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Manaslu Expedition Nepal

URL: <https://www.alpinewondertreks.com/trip/manaslu-expedition-alpine-wonder-trek/>

Trip Code

AWTE-ME09

Destination

Nepal

Activity

8000 - Expeditions

Start / End Point

Kathmandu / Kathmandu

Duration

38

Per Person From

USD 13,990

Accommodation

custom-content

Region

Manaslu Region

Max. Altitude

8,163m

Group Size

4 - 20

Nature Of Trek

Expedition

Best Season

Autumn(29 August)Spring(25 March)

Activity Per Day

7-8 hours

Transportation

Jeep

Teahouse/Camping

All Meals (Breakfast, Lunch & Dinner) during the trek

Very Difficulty

Rising proudly at 8,163 meters, Mount Manaslu, the eighth-highest mountain in the world, stands as a true Himalayan giant in Nepal's Gorkha District. Known as the "Mountain of the Spirit," Manaslu offers climbers an awe-inspiring journey through some of the most remote, culturally rich, and naturally stunning landscapes Nepal has to offer.

The Manaslu Expedition Nepal is an ultimate dream for mountaineers who wish to challenge themselves on a technically demanding, less commercialized 8,000-meter peak. The route traverses beautiful valleys, glacial rivers, and ancient Tibetan villages, culminating in a summit push along the Northeast Ridge. From lush lowland forests to snow-covered alpine terrain, every step of this journey promises new thrills

and unforgettable views.

Manaslu is ideal for climbers transitioning from trekking peaks to high-altitude expeditions. It provides a relatively safer and more secluded alternative to Everest or K2. Whether you are an experienced mountaineer or an ambitious adventurer, the Manaslu Expedition offers the perfect blend of technical climbing, cultural exploration, and raw Himalayan wilderness within a structured and safety-focused expedition program.

Join us as we guide you through every step of this grand ascent, from the scenic trails of the Budi Gandaki Valley to the windswept summit above the clouds.

Highlights

- Conquer Mt. Manaslu (8,163m), the world's eighth-highest peak, and one of Nepal's most iconic 8,000ers.
- Traverse remote, Tibetan-influenced villages like Samagaon, Samdo, and Lho, rich in ancient monasteries, prayer flags, and Himalayan traditions.
- Cross the dramatic Larkya La Pass (5,106m), one of the highest trekking passes in the Himalayas, with surreal panoramic views of Himlung Himal, Cheo Himal, and Annapurna II.
- Journey through a mesmerizing mix of subtropical forests, alpine meadows, glacial moraines, and high-altitude snowfields.
- Explore the Manaslu Conservation Area, a biodiversity hotspot that shelters rare species like the snow leopard, Himalayan Tahr, red panda, and blue sheep.
- Enjoy a quieter climbing experience than other 8,000-meter expeditions, such as Everest or Cho Oyu, which enhances your focus and solitude.
- Offers a moderate technical climb that is ideal for mountaineers preparing for Everest or other advanced 8,000ers.
- Witness massive hanging glaciers and icefalls, especially along the Manaslu Base Camp and climbing route.

Overview

Mount Manaslu (8,163 m) is the eighth-highest mountain in the world. It is located in the west-central region of Nepal within the Mansiri Himal range of the Himalayas. The name "Manaslu" is derived from the Sanskrit word Manasa, meaning "intellect" or "soul," aptly reflecting the spiritual aura surrounding the peak. This remote and majestic mountain lies just east of the Annapurna range and is known for its technical challenges, fewer crowds, and breathtaking alpine beauty.

First summited by a Japanese team led by Toshio Imanishi and Gyalzen Norbu on May 9, 1956, Manaslu has since earned a reputation as an excellent training peak for climbers aspiring to scale Everest or other eight-thousanders. The climb generally follows the Northeast Face, involving glacier travel, steep snow climbing, and high camp rotations, all while offering stunning panoramic views of Himal Chuli, Ngadi Chuli, Ganesh Himal, and the Annapurna Massif.

The expedition begins with a scenic drive from Kathmandu to Soti Khola, leading trekkers through the lush Budi Gandaki Valley, passing through rhododendron forests, traditional Gurung and Tibetan villages, and rugged ridgelines. As you ascend, the terrain shifts dramatically from green valleys to icy slopes, creating a gradual and effective acclimatization profile.

Manaslu's comparative solitude and wild, off-the-beaten-path appeal make it a favourite among seasoned climbers. With fewer commercial expeditions than Everest or Cho Oyu, the mountain allows for a more authentic high-altitude experience, blending cultural immersion with raw adventure. The route is physically demanding but less technical than peaks like K2 or Annapurna I, making it a strategic choice for climbers transitioning to 8,000-meter summits.

