

# Manaslu Expedition: Climbing Mount Manaslu - 31 Days

The Manaslu Expedition is a thrilling adventure that takes climbers to the summit of Mount Manaslu, standing at 8,163 meters (26,781 feet). As the eighth-highest mountain in the world, it offers a challenging but rewarding climb, known for its panoramic views of the Himalayan range, including peaks like Ganesh Himal, Annapurna, and Shishapangma. Unlike the more commercialized treks like [Everest](#), Manaslu provides a remote and less-crowded experience, combining high-altitude trekking with a glimpse into the rich Tibetan-influenced culture of the region.

This expedition is ideal for experienced mountaineers looking to climb one of the easiest 8,000-meter peaks but still face significant challenges due to the altitude and technical sections. The expedition also offers trekkers the chance to pass through the [Manaslu Conservation Area](#), a biodiverse region home to rare species like the snow leopard and red panda?.

## Why Choose the Manaslu Expedition?

Opting for the Manaslu Expedition means venturing into a region with stunning natural beauty and diverse landscapes. The route leads you through remote villages where you can experience the traditions of the local Tibetan communities. You'll also walk through lush forests, cross high mountain passes, and trek along glaciers. The expedition offers an unparalleled opportunity to witness Himalayan wildlife, including rare species found in the Manaslu Conservation Area.

The less commercial nature of the trek means fewer crowds, allowing climbers to have a more intimate connection with nature and the mountains. The climb to the summit of Mount Manaslu is also a chance to achieve a personal milestone by conquering a major Himalayan peak?.

## Itinerary Highlights: Manaslu Expedition

The Manaslu Expedition typically takes around 31 days from start to finish. Your journey begins with your arrival in Kathmandu, where you'll spend a day preparing and getting briefed on the trek ahead. The trek starts from Soti Khola, taking you through traditional villages like Samagaon and up to the [Manaslu Base Camp](#) at 4,800 meters.

From Base Camp, you'll spend multiple days acclimatizing and preparing for the summit push, moving through progressively higher camps: Camp 1 (5,500 meters), Camp 2 (6,250 meters), and Camp 3 (7,500 meters). The final ascent to the summit involves a 600-meter vertical climb that challenges even seasoned mountaineers. After summiting, you'll descend the same route back to Base Camp, eventually returning to Kathmandu with a sense of achievement?.

## Climbing the Manaslu Peak Summit

Climbing Manaslu is considered one of the more accessible 8,000-meter peaks, though it still demands advanced mountaineering skills. The ascent is moderately difficult compared to other peaks like K2 or Everest, but technical sections involving glaciers, ice walls, and crevasses require experience. The main challenge is dealing with the high

altitude and extreme weather, especially on the final push to the summit.

Most expeditions spend around 18-20 days between Base Camp and the summit, focusing on proper acclimatization and adjusting to the altitude. From Base Camp to Camp 1, climbers navigate through glaciers and moraines, while Camp 2 involves crossing steep ice sections and crevasses. The push from Camp 3 to the summit requires both stamina and technical prowess, with climbers needing to use fixed ropes and crampons to ascend snow and ice?.

### **Best Time for the Manaslu Expedition**

The best times to climb Manaslu are during the spring (March-May) and autumn (September-November). In spring, the mountain is snow-covered and pristine, but snowfalls can be heavier. The autumn season generally offers more stable weather with clearer skies, though it can be rockier due to the post-monsoon conditions. These two periods provide the most stable conditions for trekking and climbing, minimizing risks associated with avalanches and bad weather.

### **Permits and Preparation to Climb Manaslu Summit**

To participate in the Manaslu Expedition, climbers need to obtain several permits, including the Manaslu Climbing Permit, Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit ([ACAP](#)). Due to the technical nature of the climb, participants must be in excellent physical shape, with strong endurance and mountaineering skills. Familiarity with equipment like crampons, ice axes, and fixed ropes is essential.

It's also vital to prepare for the altitude. Climbers often spend weeks training in high-altitude environments before attempting the summit. Proper acclimatization is crucial for minimizing the risk of altitude sickness?

