Manaslu Expedition

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**41 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**8163m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 11,500 per person**

Trip overview

The Manaslu Expedition is one of the most popular and rewarding 8,000-meter climbing adventures in Nepal, offering a true high-altitude mountaineering experience on the world's eighth highest peak. Located in the remote Manaslu region near the Tibetan border, this expedition combines technical glacier climbing, extreme altitude exposure, and rich cultural exploration in one complete Himalayan journey.

The expedition begins with a scenic drive from Kathmandu to Soti Khola or Machha Khola, followed by a long trekking approach through the Manaslu Circuit region. The trail passes through traditional villages such as Jagat, Namrung, Lho, Samagaon, and Samdo, offering strong cultural immersion in Tibetan-influenced mountain communities.

From Manaslu Base Camp, climbers begin the expedition phase with multiple acclimatization rotations through higher camps before the summit attempt. The route includes glacier travel, steep snow slopes, and fixed rope sections at high altitude. Due to its relatively stable conditions and well-established route, Manaslu is often considered an excellent preparation peak for Everest and other 8,000-meter expeditions.

The summit offers breathtaking panoramic views of Himalayan giants including Annapurna II, Himalchuli, Ngadi Chuli, and surrounding peaks, making it one of the most scenic 8,000m climbs in Nepal.

Geography and Landscape

Manaslu lies within the protected area of Manaslu Conservation Area, a region known for its dramatic landscapes, biodiversity, and strong Tibetan cultural influence.

The lower trekking region features lush forests, terraced hills, rivers, and traditional settlements. As climbers move higher, the landscape gradually transitions into alpine terrain with wide valleys, glacial rivers, and rugged mountain scenery.

Above Samagaon and toward Base Camp, the environment becomes increasingly harsh and alpine. The terrain is dominated by moraine fields, glaciers, and steep snow-covered slopes. The upper mountain presents a true high-altitude climbing environment with crevasses, icefalls, and exposed

ridges.

The Manaslu region is also known for its dramatic contrast between green valleys and stark white Himalayan peaks. The isolation and natural beauty of the region make it one of the most rewarding trekking and climbing environments in Nepal.

Sherpa Guide & Support

The Manaslu Expedition is led by highly experienced Sherpa climbing guides who provide complete technical, logistical, and safety support throughout the expedition.

Sherpa guides are responsible for fixing ropes, route setting, and ensuring safe passage across glacier terrain and steep snow sections. They assist climbers with technical climbing skills including crampon use, ice axe techniques, ascender operation, and fixed rope navigation.

Acclimatization rotations between Base Camp and higher camps are carefully managed by the guiding team. Continuous monitoring of climbers' health, oxygen levels, and physical condition ensures safety at extreme altitude.

In addition to climbing support, Sherpa teams manage Base Camp logistics, including tent setup, kitchen operations, communication systems, and weather monitoring. They also coordinate summit pushes based on weather forecasts and team readiness.

Emergency response systems, including helicopter evacuation from lower altitudes, are available when required, ensuring a strong safety framework for climbers.

Highlights

- Summit Mount Manaslu (8,163m), the world's 8th highest peak.
- Classic Himalayan expedition combining trekking, glacier travel, and high-altitude climbing.
- Remote and less-crowded route through the stunning Manaslu region.
- Technical sections including ice, snow, and fixed-rope climbing.
- Guided support from experienced high-altitude Sherpa teams.
- Strong acclimatization program with multiple rotation camps.
- Spectacular views of Himalchuli, Ganesh Himal, and surrounding ranges.
- A prestigious 8,000m peak ideal for advancing high-altitude mountaineering experience.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Arrival Day / 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport. Meet expedition team and transfer to hotel. Rest and recovery after international flight. Evening briefing covers expedition structure, altitude risks, summit strategy, and safety protocols.

Day 2 : Full Expedition Briefing & Technical Gear Check (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full preparation day. All climbing equipment is inspected in detail:

- Down suit (-30°C)
- Mountaineering boots
- Crampons, ice axe, harness, helmet
- Ascenders, carabiners, ropes
- Sleeping bag (-30°C to -40°C)

Missing gear is arranged in Kathmandu. Permit processing begins, including restricted area and climbing permits. Team introduction and emergency evacuation briefing conducted.

Day 3 : Kathmandu – Machha Khola (930m)

Altitude: 1,400m – 930m

Walk: 8–9 Hours Drive · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Long scenic drive through river valleys, terraced farmland, and rural Nepal. Road becomes rough in later sections. Overnight in teahouse lodge.

