



MT. MANASLU EXPEDITION [8163 M.]

Mt. Manaslu, The 8th highest peak in the world which is elevated at the height of 8,163m (26,781ft) above sea level.

TRIP FACTS:

PEAK NAME
MANASLU

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
NEPAL

DURATION
36 DAYS+

ROUTE
N - FACE

GRADE
HARD DIFFICULT

RANGE
KHUMBU HIMAL

BEST SEASON
AUTUMN/SPRING

MAX ELEVATION
8163 M.

WALKING PER DAY
5-6 HOURS

NATURE
HOTEL + LODGE + TEA HOUSE

GROUP SIZE
2-15 PAX

ARRIVAL IN KTM
05 SEP 2022

DEPARTURE TO TREK
07 SEP 2022

TRIP ENDS
11 OCT 2022



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Mt. Manaslu, The 8th highest peak in the world which is elevated at the height of 8,163m (26,781 ft) above sea level is located in the ridges of Mansiri Himal in the Gorkha District of Nepal. Regarded as the "mountain of the spirit", Mt. Manaslu is identified as Mt. Kutung in Tibet. This peak lies about 64km east of Mount Annapurna. Two mountaineers Toshio Imanishi and Gyalzen Norbu ascended to the top on 9th May 1956. Although there were several expeditions to Manaslu earlier expedition to Manaslu was legally unlocked only in 1991. Since, the inaugural expedition by H.W Tilman, Mt Manaslu has been popular among tough trekkers, and this region is still constrained to limited clusters and only well-structured

trekkers in the group can trek here. Manaslu region is very isolated resulting in challenging rescuing.

The ascending is more technical than that of other peaks like Cho Oyu and Shisha Pangma. The base camp of Manaslu lies at a height of 4700m. Long crests of the mountain offer the possibility to be scaled from every direction to conclude to the top that is sharply above its neighboring scenes. Among six routes, the route starting from the south is hard-hitting while the northeast face route is the most common. Every year Seven Summit Treks organize a large number of successive expeditions of Mt. Manaslu.

" We await to serve you our service and share our experience with you "



ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu (1400m) & Transfer to the Hotel		BB	Hotel
2	Rest in Kathmandu, expedition briefing and Preparation		B/D	Hotel
3	Drive from Kathmandu to Besisahar (760m)		B/L/D	Lodge
4	Drive from Besisahar to Dharapani (1,860)		B/L/D	Lodge
5	Trek from Dharapani to Gowa (2,530m)		B/L/D	Lodge
6	Trek from Gowa to Bhimthang (3,720m)		B/L/D	Lodge
7	Acclimatization at Bhimthang (rest day)		B/L/D	Lodge
8	Trek from Bhimthan to Samdo (3,872m) via Larke Pass (5,160m)		B/L/D	Lodge
9	Trek from Samdo to Sama Gaun (3,541m)		B/L/D	Lodge
10	Trek from Sama Gaun to Manaslu Basecamp (4700m)		B/L/D	Tent
11-22	Rotation: [Basecamp – Rotation (Camp I, Camp II, touch Camp III) – Basecamp]		FULL BOARD	TENT
23-29	Summit Push: [Base Camp - Manaslu Summit (8,163m)– Base Camp]		FULL BOARD	TENT
30	Trek from Manaslu Base Camp to Sama Gaun (3,541m)		B/L/D	Lodge
31	Trek from Sama Gaun to Namrung (2,670m)		B/L/D	Lodge
32	Trek from Namrung to Philim (1,606m)		B/L/D	Lodge
33	Trek from Philim to Machha Khola (883m)		B/L/D	Lodge
34	Drive from Machha Khola to Kathmandu & transfer to the Hotel		B/L	Hotel
35	Leisure Day in Kathmandu		B	Hotel
36	Transfer to International Airport for final departure		Breakfast	