With Alpine Wonder Treks, the Manaslu Expedition is not just about reaching the top; it's about a well-supported, safe, and life-changing Himalayan journey that balances challenge with care, and solitude with teamwork.

Why Choose the Manaslu Expedition Nepal?

The Manaslu Expedition Nepal is a captivating choice for climbers seeking a thrilling yet less commercialized 8,000-meter peak experience. Unlike Everest or K2, Manaslu (8,163m) offers a more remote, culturally rich, and serene route, ideal for climbers who value challenge, solitude, and authenticity. The mountain's gradual ascent profile and moderate technical requirements make it a great progression climb for those with prior high-altitude experience looking to train for more demanding peaks.

Beyond the physical achievement, this expedition immerses you in the mystical landscapes of the Manaslu Conservation Area, where snow-capped giants tower over glacial rivers, and Tibetan Buddhist villages welcome you with their unique charm and warmth. The crossing of the Larkya La Pass (5,106m) adds a rewarding trekking challenge and stunning panoramic payoff.

Choosing Manaslu is more than just summiting a mountain; it's about journeying through untouched Himalayan wilderness, learning from ancient mountain cultures, and developing high-altitude endurance in a beautifully raw and sacred setting.

Why Trek with Alpine Wonder?

At Alpine Wonder Treks, your journey is more than an expedition; it's a crafted experience backed by safety, professionalism, and local expertise. With a 96 %+ summit success rate and an unwavering focus on client satisfaction, we have built a reputation for reliability and responsible adventure.

Our team comprises veteran mountaineers, IFMGA/UIAGM-certified climbing Sherpas, and skilled logistics professionals committed to your safety and success. From high-quality gear to well-nourished meals at altitude and 24/7 emergency communication support, we provide full board service and beyond.

We proudly offer personalized itineraries, group discounts, and even helicopter rescue options (at an

additional charge) for emergencies. More importantly, we promote eco-conscious travel and sustainable tourism, ensuring that your expedition supports the communities and preserves the ecosystems you explore.

Whether you're a seasoned climber or stepping into the world of 8000ers for the first time, Alpine Wonder Treks is your trusted partner in turning challenges into achievements and dreams into unforgettable Himalayan memories.

Best Seasons for Manaslu Expedition Nepal

Spring (April-May)

Spring is one of the most ideal seasons for attempting the Manaslu Expedition. During these months, the weather is relatively stable at both lower and higher altitudes, with moderate daytime temperatures and clear skies. Snow conditions on the mountain are generally favourable, making climbing safer and more predictable.

The trails through the Manaslu Conservation Area bloom with vibrant rhododendrons and alpine flora, adding colour and charm to your journey. With longer daylight hours, acclimatization walks and summit pushes are more manageable. The overall visibility during spring is exceptional, offering climbers stunning views of Manaslu and surrounding Himalayan peaks like Ganesh Himal and Himlung Himal.

Autumn (September-November)

Autumn is the other prime window for the Manaslu Expedition. Post-monsoon clarity ensures pristine air quality and some of the clearest skies of the year, making this season a favorite among mountaineers and photographers alike. The trails are dry, making approaches to Base Camp smoother and safer.

High-altitude weather is generally consistent, with firm snow conditions on the route and fewer chances of storms. Temperatures are cooler but manageable, helping climbers conserve energy during prolonged ascents. Cultural encounters in traditional Tibetan-influenced villages like Samagaon and Samdo are also enhanced during this harvest season when the region is bustling with activity.

Seasons to Avoid

The monsoon season (June to August) brings persistent rainfall, particularly in the lower Manaslu region. This results in slippery trails, landslides, and poor visibility, which delays travel and compromises safety.

Similarly, winter (December to February) is characterized by extreme cold, heavy snow accumulation, and a high risk of avalanches, especially above Camp II. Expedition logistics become more difficult, and window opportunities for summit attempts are rare and unpredictable.

Manaslu Expedition Nepal 2026 | Cost, Itinerary & Booking

Day 1:

Your adventure begins as you arrive in Kathmandu, Nepal's bustling capital, nestled at 1,400 meters. After clearing customs and immigration, our team will warmly greet you and transfer you to your hotel in the heart of the city. This first day is all about settling in, adjusting to the local time zone, and resting after your flight.

Depending on your arrival time, you may explore the colourful streets of Thamel or visit a nearby stupa. In the evening, there will be an informal welcome session where you'll meet your guides and fellow climbers. It's a relaxed introduction to Nepal's culture and the expedition spirit that will carry you to the base and summit of majestic Mount Manaslu.

