Manaslu Expedition

Itinerary & costs · 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**

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

Ready to book or have a question?

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

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com