B= Breakfast, L= Lunch, and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

- 1. ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by a private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- 3. WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- 4. CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- 5. PERMITS:** Expedition Royalty and permit of Nepal Government to climb Mt. Manaslu Conservation area entry permits and fee.
- 6. RESTRICTED AREA PERMIT:** Restricted area permit fee.
- 7. LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- 8. GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- 9. INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- 10. MAP:** Trekking and climbing map.
- 11. DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- 12. MEMBER TRANSPORTATION:**
Land Transportation: Drive from Kathmandu to Dharapani via Besishashar, and while returning Machha Khola to Kathmandu, as per itinerary.
- 13. EXPEDITION STUFFS TRANSPORTATION:** All necessary equipment transportation for all Members and Staff from Kathmandu to Arukhet (by jeep) – Arukhet to Sama Gaun (by Heli) and Base camp (by Porters) – While returning: Base camp to Sama Gaun (by porters) – Sama Gaun to Arukhet (by Heli) and Arughat to Kathmandu (by Jeep)
- 14. MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- 15. FOOD AND LODGING:** 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 Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- 16. PORTER:** Porter per member up to and from Base camp (both ways).
- 17. BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- 18. STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- 19. BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
- 20. BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining 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.

21. **HEATER:** Heater at base camp in each Dining and other necessary camps.
22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel or Generator for battery charge and light at base camp for use.
23. **BAKERY AND BAR AT BASE CAMP:** Bakery and bar for the team members of Seven Summit Treks.
24. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by a professional guide.
25. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
26. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
27. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
28. **OXYGEN BOTTLE (O2):** Summit Oxygen: 3 oxygen bottles (4 ltrs.) for each member and 1 oxygen bottle for each high-altitude Sherpa. **
29. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks and regulator for each member and high-altitude Sherpa, which has to be returned after the expedition. **
30. **BACK-UP OXYGEN:** Back up Oxygen Cylinder, mask, and regulator **(with appropriate charge)**.
31. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** 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.
32. **HIGH CAMP KITCHEN AND DINING:** SST will have one cook, kitchen, and dining tents in Camp I and Camp II.
33. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
34. **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the route on Manaslu (no extra charge will be applied to members).
35. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members **with appropriate charge**.
36. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
37. **PERMITS:** Satellite Phone/Walkie-talkie permit for all members and staff.
38. **INTERNET SERVICE:** Internet facility (1 Mbps) will be available at the Base Camp **(subject to a charge)**.
39. **WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
40. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
41. **CERTIFICATE:** Mt. Manaslu climbing certificate issued by MoCTCA **(after climbing Mt. Manaslu successfully)**.

****Note: All expedition stuffs and equipment have to be returned after the expedition.**



COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese [Visa fee](#) is \$125 USD for 90 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHTS IN KATHMANDU:** 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.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **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 have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Not included during the trek.
11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **1500 USD**.
12. **TIPS:** Calculate some tips for Basecamp staff – Minimum **400 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.



ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WIND PROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 7000M

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35L - 50L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURISER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



ADD. SERVICES:

Additional Per Sherpa	\$ 6500.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 500.00	We allocate enough O2 bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 1000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 500.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter		If you would like to use an additional helicopter riding option during the expedition period or want to return early to Kathmandu please let us know a few days earlier.
- Samagaon - Kathmandu	\$ 2900.00	
- Basecamp - Kathmandu	\$ 3800.00	
-Basecamp-Machha Kholu	\$300.00	

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of

different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your



expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure maximum safety and satisfaction of the clients.

The client must disburse 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and receiving approval from governmental authorities. Another 30% of the total charge should be deposited before one month of the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult by our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guiding and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.



Please find the details about our payments, cancellation, and refund policies [here](#).

EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

<https://www.sevensummittreks.com/page/mt-manaslu-expedition-8163m.html>

For all expedition enquires and bookings

info@sevensummitstreks.com

FOLLOW US:

  [@SEVENSUMMITTREKS](#)