Trek duration:

Arrival day in Kathmandu

Highest altitude:

1,400m

Start point:

Tribhuvan International Airport, Kathmandu

End point:

Hotel in Kathmandu

Accommodation:

Hotel in Kathmandu

Day 2:

Today is dedicated to preparation and orientation for the challenging days ahead. You'll attend an official expedition briefing conducted by the Department of Tourism, which outlines safety protocols, route details, and acclimatization strategies.

Your guides will perform a full gear check to ensure all your equipment meets the demands of high-altitude climbing. If anything is missing or needs replacement, this is the time to address it in Kathmandu's many outdoor gear shops. You'll also finalize necessary paperwork, including permits and insurance verification.

The rest of the day is free for last-minute errands or light exploration. It's crucial to mentally and physically prepare for tomorrow's journey into the Himalayas.

Trek duration:

Full day in Kathmandu

Highest altitude:

1,400m

Start point:

Hotel, Kathmandu

End point:

Hotel, Kathmandu

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 3:

After an early breakfast, you'll leave the Kathmandu Valley and drive toward Besisahar, the starting point of your trekking route. The journey takes you along winding mountain roads, past terraced fields, rivers, and villages that hint at the diverse landscapes to come.

The 6-7-hour drive offers glimpses of Nepal's rural beauty, with occasional stops for meals and photographs. Besisahar is located at an elevation of around 760 meters and serves as the traditional gateway to the Manaslu and Annapurna regions.

Once you arrive, you'll check in at a local lodge and rest after the long drive. It's the last night before your boots hit the trail, making it a great time to reflect and focus on the path ahead.

Trek duration:

6-7 hours

Highest altitude:

760m

Start point:

Kathmandu

End point:

Besisahar

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 4:

Your first driving starts with a scenic from Besisahar to Dharapani, ascending through lush forests, rice paddies, and picturesque hamlets. You'll pass charming suspension bridges, waterfalls, and traditional villages where local life continues as it has for centuries.

The trail gradually climbs, and you'll begin to feel the altitude shift as you leave the lowland hills behind. You might encounter mule trains, herders, and smiling children along the route. After about 3-4 hours of driving, you'll reach Dharapani, a village nestled at 1,860 meters.

Here, you'll settle into a teahouse, enjoy a warm meal, and rest for the night, surrounded by misty hills and the soft sounds of the Marsyangdi River.

Trek duration:

6-7 hours

Highest altitude:

1,860m

Start point:

Besisahar (760m)

End point:

Dharapani (1,860m)

Driving hour:

4-5 hours

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 5:

Today's trail leads you deeper into the Manaslu region, transitioning from mixed forest and farmlands into higher alpine terrain. As you leave Dharapani behind, the air grows cooler and the vegetation changes, offering new landscapes to admire.

The trail climbs steadily but not steeply, weaving through pine and oak forests, past yak pastures and stone houses. After trekking for 5 to 6 hours, you'll reach Tilije, a charming village perched at 2,300 meters. The town is known for its Tibetan influence, seen in prayer flags, mani walls, and warm local hospitality.

You'll overnight in a teahouse, where you'll enjoy a well-earned meal and prepare for the more rugged terrain that awaits you in the days ahead.

Trek duration:

5-6 hours

Highest altitude:

2,300m

Start point:

Dharapani (1,860m)

End point:

Tilije (2,300m)

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 6:

Leaving Tilije behind, the trail climbs steadily through lush pine forests and into increasingly rugged alpine terrain. As you ascend, the scenery transforms into a dramatic landscape of snow-capped peaks, glacial streams, and open pastures.

As you near Bhimthang, a remote high-altitude valley nestled beneath towering Himalayan giants, the air becomes crisp and thin. The setting is nothing short of breathtaking, with panoramic views of Manaslu, Himlung, and Cheo Himal. Bhimthang, once a yak pasture, is now a peaceful campsite and an ideal spot to acclimatize.

Upon arrival, you'll settle into a cozy teahouse, enjoying this glacial basin's serenity and stark beauty. It's a place where silence reigns, broken only by wind and prayer flags fluttering in the cold mountain air.

Trek duration:

6-7 hours

Highest altitude:

3,720m

Start point:

Tilije (2,300m)

End point:

Bhimthang (3,720m)

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 7:

Today is reserved for acclimatization, helping your body adjust to the higher elevations ahead. While this is officially a rest day, light activity is encouraged to enhance the acclimatization process. You can take short hikes around Bhimthang, including gentle walks to nearby ridges offering spectacular views of surrounding peaks and glacial valleys.