### **Conclusion**

The Manaslu Expedition is a unique and challenging journey for mountaineers seeking to summit an 8,000-meter peak. With its remote location, cultural richness, and breathtaking landscapes, it offers an unforgettable experience. Whether you're trekking through scenic villages or pushing yourself to the summit, this adventure promises both physical and mental rewards.

Join Trek Mania Nepal for this once-in-a-lifetime expedition, and conquer the mighty Mount Manaslu!

#### **Note:**

Proper preparation is essential for the Manaslu Expedition. Make sure to secure the necessary permits, such as the Manaslu Restricted Area Permit (RAP) and the Manaslu Conservation Area Permit (MCAP), and always trek with a licensed guide. Acclimatization is crucial to avoid altitude sickness, and hikers should be ready for unpredictable weather changes. Good physical fitness and the right gear for high-altitude conditions are vital. It's also important to respect local customs and follow Leave No Trace guidelines to preserve the environment. Finally, obtaining travel insurance that covers high-altitude activities is advisable.

## PRICE INCLUDES

- All land transportation by private vehicle (airport/hotel/airport, expedition pickup & drop-off).
- Hotel accommodation in Kathmandu (5-star, bed & breakfast plan).
- Experienced expedition crew; climbing Sherpas (1 to 1), trek and Base Camp Sirdar, porters as required, and Government Liaison Officer.
- Individual tented accommodation at Base Camp, including a comfortable mess tent, toilet tent, and shower.
- Local and continental breakfast, lunch, and dinner during the trek and at Base Camp.
- Freeze-dried high-altitude meals and energy bars, along with stoves, utensils, and gas on the mountain.
- Climbing permit for Manaslu, trekking permit, and National Park fees.
- Per person baggage allowance of 30 kg.
- Airfare; Kathmandu to the nearest airport and return, including domestic airport tax and cargo fees.
- All Liaison Officer expenses.
- Emergency oxygen cylinders at Base Camp and High Camps.
- Portable Altitude Chamber (PAC) at Base Camp.
- Comprehensive first aid pack for treating clients and crew members.
- Agency service charge and taxes.

## PRICE EXCLUDES

- International flights, airport taxes, and excess baggage charges.
- Nepal entry visa (can be obtained on arrival).
- Lunch and dinner in Kathmandu.
- Personal expenses such as bar bills, laundry, and telephone calls.
- Permits that may be required for activities like filming.
- Summit bonus (only for successful climbs) and staff tips.
- Any services not mentioned in the Cost Includes section.
- Extra costs incurred in case of early completion or abandonment of the expedition.

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

Your journey begins in the vibrant capital of Nepal, Kathmandu, known for its rich cultural tapestry and historical significance. Upon your arrival at Tribhuvan International Airport, you will be greeted by your guide and transferred to your hotel. After settling in, take the time to explore this bustling city, where ancient temples, intricate carvings, and lively markets await. Visit Swayambhunath (the Monkey Temple) for panoramic views of the city, and explore Kathmandu Durbar Square, a UNESCO World Heritage Site filled with stunning architecture. This day is crucial for acclimatizing to the local altitude and preparing your mind for the adventure ahead.

### Day 2: Drive from Kathmandu to Soti Khola (140 km, 7-8 hours)

After an early breakfast, embark on a scenic drive to Soti Khola, the starting point of your trek. The journey takes you through winding roads lined with terraced fields and charming villages, offering glimpses into rural Nepali life. Enjoy the beautiful landscapes, including lush hills and the Budhi Gandaki River. As you drive, the excitement of the upcoming adventure builds. Upon reaching Soti Khola, you can take a short stroll around the village to soak in the surroundings and prepare for the trek ahead.

### Day 3: Trek to Machha Khola (14 km, 6-7 hours)

Today marks the beginning of your trek as you follow the Budhi Gandaki River. The path takes you through picturesque landscapes, including dense forests and vibrant terraced fields. You'll cross several suspension bridges, providing thrilling views of the river below. As you walk, keep an eye out for local wildlife and immerse yourself in the serene beauty of nature. Machha Khola, your destination for the day, is a small village known for its warm hospitality, where you can enjoy a cozy lodge and prepare for the next day's trek.

