famous streets.

Day 03: - Rest day for legal procedures.

It could be a rest day for you, like all hiking permits, and on this day, we will complete official formalities. You will have time to explore the nearby area, have dinner, and perhaps take a stroll through the famous streets.

Day 04: - Scenic drive to the Gorkha

The historic town of Gorkha is the traditional starting point for the Manaslu expedition. Gorkha's bus journey follows the Kathmandu - Pokhara road to Abu Khairani then climbs 24 km to Gorkha. You will spend the night at the guest house or inn

Day 05: - Gorkha to Khanchok: walking distance 6-7 hours

Today you walk for about 6-7 hours. The trail separates from here northeast of the Budhi Gandaki River. You follow the right path to the Khanchowk bazaar for the overnight stop.

Day 06: - Trek from Khanchok to Khursane Bari

At first, the route enters the eastern part of Arughat; a big bazaar then turns west across the bridge over Budhi Gandaki. Soti Khola is a small town on the Budhi Gandaki coast. Your path crosses the bridge and passes through beautiful sal forests, climbs a ridge above the vast Budhi Gandaki rapids, and follows a path destroyed by vertical rocks to Khorsane bari.

Day 07: - Trek from Khursane Bari to Machha Khola

The rocky trail then makes its way through a large number of nettles and passes through tropical waterfalls. The path eventually descends and gives a few rice terraces on a steep rocky road, then climbs back up to the Gurung village of LabuBesi. Descend 860 m from LabuBesi to the sandy river bed and climb up about 110 m on a ridge to get to Machha Khola.

Day 08: - Trek to Jagat from Machha Khola

Today, you will cross the Tharo Khola to reach Khorlabesi and climb a small ridge, do another steep climb; the route goes Tatopani, which means hot water. The path climbs another peak and crosses the Budhi Gandaki and climbs an extensive and well-designed staircase on Doban Hill. Walking along the river and climbing through small towns, you arrive at Jagat, a beautiful flagstone town.

Day 09: - Trek to Ngyak from Jagat

Today, you will walk up almost 6-7 hours; then you will go down to the river bed. The old road goes from Ghatta Khola to Pangsing, goes up to Nayak (Nyak), a village of Gurung perched on the river at 2300m. It is one of the few significant settlements on this route and houses the Manaslu Conservation Area's project office. From there, you can see Mt. Lapuchun. You will spend your night in a hostel.

Day 10: - Trek from Nyank to Prok

There is one route from the bridge below Bhi to Ghap, which remains the south bank of the river and passes through Prok before joining the road at Ghap. The hike takes you through a large jungle area in a narrow valley. Eventually, it widens, offering pleasant walking through the bamboo forest and a collection of rocks.

Day 11: - Hike from Prok to Namru

The trails make a strenuous and long climb through the bamboo and rhododendron forests that cross the river several times. The trail twice crosses Budhi Gandaki on wooden bridges over beautiful gorges before entering Namrung through a stone arch. Namrung is a Buddhist city with monasteries, a water turbine, mani walls, a hydroelectric power station, choirs, and prayer flags floating in the sky.

Day 12: - Hike from Namru to Lho

Today you can walk on a winding road that leads through the Himalaya mountains and enjoy Rupina la Pass, Mt. Manaslu, Gorkha Himal, Saula Himal, Dwijen Himal, Lajing Peak, and many other mountains and snowy peaks. As you climb through a

forest of spruce, rhododendron, and oak, the path enters Lihi's cramped houses and several Buddhist villages along the way. Tibetan culture has influenced the Lho regions due to its proximity to Tibet, and therefore you will find many monasteries, chortens, and peanut walls.

Day 13: - Hike from Lho to Sama Gaon

Walk down at Damonan Khola, cross it on a two-section bridge. The path leads to a plateau in Whyalla with a broad view of Himalchuli, Ngadi chile, and Manaslu. With more than one hundred and fifty houses, Samagaon is amazingly vast and filled with the energy of lonely village life. From Samagaon, you can see Mt. Manaslu and the Kutang Himal range.

Day 14: - Trek from Sama Goan to Base camp of Manaslu

You will climb the ridge south of Samagoan to Pungyen Gompa. Continue to Birendra Tal, a glacial lake at 3450m Beyond Steven Lake, and you must walk 3-4 hours to reach Manaslu base camp

Day 15 to 32: climbing period

Day 33: - Trek from Base camp to Sama Goan

You will have the return of approximately 4 hours of walking. Again, you will make a brief visit to Sama's town with an early arrival from the Manaslu base camp.

Day 34: - Trek from Sama Goan to Nyak

After breakfast, you will start your journey early morning in the same way to Nyak. It is just a 5 to 6-hour tour.

Day 35: - Trek from Nyak to Jagat

Today, after having breakfast, you will climb about 6-7 hours a day to the river bed. Jagat is a beautiful village where you will spend the night at the hostel.

Day 36: - Trek from Jagat to Machha Khola

You will cross Doban and Tatopani along the same road to Jagat. It is full of incredible views.

Day 37: - Trek from Machha Khola to Arkhet

Today, you will return to Arkhet from the path that Budhi Gandaki crosses.

Day 38: - Trek from Arkhet to Gorkha

Today you will walk for about 6-7 hours. Today is the last day in the mountainous region.

Day 39: Drive from Gorkha to Kathmandu

It is a scenic route back to Kathmandu along the banks of the Marsyangdi and Trishuli rivers with a splendid view of the green hills, mountains, agricultural terraces, and colorful villages on either side of the road.

Day 40: - Free day in Kathmandu.