These hikes are designed to “climb high and sleep low,” a key principle in high-altitude trekking. This day also lets you relax and mentally recharge, soaking in the pristine mountain atmosphere. Back at the teahouse, enjoy warm meals, interact with fellow trekkers, and double-check your gear.

The stillness and solitude of Bhimthang make this day both spiritually and physically refreshing before the challenging pass crossing.

Trek duration:

Rest day

Highest altitude:

3,720m

Start point:

Bhimthang (3,720m)

End point:

Same

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 8:

Today marks one of the most physically demanding but awe-inspiring days of the trek. You'll start early, climbing steadily toward Larkya La Pass, one of the highest trekking passes in the Himalayas. The terrain is barren and windswept, flanked by glaciers and surrounded by some of the region's most iconic peaks.

Reaching the 5,106-meter summit is a hard-earned triumph, rewarded with jaw-dropping 360-degree views. After celebrating your achievement, you'll begin a long descent across steep moraines and grassy pastures toward the Tibetan-influenced village of Samdo.

The descent is gradual but extended, offering ample time to soak in the scenery. Upon arrival, you'll find comfort in a warm teahouse and reflect on crossing one of the expedition's most exhilarating milestones.

Trek duration:

8-9 hours

Highest altitude:

3,872m

Start point:

Bhimthang (3,720m)

End point:

Samdo (3,872m)

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 9:

After yesterday's challenging effort, today's trek feels gentle and restorative. Leaving Samdo, the trail descends through sparse woodlands, alpine scrub, and wide yak pastures. You'll pass many walls, chortens, and prayer flags fluttering in the breeze, signs of the deep Buddhist influence in the region.

As you move toward Samagaon, the landscape becomes increasingly picturesque, framed by towering peaks and peaceful glacial valleys. Samagaon is one of the largest villages in the area and serves as a vital acclimatization point for Manaslu climbers.

It has a unique cultural charm, with prayer wheels, monasteries, and traditional stone houses lining the paths. Once settled into your teahouse, you'll enjoy the serene ambiance and prepare to climb to Manaslu Base Camp the following day.

Trek duration:

3-4 hours

Highest altitude:

3,541m

Start point:

Samdo (3,872m)

End point:

Samagaon (3,541m)

Meals:

B,L,D

Accommodation:

Lodge/Tea house

Day 10:

Leaving behind the comforts of Samagaon, you begin the final ascent to Manaslu Base Camp. The trail leads through high-altitude pastures and rocky landscapes, gradually becoming more barren and glacial. As you climb, the towering presence of Mount Manaslu dominates the skyline, offering both motivation and awe.

The route is steep and rugged, with occasional snow patches and shifting moraines. After 5-6 hours of trekking, you'll reach the base camp at 4,700 meters. Here, your team will set up tents, and the camp transforms into your new home for the coming weeks.

You'll receive a full orientation, meet the climbing sherpa, and begin preparing for summit rotation. The stark grandeur of Base Camp sets the tone for the climb ahead.

Trek duration:

4-5 hours

Highest altitude:

4,700m

Start point:

Samagaon (3,541m)

End point:

Base Camp (4,700m)

Meals:

B,L,D

Accommodation:

Camping

Day 11:

This day is dedicated to acclimatization and skill preparation at Manaslu Base Camp. To adjust to the altitude and condition your body for the climb ahead, you'll engage in light hikes around the camp, exploring nearby ridges and glacial formations.

In addition, mountaineering guides will conduct essential training sessions, where you'll practice using climbing equipment such as fixed ropes, crampons, and ascenders. These drills are critical for building confidence and safety awareness for the technical sections above. The rest of the day is spent resting, hydrating, and organizing personal gear.

This structured acclimatization process ensures a safe and successful summit attempt. It also allows your team to bond and mentally prepare for the physical challenges awaiting you at higher elevations.

Trek duration:

Rest day

Highest altitude:

4,700m

Start point:

Base Camp (4,700m)

End point:

Same

Meals:

B,L,D

Accommodation:

Camping

Day 12:

Today is both spiritual and practical: it is the official start of your climbing journey on Mount Manaslu. The morning begins with a traditional puja ceremony, where local monks offer blessings for the expedition's safety and success. Prayer flags flutter in the wind, incense fills the air, and offerings are made to the mountain gods.

