High Route Adventure Pvt Ltd.

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1. Manaslu Expedition(8,163 meters)

2. Overview

Rising to 8,163 meters (26,781ft) in the Mansiri Himal range of Nepal's Gorkha District, Mount Manaslu is the eighth-highest peak in the world. Known in Sanskrit as Manasa ("Intellect" or "Soul"), this mighty giant offers…

3. Itinerary

Day 1: Arrival in Kathmandu and Transfer to Hotel

Altitude: 1350 m | Meals: Welcome Dinner | Stay: Hotel

The moment you step out of Tribhuvan International Airport, the High Route Adventure team will be waiting to greet you. We'll transfer you immediately to your hotel in Thamel, a busy tourist center of Kathmandu. After resting for a while, you can now stroll through the narrow, colorful streets filled with trekking shops and cafes. We officially start the expedition with a welcome dinner at night. Enjoy traditional Nepalese food like dal bhat or momo with your climbing team and other climbers. This is your first chance to get to know them. It's a relaxed night designed to let you settle in before the work begins. **Note:** If you arrive early, we can arrange a short city sightseeing tour upon request. (Please inform us in advance).

Day 2: Shopping and Official Formalities in Kathmandu (1,400m)

Altitude: 1400m | Meals: Breakfast | Stay: Hotel

Today is dedicated to logistics. After breakfast, meet your lead guide for a comprehensive gear check. If you're missing any specialized high-altitude equipment- like an 8,000m down suit or triple boots- we go rental shopping in Thamel. In the afternoon, you'll visit our head office to attend the official Expedition Briefing and finalize your Manaslu Restricted Area, MCAP, and ACAP permits. Once the paperwork is done, the evening is yours. You can visit the Monkey Temple (Swayambhunath) for a sunset view over the valley or explore the historic Kathmandu Durbar Square. The goal today is to be fully prepared so you can leave Kathmandu with a clear mind tomorrow.

Day 3: Drive from Kathmandu to Dharapani

Altitude: 1865 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We set out early for the 8-9 hours drive to the trek's starting point. Leaving the city behind, the private jeep follows the winding Prithivi Highway along the Trishuli and Marshyangdi rivers. Today's ride is long but scenic, with the landscape transforming from the humid lowlands to the terraced hillsides of the Annapurna region. As we approach the mountains, you'll get your first glimpses of snowy peaks. We eat lunch in a nearby town and then continue to Dharapani, the gateway to the Manaslu circuit. You'll arrive in the late afternoon, just in time to stretch your legs and prepare for the first day of walking.

Day 4: Trek to Tilje

Altitude: 2300m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, we leave the road behind. The 5-6 hours trek takes us away from the main Annapurna Circuit trail and towards the hidden village of Tilije. Along the path, you'll see lush woods of pine and rhododendrons. There are suspension bridges over the Marshyangdi River that go over dramatic gorges. You'll notice the distinct shift in culture as soon as you get to Tilije. Stone-built houses and fluttering prayer flags highlight the region's strong Tibetan influence. In this small village, you'll get a beautiful introduction to the Gurung culture as well.

Day 5: Trek to Bhimthang

Altitude: 3725 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This is a tough day with significant elevation gain. We climb nearly 1,400 meters in 6-7 hours, going from dense forests into the open alpine zone. As we walk through Sangure Kharka, the terrain starts to get steep you cross wooden bridges over icy glacial streams. The effort pays off when you reach Bhimthang, a massive valley used as a summer yak pasture. The scenes here are abrupt and extraordinary: the North Face of Manaslu and Phungi Himal tower directly above you. As the sun sets over this natural amphitheater, look for blue sheep or marmots eating grass on the slopes.

Day 06: Acclimatization Day in Bhimthang

Altitude: 3725 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We spend a second night in Bhimthang to let our bodies adjust to the 3,700m altitude. To stay active, we'll take a 3-4 hours acclimatization hike up to Ponkar Lake (4,100m). This "climb high, sleep low" strategy is essential for crossing the Larkya La pass tomorrow. This short-day hike lets you acclimate to the high altitude and enjoy the incredible panorama of Manaslu, Himlung Himal, and Cheo Himal at the same time. Your guide will give you a safety briefing regarding the Larkya La crossing in the afternoon. Later, you can rest and stay hydrated.

Day 07: Trek to Samdo via Larkya Pass (5,106 m)

Altitude: 3875 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This is the toughest trekking day of the approach. We start pre-dawn to tackle the Larkya La Pass. The pass crossing takes about 8-10 hours. It is a long, steady climb over rocky moraines and snowfields. Reaching the summit of the pass (5,106m) is a massive achievement, rewarding you with eye-level views of Annapurna II, Kang Guru, and Manaslu itself. We celebrate at the summit and then start the long, steep descent walk down to the settlement of Samdo. This remote village is the last settlement before the Tibetan border and is inhabited by Tibetan refugees. You'll sleep well tonight in the comfort of a local tea house after a massive day of effort.