Day 4 : Machha Khola – Jagat (1,340m)

Altitude: 930m – 1,340m

Walk: 6–7 Hours Drive + Short Trek · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Drive continues deeper into Budhi Gandaki valley. Entry checkpoint into Manaslu Conservation Area. Final road section ends and trekking preparation begins.

Day 5 : Jagat – Deng (1,860m)

Altitude: 1,340m – 1,860m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Trek begins through narrow gorges, river crossings, and forest trails. First suspension bridges and gradual altitude gain.

Day 6 : Deng – Namrung (2,630m)

Altitude: 1,860m – 2,630m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Trail becomes more alpine. Buddhist culture appears strongly with mani walls and prayer flags. First clear mountain views begin.

Day 7 : Namrung – Lho (3,180m)

Altitude: 2,630m – 3,180m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Stunning views of Manaslu South. Strong Tibetan cultural influence. Stone villages and monasteries dominate landscape.

Day 8 : Lho – Sama Gaon (3,530m)

Altitude: 3,180m – 3,530m

Walk: 4–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Arrival in main acclimatization village. First full view of Manaslu massif. Rest and oxygen adaptation begins.

Day 9 : Acclimatization Day in Sama Gaon (3,530m)

Altitude: 3,530m – 4,200m

Walk: 3–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Short hike to Manaslu Base viewpoint or Pungyen Gompa (3,800–4,200m). Oxygen monitoring and AMS check.

Day 10 : Sama Gaon – Manaslu Base Camp (4,800m)

Altitude: 3,530m – 4,800m

Walk: 6–7 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Trek through moraine, glacial terrain, and alpine desert. Arrival at Base Camp. Full expedition setup begins.

Day 11 : Base Camp Establishment (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Tents, kitchen, communication systems, and climbing logistics organized. Expedition begins structured rotation plan.

Day 12 : Climbing Training Day 1 (4,800m)

Altitude: 4,800m

Walk: 4–6 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Basic technical instruction:

- Walking with crampons on ice
- Ice axe techniques
- Self-arrest practice
- Rope awareness training

Day 13 : Climbing Training Day 2 (4,800m)

Altitude: 4,800m

Walk: 4–6 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Advanced training:

- Fixed rope climbing
- Ascender (Jumar) use
- Glacier movement techniques
- Crevasse awareness and rescue basics

Day 14 : Rest & Weather Analysis (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Rest day with medical monitoring. Expedition leader reviews weather forecasts and prepares rotation plan.

Day 15 : Base Camp – Camp I (6,000m)

Altitude: 4,800m – 6,000m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Climb through glacier terrain with rope protection. First high camp established.

Day 16 : Camp I Acclimatization (6,000m)

Altitude: 6,000m

Walk: 3–5 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Training on snow slopes and rope movement under real conditions.

Day 17 : Camp I – Base Camp (4,800m)

Altitude: 6,000m – 4,800m

Walk: 4–6 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Controlled descent. Recovery phase begins.

Day 18 : Base Camp Rest Day (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Nutrition, hydration, and oxygen recovery.

Day 19 : Base Camp – Camp I (6,000m)

Altitude: 4,800m – 6,000m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Re-ascent for acclimatization.

Day 20 : Camp I – Camp II (6,400m)

Altitude: 6,000m – 6,400m

Walk: 5–7 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Steep snow slopes and technical fixed rope climbing. Camp II established.

Day 21 : Camp II Overnight (6,400m)

Altitude: 6,400m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

High-altitude exposure at 6,400m. Oxygen levels significantly reduced. Monitoring continues.

Day 22 : Camp II – Base Camp (4,800m)

Altitude: 6,400m – 4,800m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Careful descent for recovery.

Day 23 : Base Camp Medical Check (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Full health and oxygen saturation check. Recovery optimization.

Day 24 : Base Camp – Camp I (6,000m)

Altitude: 4,800m – 6,000m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Final acclimatization cycle begins.

Day 25 : Camp I – Camp II – Camp III (7,000m)

Altitude: 6,000m – 7,000m

Walk: 8–10 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Long technical climb through steep snow walls and ice sections. Camp III established at extreme altitude.

Day 26 : Camp III Acclimatization (7,000m)

Altitude: 7,000m

Walk: 3–5 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Summit rehearsal, rope testing, and oxygen system briefing.

Day 27 : Camp III – Base Camp (4,800m)

Altitude: 7,000m – 4,800m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Final descent for full recovery.

Day 28 : Rest Day (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Weather window monitoring begins. Final physical recovery.

Day 29 : Final Summit Briefing (4,800m)

Altitude: 4,800m

Walk: 3–5 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Oxygen system preparation, food packing, rope coordination, and emergency planning.