This heartfelt ritual is more than symbolic it sets a respectful tone for what lies ahead. After the ceremony, you'll review your climbing gear with your guides, ensuring everything from crampons to radios is in top condition. There's time for personal adjustments and some technical refreshers if needed. The rest of the day is deliberately relaxed, allowing you to prepare and focus on the coming days mentally.

You may spend the afternoon journaling, socialising with your team, or walking gently around Base Camp to stay active. With your equipment checked, your body acclimatised, and your mind grounded in purpose, you're ready to begin the first rotation tomorrow.

Trek duration:

0 hours (Puja ceremony and prep)

Highest altitude:

4,800m

Start point:

Manaslu Base Camp

End point:

Manaslu Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 13:

Your first full day of movement begins with an acclimatisation hike above Manaslu Base Camp. Though you'll return to the same tent at the end of the day, this hike is crucial in preparing your body for altitude. The team sets off mid-morning, ascending to roughly 5,200 to 5,400 metres on nearby ridgelines.

The terrain varies from glacial debris to loose rock, offering just enough challenge to engage your muscles and lungs without overexertion. As you climb higher, take in stunning panoramic views of surrounding peaks and glacial valleys, a powerful reminder of the scale of this expedition.

Once you reach your turnaround point, you can rest, take photos, and enjoy the silence of the mountains before descending. Back at Base Camp, lunch is served, followed by an afternoon of stretching, hydrating, and resting. By sleeping low and hiking high, you're giving your body the ideal conditions to adapt.

Trek duration:

3-4 hours

Highest altitude:

4,800m (hike up to 5,200-5,400m and return)

Start point:

Manaslu Base Camp

End point:

Manaslu Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 14:

Today marks a significant milestone as you leave the familiarity of Base Camp and make your first real push up the mountain to Camp 1, which is approximately 5,700 metres high. The route involves a mix of moraine, snow, and fixed-line sections, requiring focus and solid footwork.

You'll likely ascend slowly and steadily, moving as a team with support from your guides. Though not technically difficult, the altitude makes everything more taxing, so keeping a deliberate rhythm and conserving energy is important. As you gain elevation, you'll notice the air thinning and the terrain growing starker and more glacial.

After 5-6 hours, Camp 1 comes into view, marked by colourful tents pitched on a small plateau of snow and ice. Once you arrive, there's time to hydrate, change into warm layers, and settle into your tent. Dinner is usually a hearty, warming meal prepared by the Sherpa support crew.

Trek duration:

5-6 hours

Highest altitude:

~5,700m

Start point:

Base Camp

End point:

Camp 1

Meals:

High Food

Accommodation:

Camping

Day 15:

After your first night at altitude, the team will rise early and begin the descent back to Base Camp. The return from Camp 1 is quicker and easier than the climb up, but it still demands care, especially across fixed rope sections and glacial terrain. You'll take your time navigating down, stopping frequently to rest and enjoy the magnificent views of the surrounding peaks.

This descent is an essential part of your acclimatisation schedule. Returning to a lower elevation allows your body to rest and process the exposure to higher altitudes, improving red blood cell production and overall adaptation. Once back at Base Camp, you'll be welcomed with warm drinks and a freshly prepared lunch.

The remainder of the day is all about recovery, staying hydrated, eating well, and letting your muscles unwind. You might visit the expedition doctor, journal your experience, or simply nap in your tent.

Trek duration:

3-4 hours

Highest altitude:

5,700m to 4,800m

Start point:

Camp 1

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 16:

Today is a full rest day, which your body will thank you for. Following your first high-altitude rotation, this pause is essential for physical recovery and mental recalibration. The pace is unhurried, you'll wake naturally, enjoy a warm breakfast, and spend the morning focused on hydration and nutrition.

If the weather is good, you might air out gear, enjoy a short walk around Base Camp, or simply take in the views of the Manaslu massif. Guides will check in with each climber individually to review how you're feeling, both physically and mentally, and discuss the next stages of the climb. It's also a day for maintenance, sorting climbing gear, recharging electronics, and catching up on rest.

By allowing yourself this space to pause, reflect, and recuperate, you're laying the foundation for stronger performance on the mountain. This slower rhythm intentionally built into the schedule ensures you're ready for the increasingly demanding stages ahead, both mentally and physically.

Trek duration:

Rest day

Highest altitude:

4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 17:

You begin your second rotation today, returning to Camp 1 with stronger legs and a more acclimatized body. The climb is familiar now, but no less impressive. You'll take your time, managing your pace with steady breathing and regular breaks. The route rises through rugged terrain, past ice formations and scree slopes, leading again to that snowy ledge at around 5,700 metres.