### Day 4: Trek to Jagat (22 km, 6-7 hours)

The trek to Jagat is filled with breathtaking scenery and cultural encounters. As you continue along the river, the trail becomes more rugged, offering stunning views of the surrounding mountains. You'll pass through traditional villages, where locals go about their daily lives, giving you a glimpse into the rich tapestry of Nepali culture. Upon reaching Jagat, take the opportunity to explore the village, which is characterized by its unique stone architecture and terraced farming. Enjoy the peaceful atmosphere as you rest for the night.

### Day 5: Trek to Deng (19 km, 6-7 hours)

Today's trek takes you deeper into the Manaslu region, where the landscape transforms into lush greenery and towering hills. The path meanders through forests of rhododendron and pine, providing a tranquil setting for your journey. Along the way, you may encounter local shepherds and farmers, allowing you to engage with the friendly communities. Deng, your destination, is a small yet vibrant village, where you can rest and prepare for the next leg of your trek, soaking in the surrounding natural beauty.

### Day 6: Trek to Namrung (19 km, 6-7 hours)

As you continue your journey, the trail to Namrung offers stunning views of the majestic Manaslu and other Himalayan peaks. The ascent becomes steeper as you approach Namrung, a village rich in Tibetan culture. The

vibrant prayer flags and monasteries that dot the landscape provide a unique cultural experience. Spend some time exploring the village and interacting with the locals, who are known for their warm hospitality. Namrung serves as an excellent base for your acclimatization and preparation for the higher altitudes.

### **Day 7: Trek to Samagaon (17 km, 5-6 hours)**

Today's trek to Samagaon is filled with stunning landscapes, as you move closer to the base of Manaslu. The trail leads you through beautiful fields and charming villages, with ample opportunities to capture the breathtaking scenery. Upon reaching Samagaon, you'll be greeted by the sight of Manaslu Peak looming in the distance. This village, rich in Tibetan culture, offers various cultural experiences, including visits to local monasteries. Take this opportunity to acclimatize, relax, and prepare for the challenges ahead.

### **Day 8: Acclimatization Day at Samagaon**

Spend the day acclimatizing in Samagaon, which is crucial for preparing your body for the high-altitude climbs ahead. Use this time to explore the village, engage with the local community, and visit Pungen Gompa, a nearby monastery that offers stunning views of the surrounding mountains. You can also take short hikes to higher elevations to help your body adjust to the thinner air. This day is vital for ensuring your success in the upcoming segments of your expedition.

### **Day 9: Trek to Manaslu Base Camp (4,800m) (6 km, 3-4 hours)**

Today marks the ascent to Manaslu Base Camp, a pivotal moment in your expedition. The trek is relatively short but steep, leading you through rocky terrain and snowfields. As you approach Base Camp, the views of Manaslu and the surrounding peaks become increasingly spectacular. Base Camp serves as the staging point for your climbing phase, where you'll be surrounded by fellow climbers and support staff. Take time to acclimatize and prepare mentally for the challenges that lie ahead.

### **Day 10: Acclimatization at Manaslu Base Camp**

A full day at Base Camp is essential for acclimatization. This day allows your body to adjust to the high altitude, which is crucial for your climbing success. Engage in light activities, hydrate, and focus on nutrition. Spend time exploring the area, interacting with other climbers, and soaking in the awe-inspiring views of the surrounding peaks. This preparation will set the tone for your upcoming ascent.

### **Day 11: Trek to Camp 1 (5,500m) (7 km, 4-5 hours)**

Today, you'll make your first significant ascent to Camp 1. The route involves navigating through challenging terrain, including rocky sections and potential snowfields. It's a crucial day that tests your climbing skills and physical endurance. As you ascend, take in the stunning vistas of the Manaslu region. Upon reaching Camp 1, you'll find yourself surrounded by the beauty of the Himalayas, with ample opportunities for rest and acclimatization.

### **Day 12: Rest at Camp 1**

Resting at Camp 1 is vital for recovery and acclimatization. Use this day to allow your body to adjust to the altitude and conserve energy for the challenging days ahead. Focus on hydration and nutrition while taking time to enjoy the breathtaking surroundings. Engaging in light activities, such as short hikes or relaxation exercises, can help prepare

you for the upcoming ascent.