Day 30 : Base Camp – Camp I (6,000m)

Altitude: 4,800m – 6,000m

Walk: 6–8 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Start of summit push rotation.

Day 31 : Camp I – Camp II (6,400m)

Altitude: 6,000m – 6,400m

Walk: 5–7 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Climb to high camp under fixed rope system.

Day 32 : Camp II – Camp III (7,000m)

Altitude: 6,400m – 7,000m

Walk: 5–7 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Final staging ascent. Oxygen use begins if required.

Day 33 : SUMMIT DAY – Manaslu Summit (8,163m)

Altitude: 7,000m – 8,163m

Walk: 10–14 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Midnight ascent begins. Climbers move through steep snow slopes, ice walls, and high-altitude ridge sections. Final push to Manaslu summit. After a short stay, immediate descent begins to Camp II or Camp I depending on weather and team condition.

Day 34 : Contingency Day (4,800m)

Altitude: 4,800m

Walk: Full Day · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Buffer day for weather delays or recovery.

Day 35 : Base Camp – Sama Gaon (3,530m)

Altitude: 4,800m – 3,530m

Walk: 5–6 Hours Trek · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Return trek begins from high camp system to lower valley.

Day 36 : Sama Gaon – Namrung (3,180m)

Altitude: 3,530m – 3,180m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Descent through cultural Tibetan villages.

Day 37 : Namrung – Jagat (1,340m)

Altitude: 3,180m – 1,340m

Walk: 6–7 Hours · Stay: Tent · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Continue trekking down valley.

Day 38 : Jagat – Machha Khola – Drive (930m)

Altitude: 1,340m – 930m

Walk: 6–7 Hours Trek + Drive · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Transition from trekking to road transport.

Day 39 : Drive to Kathmandu (1,400m)

Altitude: 930m – 1,400m

Walk: 8–9 Hours Drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Return to Kathmandu city. Hotel check-in and rest.

Day 40 : Rest Day in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Full Day · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Recovery, gear return, celebration dinner.

Day 41 : Departure

Visit: Nepal · Meals: Breakfast

Airport transfer for international flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the

weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Full Expedition Briefing & Technical Gear Check · 1,400 m · day 21°C / night 12°C
- Day 3 · Kathmandu – Machha Khola · 1,400 m · day 21°C / night 12°C
- Day 4 · Machha Khola – Jagat · 930 m · day 23°C / night 15°C
- Day 5 · Jagat – Deng · 1,340 m · day 21°C / night 12°C
- Day 6 · Deng – Namrung · 1,860 m · day 19°C / night 9°C
- Day 7 · Namrung – Lho · 2,630 m · day 15°C / night 4°C
- Day 8 · Lho – Sama Gaon · 3,180 m · day 12°C / night 0°C
- Day 9 · Acclimatization Day in Sama Gaon · 3,530 m · day 10°C / night -2°C
- Day 10 · Sama Gaon – Manaslu Base Camp · 3,530 m · day 10°C / night -2°C
- Day 11 · Base Camp Establishment · 4,800 m · day 4°C / night -11°C
- Day 12 · Climbing Training Day 1 · 4,800 m · day 4°C / night -11°C
- Day 13 · Climbing Training Day 2 · 4,800 m · day 4°C / night -11°C
- Day 14 · Rest & Weather Analysis · 4,800 m · day 4°C / night -11°C
- Day 15 · Base Camp – Camp I · 4,800 m · day 4°C / night -11°C
- Day 16 · Camp I Acclimatization · 6,000 m · day -2°C / night -18°C
- Day 17 · Camp I – Base Camp · 6,000 m · day -2°C / night -18°C
- Day 18 · Base Camp Rest Day · 4,800 m · day 4°C / night -11°C
- Day 19 · Base Camp – Camp I · 4,800 m · day 4°C / night -11°C
- Day 20 · Camp I – Camp II · 6,000 m · day -2°C / night -18°C
- Day 21 · Camp II Overnight · 6,400 m · day -4°C / night -21°C
- Day 22 · Camp II – Base Camp · 6,400 m · day -4°C / night -21°C
- Day 23 · Base Camp Medical Check · 4,800 m · day 4°C / night -11°C
- Day 24 · Base Camp – Camp I · 4,800 m · day 4°C / night -11°C
- Day 25 · Camp I – Camp II – Camp III · 6,000 m · day -2°C / night -18°C
- Day 26 · Camp III Acclimatization · 7,000 m · day -7°C / night -25°C
- Day 27 · Camp III – Base Camp · 7,000 m · day -7°C / night -25°C
- Day 28 · Rest Day · 4,800 m · day 4°C / night -11°C
- Day 29 · Final Summit Briefing · 4,800 m · day 4°C / night -11°C
- Day 30 · Base Camp – Camp I · 4,800 m · day 4°C / night -11°C
- Day 31 · Camp I – Camp II · 6,000 m · day -2°C / night -18°C
- Day 32 · Camp II – Camp III · 6,400 m · day -4°C / night -21°C
- Day 33 · SUMMIT DAY – Manaslu Summit · 7,000 m · day -7°C / night -25°C
- Day 34 · Contingency Day · 4,800 m · day 4°C / night -11°C
- Day 35 · Base Camp – Sama Gaon · 4,800 m · day 4°C / night -11°C
- Day 36 · Sama Gaon – Namrung · 3,530 m · day 10°C / night -2°C
- Day 37 · Namrung – Jagat · 3,180 m · day 12°C / night 0°C
- Day 38 · Jagat – Machha Khola – Drive · 1,340 m · day 21°C / night 12°C
- Day 39 · Drive to Kathmandu · 930 m · day 23°C / night 15°C