With each step, you'll notice how your body handles the altitude better this time, proof that your acclimatization is working. Once at camp, you'll settle into your tent and enjoy hot drinks and dinner as the sun sets behind the surrounding peaks.

There's a quiet rhythm to evenings at altitude, less talking, more resting, conserving strength for tomorrow's next push. While the altitude may challenge your sleep, you'll find comfort in knowing this is part of the process. This climb is more than physical; it's about trust in your team, your body, and your preparation.

Trek duration:

5-6 hours

Highest altitude:

~5,700m

Start point:

Base Camp

End point:

Camp 1

Meals:

High Food

Accommodation:

Camping

Day 18:

Today, you gain even more altitude as you ascend from Camp 1 to Camp 2, located at approximately 6,400 metres. This is one of the more demanding days so far, as the air gets noticeably thinner and each movement requires more effort. The climb introduces steeper slopes and longer sections of fixed rope, making full use of your technical training and concentration.

You'll move steadily with the team, supported by your guides and Sherpa climbers, who help set a manageable pace. The landscape becomes more stark and icy; it's the high Himalaya in its rawest form. After several hours of climbing, Camp 2 appears on a high saddle beneath dramatic ice walls and ridgelines.

Once you arrive, you'll focus on rest: eating, drinking, and warming up inside your tent. The cold bites a little harder tonight, and your breath feels thinner, but this is an important step in your journey. You've now crossed into true high-altitude living.

Trek duration:

5-6 hours

Highest altitude:

~6,400m

Start point:

Camp 1

End point:

Camp 2

Meals:
High Food

Accommodation:
Camping

Day 19:

After your high night at Camp 2, it's time to descend all the way back to Base Camp. The descent from 6,400 metres to 4,800 metres is long but purposeful, part of the strategy to allow your body to consolidate its acclimatization. You'll retrace your steps through the steep snow slopes and fixed ropes, passing Camp 1 and eventually reaching the rocky moraines above Base Camp.

The contrast in how you feel now versus your first climb up is remarkable, stronger, more confident, and better adapted to the mountain's demands. Once you arrive, the comforts of Base Camp feel especially welcome: a warm drink, familiar faces, and the simple pleasure of sitting without your harness.

The afternoon is all about rest and rehydration. Guides will monitor your condition closely to ensure you're recovering well. You'll also begin discussing weather windows and potential summit strategies.

Trek duration:
6-7 hours

Highest altitude:
6,400m to 4,800m

Start point:
Camp 2

End point:
Base Camp

Meals:
B,L,D

Accommodation:
Camping

Day 20:

Today is a strategic pause, giving your body and mind a full day to recover after the second rotation. It's a slower, quieter day at 4,800 metres, where even small routines, washing up, drying gear, and recharging devices feel productive. You'll likely spend time reviewing summit logistics with your guide team, looking at potential weather forecasts, and finalizing what to pack for the summit push.

Everyone's energy is more subdued, focused inward, and that's by design. This rest period is essential before pushing higher again. Your appetite might return in full today, and meals become not just nourishing but celebratory, signalling that you're recovering well. Some climbers use this day to check in with family via satellite phone or journal the past few days.

There's also a mental shift happening now, from preparation to performance. The next time you leave Base Camp, it will be for the summit rotation. Today, you rest, reflect, and ready yourself for the final act of the expedition.

Trek duration:
Rest day

Highest altitude:
4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 21:

This day is all about fine-tuning your summit plan. The guides closely monitor weather forecasts, watching for a stable window to launch the summit attempt. At this stage, flexibility is key. The mountain decides when you move, and your team adjusts accordingly. You'll go through a full summit briefing, reviewing the plan from Camp 1 to Camp 4, including expected conditions, turnaround times, and emergency protocols.

Gear checks are carried out meticulously, and oxygen systems (if used), headlamps, summit suits, and high-altitude food packs are all laid out and tested. Mentally, you're shifting from passive recovery to active focus. The atmosphere at Base Camp is quiet but intense; there's an unspoken understanding among climbers that the hardest days are about to begin.

In the afternoon, you can repack your duffels, sort snacks for high camps, and rest early. The summit lies ahead, but so does one of your life's most physically demanding weeks.

Trek duration:

Weather monitoring and prep

Highest altitude:

4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 22:

With the summit window confirmed and your team well-rested, today marks the start of the final ascent. There's a quiet excitement in the air as you leave Base Camp behind for the last time on this expedition. The climb to Camp 1 feels familiar now, but this time it carries new weight; you're moving with purpose, each step bringing you closer to the top of Manaslu.

