



MANASLU

8163M

THE WORLDS 8TH HIGHEST PEAK



MANASLU TREK

Standing proud at 8163 metres above sea level is the eighth-highest on Earth and is a popular destination for thrill-seeking mountaineers, who are looking to test their limits.

The word manaslu literally translates as 'mountain of the spirit', and it certainly lives up to its name. It has six different routes offering an array of challenges, from those suitable for first-time 8000m peak climbers, all the way up to experienced mountaineers using Manaslu as preparation for future Everest expeditions. No matter which route you choose, you can expect a unique experience that will challenge both your physical and mental strength.

Our team of expert guides will provide you with all the necessary safety standards and equipment needed for this unforgettable adventure. To ensure that you have a successful climb and make great memories, we have included appropriate acclimatization days in our itinerary so that your body can adjust to the higher altitudes.



MANASLU TREK

Our journey to the summit of Mount Manaslu will be thrilling and is taken in stages, as we ascend from base camp to four strategic camps located at 5500m, 6250m; 6800m and 7450m respectively. During this climb, we must move slowly and carefully on the north eastern ridge of Mount Manaslu while acclimatizing ourselves well before our final push for the summit. To do so, it is important that we frequently descend back into lower camping sites along the way in order to avoid any high altitude hindrances such as glaciated ridges on our ascent. With a careful plan in mind and diligent preparation, we are confident that this challenging trek up Mount Manaslu can be accomplished successfully.

So if you're ready to take on the mountain of the spirit, start planning your trip to Mount Manaslu today!



YOUR ADVENTURE WITH US

Our Manaslu Expedition is an incredible and unparalleled opportunity to reach new heights, guided by a team of local Sherpas and UK leaders. Our 1:1 sherpa-to-client ratio on the summit day ensures that each participant has personal attention throughout the challenging journey. All our mountain guides come from Rolwaling village in Nepal's remote foothills near Mt Gaurishankar - many are former Everest summiteers with extensive experience scaling big peaks!

The friendly crew of professionally trained sirdars play a crucial role in helping clients enjoy successful climbs with us; their vast knowledge, common sense & guile make safety paramount during this thrilling mountaineering adventure!



EXPEDITION HIGHLIGHTS

- An opportunity to summit the 8th highest mountain in the world!
- An excellent stepping stone to other 8000m peaks, including Everest.
- A spectacular trek in an unspoiled circuit taking in waterfalls, high passes, and then the ancient Tibetan-influenced villages of Lho and Samagoan.
- Experience the remote Himalayan region off the typical tourist track in western central Nepal.



CLIMBING MANASLU

WHY CLIMB MANASLU?

- Easy access and a variety of routes make Manaslu an attractive alternative to Cho Oyu.
- A great first 8,000 metre peak – perfect for those preparing for a future Everest expedition.
- The natural beauty around the route is breath-taking.
- A culturally rich experience, with locals providing support all the way up the mountain.
- Experienced professionals UK and Nepali company providing expert support throughout the climb.

WHO CAN CLIMB MANASLU?

Ready to climb the majestic Mount Manaslu? Before you embark on your adventure, make sure that you are in peak physical condition - with good stamina and health. During climbs or treks of up to 8 hours per day, ice cold conditions and rocky terrain await. Be prepared for these challenges by equipping yourself with all necessary technical mountaineering gear!





ITINERARY

Day 1: Arrival in Kathmandu (1,350m)

Welcome to Nepal! After your visa formalities have been completed, make sure you don't forget any of your luggage before heading out. As soon as you leave the arrival hall, a member of the Alexander Adventures team UK will be there waiting for you and ready to take the next step on this incredible journey - transporting all travellers safely from airport gates to their cosy hotel in Kathmandu.

Accommodation: 3* hotel. Meals: dinner.

Day 2: Pre trek preparations

Today we will be in Kathmandu carrying out all the final preparations for our climb! You will get to know the team and make sure all your gear is ready to go! Accommodation: 3* hotel. Meals: breakfast and dinner.

Day 3: Drive to Jagat (1,290m)

You will start your day early today with breakfast before heading out west along the Prithvi Highway, whilst taking in the incredible scenery as you pass by stunning vistas of rolling hills and gaze upon majestic snow-capped peaks! We will leave the highway at Dumre then venture onto Besisahar until you reach Jagat where we will make camp for tonight at one of its local lodges! Accommodation: Mountain lodge/tea hut. Meals: breakfast, lunch and dinner



ITINERARY

Day 4: Trek to Dharapani (1,963m)

Our adventure begins with a descent from Jagat village and we meander along the flowing river of Marsyangdi. We wander past lush greenery to Chamje, crossing over its banks until reaching Tal (1675m). Here, surrounded by amazing views of nature's beauty, enjoy your lunch in tranquil surroundings before continuing on our journey towards Karte Village. Our path is dotted with valleys and villages which will lead us finally unto Dharapani! Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner.

Day 5: Trek to Gao (2,515m)

Today we will leave the Annapurna circuit trek behind and tread the trail that leads to Larkya La Pass. We will trek to Gao today. Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner

Day 6: Trek to Bhimthang (3,590m)

Today we will be ascending over 1000m climb to Bhimthang. Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner

Day 7: Trek to Samdo via Larka La Pass (3,875m)

Today, we will embark on an invigorating early morning hike up to a glen surrounded by the majestic Larkya Glaciers. Ascending further along our journey brought us face-to-face with spectacular views of Cho Danda and Larkya Peak before continuing across glaciers' moraines in gradually increasing incline until reaching the pass where Himlung Himal, Cheo Himal and Annapurna II proudly loomed ahead. Finally ending at Samdo as fog settled in around Mt. Manaslu's peak. Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner.