### **Day 13: Move to Camp 2 (6,250m) (8 km, 4-5 hours)**

Today's trek to Camp 2 is one of the most challenging yet rewarding segments of your expedition. The ascent involves steep climbs and technical sections that require focus and stamina. As you navigate the rocky terrain and snowfields, the views become increasingly awe-inspiring. Upon reaching Camp 2, take time to rest and hydrate, reflecting on the effort it took to get there. This camp will be your home for the next few days as you prepare for the summit push.

### **Day 14: Rest at Camp 2**

Take this day to rest and acclimatize at Camp 2. This time is essential for preparing your body and mind for the upcoming summit attempt. Engage in light activities to aid acclimatization, such as short hikes or stretching exercises. Enjoy the stunning vistas that surround you and reflect on the challenges you've faced thus far. It's important to stay hydrated and well-nourished to ensure peak performance in the coming days.

### **Day 15: Move to Camp 3 (7,500m) (6 km, 4-5 hours)**

The journey to Camp 3 is one of the most demanding parts of your ascent. The terrain becomes increasingly challenging, with steep sections and a thin atmosphere that tests your limits. As you climb higher, the breathtaking views of Manaslu and the surrounding peaks make every step worthwhile. Upon reaching Camp 3, you'll find a temporary refuge at high altitude, where you can rest and prepare for the final push to the summit.

### **Day 16: Acclimatization at Camp 3**

Spend another day at Camp 3 to acclimatize to the high altitude. This is a crucial time for rest and recovery, as your body needs to adjust before the summit attempt. Engage in light physical activities and take short hikes to higher elevations, which can help your body adapt. Use this time to mentally prepare for the upcoming summit push, focusing on your goals and strategies for success.

### **Day 17: Summit Push to Manaslu Peak (8,163m)**

This is the day you've trained for—the summit push to Manaslu Peak. You will start early in the morning to take advantage of stable weather conditions. The climb requires physical endurance and determination as you navigate challenging terrain and thin air. Upon reaching the summit, you'll be greeted with unparalleled views of the Himalayas, an experience that will stay with you forever. After taking time to celebrate your achievement and capture photos, begin your descent back to Camp 3, reflecting on the incredible journey you've undertaken.

### **Day 18: Descend to Camp 3**

After the exhilarating experience of reaching the summit, today is focused on descending back to Camp 3. The descent allows your body to adjust to the lower altitude while providing a moment to reflect on the challenges you've just overcome. While descending, maintain caution, as the terrain can be tricky. As you return to Camp 3, take the time to rest, hydrate, and share your experiences with fellow climbers, celebrating the camaraderie built during this incredible journey. The breathtaking views will accompany you, reminding you of the magnificent heights you've just achieved.



### **Day 19: Descend to Camp 2**

Continuing your descent, you'll make your way back to Camp 2. This trek is often quicker than the ascent but requires careful navigation through rocky and snow-covered sections. Upon reaching Camp 2, take a moment to relax and reflect on your climb. The atmosphere is filled with a sense of accomplishment as you share stories with fellow climbers, celebrating your collective success on the mountain. Rest, recharge, and soak in the majestic views around you, knowing that your hard work has paid off.

### **Day 20: Descend to Base Camp**

As you trek back to Base Camp, the path seems familiar yet filled with new perspectives. The descent allows you to appreciate the landscapes from a different angle, highlighting the beauty of the Manaslu region. Upon arriving at Base Camp, you'll find a warm welcome from the support staff and fellow climbers. This is a time to unwind, celebrate your achievements, and enjoy the camaraderie that has developed during the expedition. Reflect on the incredible journey you've undertaken, surrounded by the awe-inspiring Himalayan peaks.

### **Day 21: Rest at Base Camp**

Today is designated for relaxation and recovery at Base Camp. Take the time to hydrate, nourish your body, and enjoy the serene environment. Engage with your fellow climbers and share stories about your experiences. You might also participate in light activities, such as exploring the surrounding area or taking photos of the breathtaking scenery. This day is essential for rejuvenation after the intense climb, allowing you to appreciate the adventure you've had and the challenges you've overcome.