You'll climb steadily, conserving energy while staying mindful of hydration and nutrition. The terrain remains a mix of snow and loose moraine, with fixed ropes assisting in steeper sections. Upon arrival at Camp 1, the team sets up and gets straight to the essentials: hot fluids, warm clothes, and calorie-dense food.

The night is colder, the air thinner, but the mindset is focused and positive. You're now committed to the

upper mountain, and tonight, as you rest in your tent at 5,700m, the summit feels tangibly near, looming high above, just a few days away.

Trek duration:

5-6 hours

Highest altitude:

~5,700m

Start point:

Base Camp

End point:

Camp 1

Meals:

High Food

Accommodation:

Camping

Day 23:

Today's goal is Camp 2, perched at around 6,400 metres, and though the route is familiar from your acclimatization rotation, the stakes are higher. The air is noticeably thinner, and every step demands more from your body. You'll follow fixed ropes up steep snow slopes, managing your pace carefully to avoid overexertion.

The climb is steady and technical in parts, with deep focus required on proper foot placement and rope handling. Your team's rhythm is unified, with Sherpa guides offering encouragement and guidance along the way.

Breaks are shorter, conversations quieter, and energy conservation is key in the high-altitude zone. Upon reaching Camp 2, you'll settle into your tent quickly, grateful for warmth, rest, and a warm drink. The views are vast and surreal, ice cliffs, hanging seracs, and cloud layers stretching far below. It's here that you fully understand this mountain's scale. Rest well tonight, tomorrow, you'll push into even thinner air and greater challenge.

Trek duration:

5-6 hours

Highest altitude:

~6,400m

Start point:

Camp 1

End point:

Camp 2

Meals:

High Food

Accommodation:

Camping

Day 24:

The journey to Camp 3 (approx. 6,800 metres) marks your entry into the mountain's upper reaches. This is the edge of the death zone, where oxygen is scarce, and your body is functioning at its limit. The climb is steeper and colder, with long stretches of endless snow slopes.

Each step is deliberate, step, breathe, rest, a slow and disciplined rhythm that becomes second nature at this altitude. You may not speak much today; instead, there's an unspoken focus across the team. The wind can be biting, the sun harsh, and the summit feels both near and impossibly far. Sherpa support becomes even more critical here, helping pitch tents and prepare high-altitude meals.

Camp 3 is a minimal setup, just shelter, rest, and rehydration. You'll sleep in your summit gear, everything ready for the final move tomorrow.

Trek duration:

4-5 hours

Highest altitude:

~6,800m

Start point:

Camp 2

End point:

Camp 3

Meals:

High Food

Accommodation:

Camping

Day 25:

You wake early and begin the final push to Camp 4 at a staggering 7,400 metres. This is an unforgiving environment where the margin for error is razor thin. The route includes exposed ridgelines, crevasse danger, and brutally steep pitches, often tackled with the help of fixed lines and ascenders. You'll be wearing full summit gear now, thick down suits, goggles, and in some cases, oxygen masks.

The climb is tough, with the cold and thin air testing your resolve. But you're prepared for this. Your team moves in tight formation, always maintaining communication and safety. Camp 4 is a small, windswept shelf in the clouds, just enough space for a few tents, no more.

Once you arrive, the goal is singular: rest, hydrate, and mentally prepare.

You'll eat what little you can, review your summit gear, and lie down early. Tonight at midnight, your summit bid begins. This is it. The final ascent is just hours away.

Trek duration:

3-4 hours

Highest altitude:

~7,400m

Start point:

Camp 3

End point:

Camp 4

Meals:

High Food

Accommodation:

Camping

Day 26:

Summit day on Mount Manaslu begins around midnight from Camp 4, situated at approximately 7,400

metres. Climbers set off under freezing conditions, fully geared in down suits, crampons, and headlamps, ascending steep, icy slopes while roped into fixed lines.

The route initially climbs a gradual face before narrowing into exposed traverses, with climbers navigating around seracs and crevasses in the dark. As altitude increases, oxygen levels drop significantly, and many begin using supplemental oxygen near 8,000 metres. This section is notorious for wind exposure and congestion, especially during peak climbing.

The final challenge lies in distinguishing between the false and true summit. While the false summit (around 8,150m) is easier to reach and often mistaken as the top, the true summit requires a short but highly exposed ridge walk that demands focus and balance. Due to its knife-edge nature, only a few climbers can simultaneously stand on the true summit. After a brief moment at the top, most teams descend cautiously to Camp 4, often battling fatigue and altitude effects. This descent is considered just as critical as the climb, with most accidents occurring during this phase due to exhaustion and shifting weather.