Day 08: Trek to Samagaun

Altitude: 3530m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

After the grueling pass crossing, today is a short, recovery walk. The 4-5 hours trail follows the Budhi Gandaki River down to Samagaun. Along the way, you'll pass extensive mani walls (stone tablets carved with prayers) and large yak pastures, signaling that we are in the heart of Nubri Valley culture. Samagaun is the "capital" of the Manaslu region. Sitting right at the foot of the mountain, it offers stunning, close-up views of Manaslu's East Face. Later, observe what life is like in the high-altitude hamlet by visiting the local school and the old monastery.

Day 09: Rest and Acclimatization in Samagaun

Altitude: 3530m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We take a full rest day at Samagaun to ensure everyone is healthy before moving to the Manaslu Base Camp. Rather than staying idle, we strongly recommend the acclimatization hike to Pungyen Gompa, an ancient monastery tucked into a glacial valley with direct views of the mountain. Alternatively, you can spend the day exploring the village,

watching the local herd of yaks, and processing barley. This cultural connection helps ground you before we isolate ourselves on the mountain for the climbing phase.

Day 10: Trek to Manaslu Base Camp

Altitude: 4800m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, we leave the villages and walk to the Base Camp. The hike is steep and takes 4 to 5 hours to go up more than 1,200 meters. The trail goes up through the mountain, away from the trees, and into the rough, glacier-covered ground. Afterwards, you'll spot the colorful tent city of Manaslu Base Camp. This will be your home for the next few weeks. Set up your tent, meet the Sherpa climbing team, and eat your first dinner in the warm dining tent while gazing up at the massive summit towering above.

Day 11: Rest and Acclimatization at MBC (4,800m)

Altitude: 4800 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

It takes time to get used to life at 4,800m. We spend the day organizing our camp and taking a short hike to a nearby ridge (5,000m) to jump-start acclimatization. The rest of the day, you can get familiar with the facilities. Check out the communications booths, meet the medical staff, and organize your gear. You'll go over the climbing route, safety protocols, and the rotation plan with your lead guide and go to sleep.

Day 12: Prayer Ceremony & Base Camp Activities

Altitude: 4800m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We have to participate in the traditional Puja Ceremony prior to commencing our expedition. In order to grant safe passage, a Buddhist Lama will bless the team, the climbing gear, and the mountain itself. For the Sherpas, this is a deeply spiritual moment and taking part in it strengths the bond between the climbers and the staff. The rest of the day is easygoing. While the guide tells you about the mountain's history, you can sort your high-altitude food and gear.

Day 13: Climbing Training at MBC

Altitude: 4800 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, we get technical. The Sherpa guides will lead a hands-on training session on the nearby ice slopes. You'll refresh your skills in crampon usage, self-arrest with an ice axe, and most importantly- how to pass anchors on fixed ropes using a jumar. We also do basic crevasse rescue drills and test everyone's oxygen masks and regulators to ensure they are working properly. This training ensures everyone on the team is on the same page before we step into the most dangerous sections of the mountain.

Day 14-29: Climbing Period of Manaslu (8,163m)

Altitude: 8163m | Meals: Breakfast | Lunch | Dinner | Stay: Tent

Now the real Manaslu expedition 2026 begins. We have a flexible but well-planned climbing agenda for the next sixteen days. High Route Adventure keeps the Sherpa ratio at 1:4, and for the summit, it is 1:1.

- **First Rotation (Days 14-17):** We climb to Camp 1 (5,700m), navigating the crevasses and fixed lines. We spend two nights here to acclimatize, taking a short hike to Camp 2 to reach 6,400m, before descending all the way back to Base Camp to recover.
- **Second Rotation (Days 18-22):** This is the main acclimatization push. We climb back to Camp 1, then push up the steep snow slopes to sleep at Camp 2 (6,400m). From there, we climb to touch Camp 3 (6,800m)- often using oxygen for the first time - before descending to Base Camp for a long rest.

- **Rest & Summit Prep (Days 23-25):** We spend these days at Base Camp eating high-calorie meals and resting while the guides watch the weather forecasts.
- **The Summit Push (Days 26-29):** When the window opens, we move. We climb Camp 1> Camp 2 > Camp 3 > (and possibly Camp 4 at 7,400m). On Summit Day (Day 29), we leave around 1:00 AM, climbing through the dark to reach the summit at dawn. Standing on the 8,163m peak offers 360-degree views of Tibet and the Annapurna before we descend safely to the lower camps.

Day 30: Cleaning up of Manaslu Base Camp and Trek to Samagaun

Altitude: 3530m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

After a safe return from the summit, we pack up. Following the strict "Leave No Trace" principles, we ensure every piece of trash is removed from Base Camp. We then say goodbye to the ice and trek back down to the thick air of Samagaun. It takes 4-5 hours to go down; with every meter you drop, you'll feel your strength coming back. We celebrate that night in a comfortable lodge.