### **Day 22: Trek back to Samagaon**

As you prepare to leave Base Camp, the trek back to Samagaon feels different. The path will be easier to navigate as you descend, but take the time to appreciate the lush landscapes and vibrant culture along the way. Upon reaching Samagaon, enjoy the warm hospitality of the locals and celebrate your successful expedition with a traditional meal. This day is a great opportunity to relax and reflect on your achievements, surrounded by the beauty of the mountains.

### **Day 23: Trek to Namrung**

The trek from Samagaon back to Namrung is filled with familiar sights and experiences. The landscape transitions from rugged terrain to beautiful forests and charming villages. You'll have the chance to engage with locals, learning about their customs and daily lives. Upon reaching Namrung, take time to enjoy the village's cultural richness and relax after your trek. This evening, share stories with fellow trekkers about your summit success and the incredible experiences you've encountered along the way.

### **Day 24: Trek to Deng**

Today's trek back to Deng takes you through lush valleys and alongside flowing rivers. The scenery is stunning, with opportunities to capture the beauty of the region through photographs. Upon reaching Deng, you can enjoy the tranquility of the village and reflect on the adventure you've had in the high Himalayas. Engage with the locals and savor a warm meal, celebrating the sense of community that comes from shared experiences.

### **Day 25: Trek to Jagat**

As you make your way back to Jagat, the trail leads you through lush forests and vibrant landscapes. The journey offers a sense of nostalgia as you pass familiar spots from your ascent. Upon arriving in Jagat, enjoy the welcoming atmosphere of the village and reflect on the incredible journey you've undertaken. Spend your evening engaging with fellow trekkers and sharing your stories, deepening the bonds formed during the expedition.

### **Day 26: Trek to Machha Khola**

Today's trek back to Machha Khola is a delightful journey through the scenic beauty of the region. The landscape is filled with greenery, and the sounds of the Budhi Gandaki River accompany you throughout the hike. Once you reach Machha Khola, you can enjoy a relaxing evening, reflecting on your expedition and the remarkable experiences you've had. Engage with the local community, savoring traditional meals and the warm hospitality of the villagers.

### **Day 27: Trek to Soti Khola and Drive to Kathmandu**

On your final trekking day, you will make your way back to Soti Khola, feeling a mix of accomplishment and nostalgia. The trek offers an opportunity to appreciate the beauty of the route one last time. After reaching Soti Khola, you will be greeted by your transport for the drive back to Kathmandu. The journey takes you through scenic landscapes, allowing you to unwind after your incredible expedition. Upon arrival in Kathmandu, check into your hotel and take the evening to relax, reflect on your adventure, and prepare for your departure.

### **Day 28: Departure from Kathmandu**

As your Manaslu Expedition comes to an end, take the time to explore any remaining sights in Kathmandu. Visit local markets for souvenirs or enjoy the rich culinary offerings of the city. Your journey has not just been a physical challenge but also a cultural immersion in the beauty of Nepal. After a final farewell breakfast, your guide will assist you with your airport transfer, marking the end of an unforgettable adventure in the heart of the Himalayas.



## FAQ

### 1. What makes Mount Manaslu a popular 8,000m peak for climbers?

Mount Manaslu (8,163m) is considered a great alternative to [Everest](#), offering a challenging but achievable climb, fewer crowds, and breathtaking glacier and ridge-line routes in the remote Manaslu region.

### 2. What are the major challenges of climbing Manaslu?

The climb involves technical ice and snow slopes, high-altitude exposure, avalanche risks, and unpredictable weather, requiring strong physical endurance and mountaineering skills.

### 3. How many camps are set up during the Manaslu climb?

Typically, climbers establish four high camps beyond Base Camp, with Camp 4 (7,400m) being the final push point before summiting via a steep, icy ridge.

### 4. What is the best approach for acclimatization on the Manaslu Expedition?

A proper acclimatization schedule includes gradual ascents, rotations between camps, and pre-climb treks in the Manaslu region, reducing the risk of altitude sickness.

### 5. How does Manaslu compare to Everest and other 8,000m peaks?

Manaslu is considered less commercialized and has fewer technical challenges than K2 or Kangchenjunga, but it requires serious mountaineering experience, making it an excellent choice for climbers looking to progress to Everest.