- Day 40 · Rest Day in Kathmandu · 1,400 m · day 21°C / night 12°C

What’s included

Accommodation

- 3 nights hotel accommodation in Kathmandu (3-star or similar category)
- Teahouse/lodge accommodation during Manaslu Circuit approach trek (twin-sharing basis)
- Fully supported tented accommodation at Manaslu Base Camp and higher camps
- High-altitude expedition tents with mattresses at Camp I, II, III, and IV

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- Hygienic, energy-rich expedition meals prepared by experienced Base Camp kitchen team
- Hot drinks (tea/coffee) during meal times at Base Camp
- Packed meals and high-energy food during summit rotation and climbing days

Transportation

- Airport pick-up and drop-off in Kathmandu
- Private or shared jeep/bus: Kathmandu – Soti Khola / Machha Khola and return
- All local transport as per itinerary
- Cargo transport of expedition equipment to Base Camp

Permits & Fees

- Manaslu Climbing Permit (Government of Nepal)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (if applicable route section)
- Restricted Area Permit (Manaslu region)
- Expedition liaison officer and government-related fees

Guide & Staff

- Highly experienced Climbing Sherpa guides (8,000m certified)
- Trekking guide for approach circuit
- Required porters for trekking section
- Base Camp cook and kitchen team
- Climbing Sherpa support for summit rotation and rope fixing
- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Full fixed rope setup on climbing route
- Technical climbing training (ice, snow, and rope techniques)
- Group safety equipment (ropes, anchors, carabiners, rescue gear)
- First aid kit and oxygen saturation monitoring system
- Emergency rescue coordination support

Base Camp Services

- Fully equipped Base Camp (tents, kitchen, dining, communication)
- Cooking gas, food supplies, and fuel system
- Communication equipment (radio/satellite support where available)
- Mattress and sleeping setup at Base Camp

Expedition Logistics

- Full expedition management and coordination
- Weather forecasting and summit planning support
- Acclimatization and rotation planning by expedition leader
- Oxygen monitoring and health tracking system

Not included

International Travel

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Climbing Equipment

- Mountaineering boots (double boots recommended)
- Crampons, ice axe, harness, helmet, ascender
- Down suit (-30°C to -40°C recommended)
- Sleeping bag suitable for high altitude
- Personal clothing layers, gloves, goggles, and trekking gear
- Backpack and personal technical equipment

Insurance (Mandatory)

- High-altitude travel insurance covering up to 8,500m
- Must include helicopter evacuation and emergency rescue
- Medical treatment, accident, and repatriation coverage

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, hot showers, and charging fees during trek
- Snacks, chocolates, and personal items
- Laundry and personal hygiene products

Kathmandu Expenses

- Extra hotel nights due to delays or early arrival
- Meals in Kathmandu (unless included in package)
- Personal shopping or equipment rental costs

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization costs
- Additional accommodation due to weather delays
- Extra porter or transport costs due to itinerary changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Loss or damage of personal equipment
- Any service not explicitly mentioned in “Cost Includes” section

Dates & prices

- 02 Mar 2027 – 11 Apr 2027 · USD 11,500 · Available
- 16 Mar 2027 – 25 Apr 2027 · USD 11,500 · Available
- 06 Apr 2027 – 16 May 2027 · USD 11,500 · Available
- 20 Apr 2027 – 30 May 2027 · USD 11,500 · Available
- 04 May 2027 – 13 Jun 2027 · USD 11,500 · Available

Best time to visit

Best months: March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Manaslu Expedition includes 3-star hotel stays in Kathmandu and teahouse or lodge accommodation throughout the trekking route. The approach trail passes through remote villages where facilities are basic but comfortable.