Day 31: Fly back to Kathmandu by Helicopter (or Trek)

Altitude: 1400m | Meals: Breakfast | Lunch | Dinner | Stay: 1400m

Option 1 (Standard): Most Manaslu climbers choose this standard helicopter option. It's a spectacular 1-hour heli flight from Samagaun back to Kathmandu. The heli ride soars over the route you spent weeks trekking. By afternoon, you'll be back in your hotel, enjoying a hot shower and a real bed. **Option 2 (Trek):** If you prefer to walk, you can trek out via the Buri Gandaki Valley (adds 5-7 days).

Day 32-33: Leisure Day

Altitude: 1400m | Meals: Breakfast | Stay: Hotel

The Manaslu expedition itinerary includes these extra days as insurance. If we have mountain weather, summit delays, or concerns about helicopter flights, we can use these contingency days to keep the schedule on track. If all goes as planned, then you'll have extra time to visit Kathmandu's UNESCO World Heritage Sites before your flight home.You have the opportunity to unwind in Kathmandu on your leisure day. So, you can shop for souvenirs in Thamel, visit the spa, or just relax at a rooftop cafe. We'll have one final dinner to celebrate the evening.

Day 34: Departure

Altitude: 1400m | Meals: Breakfast | Stay: Hotel

Fly Back to your home country

5. Cost Includes

Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day

Accommodation & Food Services

- Hotel in Kathmandu in a 3-star category (Twin Sharing)
- Best available local lodge/ teahouse during the trek (Twin Sharing)
- Tented camp during the climb (Above Base Camp)
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Breakfast in Kathmandu
- Fresh, nutritious meals at Advanced Base Camp and Camp 2.
- Welcome and farewell dinner at one of the finest Nepalese Restaurants with traditional ethnic music and Cultural Performance

Transportation

- Surface transport during trekking and in major cities: included, as per itinerary
- Kathmandu to Arughat and back: included for members and staff
- Transport of food, equipment, and expedition supplies to/from Base Camp: included (via porters, yaks, or mules)

Permits & Documentation

- Mount Manaslu south route climbing royalty & Nepal Government climbing permit (Department of Tourism): included
- Manaslu Conservation Area entry permit: included
- Restricted area permit for Manaslu: included
- TIMS permit (trekking/climbing in Manaslu area): included

Professional Climbing Support

- Experienced, government-authorized high-altitude Sherpa guides (expedition leaders): included
- One Sherpa guide per client
- Wages, equipment allowances, and insurance (medical & accidental) for all climbing/trekking staff (cooks, porters, liaison officers): included
- Priority safety and medical care for all guides, porters, cooks, and staff

Climbing Equipment & Infrastructure

- All trekking/mountaineering essentials for expedition and Advanced Base Camp
- Kitchen, storage, dining, and toilet tents, plus tables, chairs, and quality cooking utensils
- EPI cooking gas & stoves at Camp 1, Camp 3, and South Col (for water, tea, coffee, high-altitude meals)
- Dynamic/static ropes, ice screws, snow bars, carabiners
- Two-person tents (North Face V25) at ABC; two members share one tent above ABC

Oxygen & Safety Equipment

- 2 bottles (8L) of Poisk oxygen per climbing member
- Latest summit/top-out masks and regulators (2 per member
- Backup Oxygen and Mask Regulator set (Chargeable as per use).

Additional Fees & Services

- Icefall charges, summit rope costs, and Himalayan Rescue Association (HRA) insurance: included
- Weather forecast report during the entire expedition.
- Official service charges, government taxes, and VAT: included — no hidden costs

- Assistance with flight ticket reconfirmation and visa extension: included

6. Cost Excludes

International Travel & Visas

- International flights to/from Nepal: not included, arranged by you
- Nepal tourist visa fee: not included, paid on your own

Meals & Personal Consumption

- Lunch & dinner in Kathmandu: on your own (except farewell dinner)
- During trekking, not included: packed food, snacks, drinks (soda, energy drinks, mineral water, alcohol), cigarettes, chocolates, energy bars — buy these yourself

Personal Equipment & Gear

- Personal climbing equipment: not included — bring your own trusted brand/quality gear
- Trekking/climbing gear, clothing, packing items, bags, and personal medical kit: your responsibility

Insurance & Medical

- Travel insurance (covering emergency rescue, medical treatment, tests, and hospitalization): arrange this yourself before arriving in Nepal

Communication & Permits

- Landline, mobile, walkie-talkie, satellite phone, and internet use: not included — pay as you use

Personal Expenses

- Laundry, tips, and other personal items: not included

Mandatory Staff Bonuses & Tips

- Summit bonus for climbing Sherpa guides: required after successful summit (min. US$1,200 per Sherpa), paid before leaving Kathmandu
- Tips/gifts for expedition staff (chef, cook, cook assistant, Base Camp manager): not included — suggested US$200 per person, collected by team leader and distributed to base camp staff (climbing Sherpas excluded)

Additional Services

- Extra services beyond the package: additional charges apply
- Extra staff beyond what's specified: not included

Unforeseen Circumstances

- Extra costs from natural disasters, landslides, political disturbances, strikes, or government regulation changes: not included

General Exclusion

- Anything not listed under "Cost Includes": excluded; extra charges apply if needed

7. Equipment / Packing List