Manaslu Expedition 8163m

Standard Iterinary

Manaslu Expedition Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m/4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

Day 02: Preparation

Preparation, Briefings at Departments of Tourism. Overnight at Hotel on BB plan.

Day 03: Sotikhola

Drive from Kathmandu to Sotikhola 1165m/3822ft 8/9 hours. Overnight at Lodge.

Day 04: Machhakhola

Trek from Sotikhola to Machhakhola 1330m/4364ft 6/7 hours. Overnight at Lodge.

Day 05: Jagat

Trek from Machhakhola to Jagat 1350m/4430ft 4 hours. Overnight at Lodge.

Day 06: Dang

Trek from Jagat to Dang 2300m/7546ft 6/7 hours. overnight at Lodge.

Day 07: Namrung

Trek from Dang to Namrung 2550m/8366ft 6 hours. overnight at Lodge.

Day 08: Lho

Trek from Namrung to Lho 3150m/10334ft 5/6 hours. Overnight at Lodge.

Day 09: Sama Gaun

Trek from Lho to Sama Gaun 3780m/12401ft 4 /5 hours. Overnight at Lodge.

Day 10: Sama Gaun

Rest and acclimatization day at Sama Gaun 3780m/12401ft. Overnight at Lodge.

Day 11: Manaslu Base Camp

Trek from Sama Village to Manaslu Base Camp 4700m/15420ft 4/5 hrs. Overnight tented camp.

Day 12-30:

Climbing period (8163m/26781ft.) summit Base Camp to Base Camp.

Day 31: Base Camp

Preparation to return to Kathmandu Clean base camp 4700m/15420ft hours. Overnight tented camp.

Day 32: Sama Gaun

Trek from Base Camp to Sama Gaun 3780m/12401ft 3 hours. Overnight at Lodge.

Day 33: Namrung

Trek from Sama Gaun to Namrung 2550m/8366ft 6 hours. Overnight at Lodge.

Day 34: Philim village

Trek from Namrung to Philim village 2300m/7546ft 6 hours. Overnight at Lodge.

Day 35: Machakhola

Trek from Philim Village to Machakhola 1330m/4664ft 5/6 hours. Overnight at Lodge.

Day 36: Setikhola

Trek from Machakhola to Setikhola 1165m/3822ft in 5 hours. Overnight at Lodge.

Day 37: Kathmandu

Drive from Sotikhola to Kathmandu 1350m/4429ft 8/9 hours. Overnight at the hotel on the BB plan.

Day 38: Kathmandu

Leisure day, Evening farewell dinner in a typical Nepali cultural restaurant. Overnight at Hotel on BB plan.

Day 39: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 4 nights hotel in Kathmandu 5* Marriott Hotel single room on bed and breakfast plan.
- 1 Welcome Dinner in a Nepali cultural dance restaurant with office Staff.
- Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- Expedition Royalty and permit of Nepal Government to climb Mt. Manaslu, Manaslu Conservation area (MCAP) entry permits and fee.
- Manaslu Restricted area permit fee.
- 1 Government Liaison officer with full equipment, salary, and accommodation.
- Stool Shipment Transfer and Garbage Deposit fees.
- Medical and Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- Trekking and climbing map.
- One Himalayan Nepal Trek Duffel Bag.
- Land Transportation: Drive from Kathmandu to Sotikhola while returning Soti Khola to Kathmandu, as per itinerary.
- All necessary equipment transportation for all Members and Staff from Kathmandu to Sotikhola (by jeep) Sotikhola to Sama Gaun and Base camp (by Porters or Mule) While returning: Base camp to Sama Gaun (by porters) Sama Gaun to Sotikhola to Kathmandu (by Jeep or Bus).
- Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Mule.

- 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Base Camp hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using Porters, Well-managed base camp set up for members and Staffs
- Porter per member up to and from Base camp (both ways).
- Experienced and well-trained Base Camp Cook and kitchen Helpers as required.
- All Nepalese staff and porter's daily wages, salary equipment, food, and clothing.
- Each member will have an individual north-face tent in Base Camp.
- Single Tent, foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Toilet and 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tents, Tables and chairs all necessary cooking gear.
- Heater at base camp in each Dining.
- 1 Solar panel or Generator for battery charge and light at base camp for use any electric device.
- Bakery and bar for the team members of Himalayan Nepal Trek.
- Oxygen, Mask Regulator, Ice wall, and Ladder training at base Camp by a professional guide.
- 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa) during the entire climb from Base Camp to the summit and back, and on each rotation.
- Climbing Sherpa to assist in carrying your gear to the high camps.
- Climbing Sherpa's Salary, Equipment, Food, and Clothing.
- Summit Oxygen: 3 oxygen bottles (4 liters) for each member and 1 oxygen bottle for each high-altitude Sherpa.
- 1 Set of Summit Oxygen masks and regulator for each member and high-altitude Sherpa, which has to be returned after the expedition.
- Back up Oxygen Cylinder, mask, and regulator (with appropriate charge).
- High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1), (C2), (C3), and (C4). Group climbing gears and fixed and dynamic rope during the climbing period as required.
- Standby cook, kitchen, and dining tents in Camp I and Camp II.
- Members will share tents in the above high camps (2 members: 1 tent)
- The team of experienced Sherpas will fix the route on Manaslu (no extra charge will be applied to members).
- A Satellite Phone for emergency communication carried by Sherpa is also available for members at the appropriate charge.

- Walkie–Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Satellite Phone/Walkie-talkie permit for all members and staff.
- A basic internet facility will be available at the Base Camp.
- Weather forecast report during the expedition.
- Comprehensive Medical kit for members and staff.
- Mt. Manaslu climbing certificate issued by the Ministry of Culture, Tourism and Civil Aviation (Nepal) (after climbing Mt. Manaslu successfully).

Excludes

- International flight airfare (from and to Kathmandu).
- Nepalese Visa fee is USD 125 for 90 Days.
- Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- Extra nights' accommodation in Kathmandu in case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary
- Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue and air evacuation, medical treatment, repatriation, etc.) is Mandatory.
- 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 have soft drinks for members at base camp).
- Clothing, Packing Items, Bags, Personal Medical kits, and all kinds of Personal Trekking / Climbing Gear.
- Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- Special Filming, Camera, and Drone permit fee.
- Internet service was not included during the trek.
- Summit bonus for climbing Sherpa- Minimum USD 1500.
- Tips for another staff minimum of USD 400.
- Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.