

Group size:	1+	Max-Altitude:	8,163m
Destination:	Nepal	Fitness level:	Challenging
Arrival on:	Tribhuwan International Airport (TIA)	Departure from:	Tribhuwan International Airport (TIA)
Meals:	Breakfast in Kathmandu and All standard meals (B+L+D) during the Trek/ climb.		
Best Season:	Spring and Autumn		
Accommodation:	Tea House/Camping.		

Trip Introduction

Manaslu Expedition at 8156 meters is world's eighth highest mountain placed in the Mansiri Himal, in the west-central part of Nepal. The name '**Manaslu**' meaning "**Mountain of the Spirit**" comes from a Sanskrit word '**Manasa**' meaning "**intellect**" or "**soul**". Ever since **Manaslu** was first climbed by **Tosio Imanishi and Gyalzen Norbu on May 9, 1956**, it has earned the reputation of being one of the most popular mountains for expedition.

Manaslu offers itself as the best alternative to Cho Oyu during autumn. It is also regarded as a better training mountain for Everest expedition than Cho Oyu by mountaineers. The climbing route follows a relatively straight line to the summit, with only a few technical sections. The Manaslu peak is a piece of the Mansiri Himal or Gurkha Massif that lies in the north focal piece of Nepal, around 100km north west of Kathmandu. The mountain falls in the Manaslu Conservation Area and is nearer to Annapurna Himal toward the west and Ganesh Himal toward the east. Manaslu region is very isolated resulting in challenging rescuing. The ascending is technical than that of other peaks like Cho Oyu and Shisha Pangma. **Base camp of Manaslu lies at a height of 4700m.** Normally, four camps are set up for climbing Manaslu with a few stretches of steep climbing and crevasses from Camp I to Camp II. Since, the path gets very slippery, and challenging with possibilities of avalanches from Camp III to Camp IV.

The Manaslu's long ridges and valley glaciers provide feasible approaches from all directions culminating in a peak that towers steeply above its surrounding landscape. At least there are six different routes to **climb Manaslu**, of which the south face is the toughest in climbing history. It's important for us to gain a full understanding of your body's response to altitude and help you gain experience with Himalayan conditions.

For any Inquiry please [CONTACT US.](#)

Outline Itinerary

- **Day 01** :Arrive to Kathmandu airport, meet our airport representative and transfer to hotel. Stay overnight at hotel in Kathmandu.
- **Day 02** :Preparation day for climbing. Stay overnight at hotel in Kathmandu.
- **Day 03** :Briefing at Ministry of Tourism. Stay overnight at hotel in Kathmandu.
- **Day 04** :Early morning after breakfast, drive from Kathmandu to Arughat Bazaar (570m.).
- **Day 05** :Trek from Arughat Bazaar to Soti Khola (530m.) takes about six hours.
- **Day 06** :Trek from Soti Khola to Machha Khola (890m.) takes about six hours.
- **Day 07** :Trek from Machha Khola to Jagat (1350m.) takes about six hours.
- **Day 08** :Trek from Jagat to Philim (1700m.) takes about three hours.
- **Day 09** :Trek from Philim to Deng (2095m.) takes about six hours.
- **Day 10** :Trek from Deng to Namrung (2900m.) takes about five hours.
- **Day 11** :Trek from Namrung to Lhogaon (3100m.) takes about four hours.
- **Day 12** :Trek from Lhogaon to Samagaon (3390m.) takes about four hours.
- **Day 13** :This is a day for rest at Samagaon to give you some acclimatization.
- **Day 14** :Rest day at Sama Gaon. Stay overnight at camp/lodge.
- **Day 15** :Trek Sama Gaon to Manaslu Base Camp. (4400m). Stay overnight at camp.
- **Day 15-42: Climbing Period Mt. Manaslu. Stay all overnights at camp :**
- **Day 43** :Garbage collection and Base Camp clean up day. Stay overnight at camp.
- **Day 44** :Trek back to Sama Goan. Stay overnight at camp/lodge.
- **Day 45** :Trek from Sama Goan to Ghap (2380m.). Stay overnight at camp/lodge.
- **Day 46** :Trek from Ghap to Philim (1570m.). Stay overnight at camp/lodge.
- **Day 47** :Trek from Philim to Khorlabeshi (930m.)
- **Day 48** :Trek from Khorlabeshi to Soti Khola (730m.)
- **Day 49** :Drive from Arughat Bazaar to Kathmandu takes 6 and half hours.
- **Day 50** :City sightseeing in and around Kathmandu valley. Stay overnight at hotel in Kathmandu.
- **Day 51** :Free Day in Kathmandu for shopping and recreation. Stay overnight at hotel in Kathmandu.
- **Day 52** :Transfer to the airport for final departure.

Notes

- All above trekking hours and distances are approximate and it's absolutely for general ideas only.
- The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities
- Your safety is of supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assurance that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.