From Manaslu Base Camp onward, climbers stay in fully supported expedition camps. Camps are equipped with high-quality tents, dining tents, kitchen tents, communication systems, and medical support facilities. Higher camps are strategically placed for acclimatization and summit rotation.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the entire journey.

During the trekking phase, meals are provided in teahouses and lodges with a mix of Nepali and international cuisine. From Base Camp upward, a professional cook team prepares high-energy meals designed for extreme altitude performance, including soups, pasta, rice dishes, vegetables, and energy-rich snacks.

During summit push, climbers rely on packed meals, hydration systems, and supplemental oxygen support.

Difficulty and Fitness

Manaslu (8,163m) is a serious high-altitude expedition requiring excellent physical fitness, endurance, and prior experience on 6,000m–7,000m peaks.

The climb involves:

- Long-duration exposure above 7,000m
- Glacier travel with crevasse risk
- Steep snow and ice slopes
- Fixed rope climbing on exposed sections
- Use of supplemental oxygen above higher camps

Climbers must be mentally strong and capable of operating in extreme cold, wind, and low-oxygen conditions.

Permits

The expedition requires the following permits:

- Manaslu Climbing Permit (Nepal Government)
- Manaslu Restricted Area Permit
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP – exit section)
- TIMS Card (if applicable)

All permits are arranged by the expedition operator.

Best Time to Climb

The best seasons for Manaslu Expedition are:

Spring (April–May)

- Stable weather conditions
- Warmer temperatures at lower camps
- High summit success rate

Autumn (September–October)

- Clear skies and excellent visibility
- Stable climbing conditions
- Less avalanche risk compared to spring

Transportation

The journey begins with a drive from Kathmandu to Soti Khola or Machha Khola, followed by a long trekking approach through the Manaslu Circuit region. The route passes through villages such as Jagat, Namrung, Samagaon, and Samdo before reaching Base Camp.

The region is remote and partially restricted, requiring special permits and guided arrangements.

Safety and Altitude

Manaslu Expedition requires strict safety management due to high altitude and glacier conditions. The itinerary includes proper acclimatization rotations between camps.

Key safety measures include:

- Experienced Sherpa expedition guides
- Fixed rope systems on technical sections
- Daily health monitoring and oxygen checks
- Weather forecasting and summit planning
- Emergency rescue and helicopter evacuation support

Climbers are closely monitored for altitude sickness and fatigue throughout the expedition.

Travel and High Altitude Insurance

Comprehensive insurance is mandatory and must cover:

- High-altitude climbing up to 8,500m
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and emergency rescue

Additional information

Extra Information

Climbing Training and Preparation

Before summit rotation, climbers receive professional training in:

- Fixed rope climbing techniques
- Use of supplemental oxygen systems
- Crampon and ice axe techniques
- Glacier travel and crevasse rescue basics
- High-altitude climbing strategies
- Emergency procedures and safety systems

Climbing Equipment

Required expedition equipment includes:

- High-altitude down suit
- Double mountaineering boots
- Crampons and technical ice axe
- Climbing harness and helmet
- Ascender (Jumar), carabiners, slings
- Oxygen mask and regulator system
- Sleeping bag rated to -40°C
- Goggles and glacier sunglasses
- Headlamp with spare batteries
- Personal medical and hygiene kit

Why Choose Manaslu Expedition?

- World’s eighth highest mountain (8,163m)
- Less crowded alternative to Everest
- Excellent preparation for 8,000m Himalayan climbing
- Strong Sherpa support and well-established route
- Rich cultural experience in remote Tibetan-influenced villages
- Challenging but achievable 8,000m summit
- Stunning panoramic Himalayan views from summit ridge

The Manaslu Expedition is a complete high-altitude mountaineering experience, offering climbers the perfect combination of challenge, safety, culture, and Himalayan grandeur in one of Nepal's most spectacular regions.

Frequently asked questions

How difficult is the Manaslu Expedition?

The Manaslu Expedition is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Manaslu Expedition?

For the Manaslu & Tsum Valley region the best months are March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What permits do I need for the Manaslu Expedition?

You need the Manaslu Restricted Area Permit together with the Manaslu (MCAP) and Annapurna (ACAP) conservation permits, plus the Department of Tourism expedition permit and royalty. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Manaslu Expedition?

Hotels in Kathmandu, teahouses on the approach and a fully equipped base camp with individual tents, dining and shower tents, heating, solar power and satellite communication. High camps use mountain tents set up by our climbing Sherpas.

Can I book the Manaslu Expedition as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Manaslu Expedition?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Manaslu Expedition?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/manaslu-expedition/

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