Today you will have a free day in the Kathmandu Valley. You can rest in your hotel. You can also walk the streets and buy souvenirs for your family and friends.

Day 41: - Drop to Kathmandu international airport

Today, if you have more time, you can go shopping or sightseeing. According to your departure schedule, we will drop you off at the international airport to resume your flight at home and wish you a safe journey.

The price includes

- ❖ Pick up and drop at Kathmandu airport on private vehicles.
- ❖ Three-star accommodation in Kathmandu with breakfast.
- ❖ Guided city tour of Kathmandu with an expert guide and a private car.
- ❖ Necessary entrance fee for monuments during the city tour
- ❖ The experienced government license holder, trekking, and climbing guide.

- ❖ Transportation to and from the starting and ending points of the trekking.
- ❖ Tea house Accommodation during the trek
- ❖ Daily three meals during the trekking and climbing period.
- ❖ All necessary trekking and camping equipment.
- ❖ Manaslu Climbing permit
- ❖ A first aid kit for medical supply.
- ❖ All necessary documents, government taxes, and service charge

Cost excludes

- ❖ Lunch and evening meals in Kathmandu.
- ❖ Nepal entry visa fee, you can obtain a visa for Nepal upon arrival at the airport.
- ❖ International flight ticket cost and airport tax
- ❖ Alcoholic beverages, hot and cold drinking water, hot showers.
- ❖ Personal expenses like laundry, phone calls, snacks, drinks, and bar bills
- ❖ Travel and health insurance must cover emergency evacuation above 5500 meters or more.
- ❖ Personal hiking and climbing equipment
- ❖ Tips for trekking, tour, climbing guide, and other staff

Important note:

As this adventure trip enters the remote mountain region, you are always at the mercy of nature. During the journey, factors such as the weather, a natural disaster, or a variety of other factors beyond our control can later lead to changes in the travel route. Although all the ways we offer are guided and standardized, please note that your team leader authorizes to change or even reject a party's planned itinerary for security reasons. The leader makes any changes or additions to the standard route, taking into account the entire group's interests. We strive to adhere to the travel route mentioned above. However, in the event of an unforeseen circumstance beyond our control, you must be flexible and follow the guidelines instructed by your leader.

Food and lodging

On the climbing trip to Manalu, we offer you the standard 3-star hotel while in Kathmandu. During your trip to the island base camp, we provide simple tea houses for your accommodation. The room in these tea houses is less stylish with just a bed, a pillow, and a blanket. Accommodations on the way to Manaslu are always full, and in some cases, you may need to share a room with other hikers or sleep in the dining room. We strive to make your trek as comfortable as possible.

In some cases, however, it must be kept flexible. We will accommodate groups at the local hostel every day. We dispatched the porters in front of us to reserve the room in advance for the next day.

In Kathmandu, in addition to the 3-star hotel, there are also some 4-5 star luxury accommodations. If you want to change the luxury accommodation plan, let us know to organize and reserve the hotel for your stay in Kathmandu.

All Food and drinks included in the Manaslu Climbing package. We provide Food at tea houses or cabins along the way. You will have dinner and breakfast at the hostel where you will spend the night. During the daily walk, our guide decides the space available and takes a lunch break. We highly recommend that you bring water treatment pills to clean the water and drink during the walk. During the step, there are options to buy bottled water and boiled water.

Guide and porter for the trek:

We provide you well a trained and experienced trekking guide and porter for your hike. Our guide will help you in every possible way to make your trips remarkable and unforgettable. When we talk about the porter, we provide a porter for two hikers each. Carriers carry 20 kg of total luggage (10 kg for each hiker). We offer a guide for smaller groups, and if the group size exceeds ten people, we will provide you with the additional guide for your trip.

Trekking guide and another staff arrangement:

Climbing and staff management are some of the essential parts of the expedition that determine success. Enjoy the skill and memorable of the trip. A very

experienced and courteous climbing guide will make the expedition trip smooth and easy. All expedition team members and the climbing director are carefully selected based on their leadership skills and personal talent. To preserve local communities, we only employ local people who have sufficient knowledge of your local region's culture, ecosystem, flora, fauna, geography, and history.

Acclimatization

We have designed the Manaslu climbing itinerary with a high profile of Acute Mountain Sickness. Increasing too rapidly at higher altitudes leads to disease that is severe enough to cause death. As much higher altitude, the oxygen levels less in the air. For example, at an altitude of more than 5000 m, there is 50% less oxygen than at sea level. Therefore, our bodies need many days to adapt to an environment with less oxygen. During this trip, we have reserve a separate day for acclimatization.

Physical condition and experience requirements

Manaslu climbing is technical, so you need excellent resistance to reach it. Previous knowledge of climbing is required. However, some experience of using climbing equipment is still an asset. There will also be pre-ascent training at the Base Camp participants. The practice focuses mainly on climbing equipment such as ropes, ice axes, belts, and crampons.

We recommend you prepare yourself by jogging or walking daily for about three months before you travel. Understand that when choosing this trip, consider hiking many days at high altitudes and in remote areas. For your Manaslu climb to be successful, you need to have a lot of willpower, the ability to tolerate adverse weather conditions, and adequate fitness and endurance. Participants with existing diseases such as heart, lung, and blood diseases must consult their doctor before starting their trip. Also, let us know your conditions at the time of booking.

Travel insurance

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which

must include the cost of mountain rescue. Please read the terms and conditions clearly of your insurers carefully. In particular, you should ensure that the following are covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude that you reach on the trek 3) Helicopter evacuation in an emergency. It could help if you understood that you are ultimately responsible for all costs associated with an evacuation and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.