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Day 8: Trek to Samagaon (3,530m)

You will be leaving Samdo behind, and then we will follow the bank of the river. As we continue along the main trail, we soon reach the fields of Sama Gaon. **Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner.**

Day 9: Rest and acclimatization day

Today we will journey to Samagaon and explore the wonders of ancient Buddhist culture! On our way we can find thousands of mani stones with picturesque scriptures, as well as women dressed in beautiful traditional attire. There is also an old Gompa (Pungyen Gompa) located near Sama village, nestled on a hill that provides fantastic views of nearby glaciers - including Manaslu Glacier after which it was named. It's said that this monastery suffered destruction shortly following Japan's first failed attempt at climbing Manaslu mountain in 1958 out of respect for local beliefs held about upsetting the gods by scaling its heights; however 59 years later their effort proved successful much to locals' delight! **Accommodation: Mountain lodge / tea hut. Meals: Breakfast, lunch and dinner.**

Day 10: Trek to Manaslu Base Camp (4,700m)

Trekking to Manaslu Base Camp! Set off early in the morning and prepare yourself for a 5-hour uphill journey, followed by 3 hours of descent. Make sure you bring enough food and water with you as we go through forests on our way towards Samagaon. Once there, make your way up along a steep slope that is parallel to the mighty Manasau Glacier before taking on an even steeper path across a slippery moraine trail heading northward! When reaching camp after nightfall enjoy breathtaking panoramic sights of magnificent mountains around while getting some restful sleep at last. **Accommodation: Tents. Meals: Breakfast, lunch and dinner.**



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Days 11 & 12: Rest Day

Today we recommended that you take time to rest so that you can mentally and physically prepare yourselves for the challenges proposed by Manaslu Mountain. Puja Ceremony will be organized according to the Sherpa ritual to ask for blessings for the successful ascend of Manaslu.

Accommodation: Tents. Meals: Breakfast, lunch and dinner.

Days 13 - 24: Acclimatization and rotation of higher camps

Our journey to the summit will be a gradual one, with frequent ascents and descents. We will bravely climb up moraines and glaciers, gradually inching our way closer as we set four camps along the way. With each pass of an elevation milestone, we draw ever nearer to that grand view from atop its peak! **Accommodation: Tents. Meals: Breakfast, lunch and dinner.**

Days 25 - 38: Summit climb and descend to Base Camp

Base Camp to Camp I:

After few days of acclimatization and training in Base Camp of Manaslu, we will make ascend to Camp I (5,700m/18,701ft) via the rugged path consisting of moraine and glacier. The trail stretches through crevassed glaciers and small ice steps to reach.



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Camp I. The site offers epic views of surrounding mountains. You can also view the route that you are going to follow to Camp IV.

Camp I to Camp II:

Climb from Camp I to Camp II (6,400m/20,998ft) is bit technical in nature. The trail progresses through the longer sections of vertical snow and ice. We will move forward by cutting small ice steps and the expert Sherpas will set up fixed ropes on exposed sections for your safety. Climbing from Camp I to Camp II may take anywhere in between 4 to 6 hrs.

Camp II to Camp III:

It takes 5 to 7hrs of moderately steep climb to reach Camp III (6,900m/22,638ft) from Camp II. We will proceed through small ice steps and slopes. The route is mostly straightforward.

Camp III to Camp IV:

Another 5 to 7 hrs of strenuous climb from Camp III will be enough to take us to Camp IV. We will take proper rest and prepare for the final climb to the summit.

Camp IV to Summit and return to Base Camp:

Climb to summit is not technical but it demands great physical strength. Also, the increased altitude will propose additional challenges. Sherpas will fix the cables wherever necessary to ensure the successful ascend to the summit. Finally, we will be on top of the eighth highest mountain in the world. We will capture the memories in camera and then prepare ourselves for long descend to the Base Camp. We will celebrate the successful climb and stay overnight in Base Camp. Accommodation: Tents. Meals: Breakfast, lunch and dinner.



ITINERARY

Day 39: Clean up and depart Base Camp to Samagaon

Today we will arrange proper disposal of the rubbish we made in Base Camp site and then we will retrace our route back to Samagaon where we will stay overnight. **Accommodation: Tents. Meals: Breakfast, lunch and dinner.**

Day 40: Fly back to Kathmandu on helicopter

We will leave for Kathmandu on this morning taking a helicopter flight back. We will take a scenic flight from Samagaon to Kathmandu. You will be transferred to your hotel after arrival in Kathmandu. Take leisure and soothe your aching limbs from a long and tiring expedition. **Accommodation: 3* hotel. Meals: Breakfast, lunch and dinner.**

Day 41: Free day in Kathmandu

You will have a free day to spend in Kathmandu, perhaps doing shopping or rest at hotel's beautiful court-yard. In the evening, we will enjoy a farewell dinner to celebrate your successful completion of the Manaslu Expedition. **Accommodation: 3* hotel. Meals: Breakfast.**

Day 42: International departure

Finally, your day of departure arrives. You will be taken by our Alexander Adventures team to Tribhuvan International Airport in time for your flight!