Trek duration:

12-14 hours

Highest altitude:

7,400m to 6,400m (Summit: 8,163m)

Start point:

Camp 4

End point:

Camp 2

Meals:

High Food

Accommodation:

Camping

Day 27:

After the triumph of summit day, you begin the long descent back to Base Camp. The goal is to move carefully and efficiently from Camp 2 (6,400m) down through familiar terrain, retracing your steps through Camp 1 and across the lower glacier.

The elevation change is dramatic; you'll drop over 1,600 metres in a single day, which can feel both refreshing and disorienting.

Upon arrival, you're greeted with warm drinks, congratulatory hugs, and the best-tasting meal you've had in weeks. You've summited one of the world's 8000m giants and returned safely. The day ends with a collective exhale. The mission is complete; now, it's time to rest, reflect, and recover.

Trek duration:

6-7 hours

Highest altitude:

4800m

Elevation:

6,400m to 4,800m

Start point:

Camp 2

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 28:

Today is about doing nothing, and doing it well. After weeks of strategic movement, acclimatisation, and a final summit push, your body and mind deserve a full rest day at 4,800 metres. You'll wake naturally, without alarms or schedules, and enjoy a leisurely breakfast with your team.

Many climbers spend this day recounting stories from the climb, checking in with loved ones via satellite phone, or simply basking in the sunlight that spills over the Manaslu range. You'll likely notice your appetite returning, your breathing deepening, and a profound sense of satisfaction setting in. Some take time to write in journals, capturing the emotions of the past few days while they're still fresh.

Others sit in silence, taking in the mountains one last time. Your guides will begin packing up gear, checking supplies, and preparing for the return trek. For you, it's a chance to reset.

Trek duration:

Full rest and recovery

Highest altitude:

4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 29:

This day is reserved for the mountain's mood or your recovery. This could be an extra window if the weather delays your summit push. If you've already submitted, it becomes a second rest day, just as valuable. Everyone experiences high-altitude recovery differently, and this built-in buffer ensures you're not rushed during a time when patience is still vital.

You may spend the morning helping the team dismantle parts of Base Camp, sorting waste for removal, and thanking your climbing Sherpas and support staff for their dedication and effort. If your summit was recent, this is the first time you mentally begin to process it all. You've just done something very few ever will.

There's quiet pride, some fatigue, and maybe even a tinge of sadness knowing it's almost over. Whether it's used for logistics or leisure, this day allows space, space to transition from climber to storyteller, from the high Himalaya back to the trails below.

Trek duration:

Buffer/rest/weather contingency

Highest altitude:

4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 30:

Today is dedicated to leaving no trace. The expedition team comes together to fully clean up Base Camp, pack tents, gather waste, check for any forgotten gear, and ensure the site is returned to its natural state. Manaslu is a sacred mountain; protecting its beauty is part of the climbing ethos. There's also practical preparation to be done: sorting group gear for porters, confirming the return route, and arranging logistics for the trek out.

You'll feel a shift in energy, no longer focused on ascent, but on winding down and heading home. After nearly four weeks in this high-altitude bubble, the idea of walking back through forests, villages, and into the rhythm of the world below begins to feel exciting.

You'll enjoy one final evening at Base Camp with your climbing team, sharing laughs, toasts, and reflections. Tomorrow, your boots hit the trail again, and you begin the journey back to Kathmandu, carrying new strength and lifelong memories.

Trek duration:

Extra buffer or clean-up prep

Highest altitude:

4,800m

Start point:

Base Camp

End point:

Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 31:

With the summit behind you and the descent complete, today is dedicated to closing the loop at Base Camp. It's time to pack up, clean up, and thank the mountain that tested and rewarded you equally. You'll start the day with a warm breakfast before joining your team to break down camp carefully.

Tents are dismantled, gear is sorted, waste is collected, and every corner of the site is checked to ensure nothing is left behind. This concerns respect for the mountain, future climbers, and the environment's pristine beauty. It's also a chance to reconnect with the Sherpa team and express gratitude for their unwavering support.

The atmosphere is practical yet reflective. You'll review final plans for the trek out, organize porters, and double-check equipment for the journey ahead. As the sun sets over Manaslu one last time from Base

Camp, you take a quiet moment, because tomorrow, your boots hit the trail for home.

Trek duration:

5-6 hours

Highest altitude:

3,530m

Elevation:

4,800m to 3,530m

Start point:

Base Camp

End point:

Sama Gaon

Meals:

B,L,D

Accommodation:

Teahouse/Lodge in Sama Gaon

Day 32:

Today, you begin the journey back to civilization, trekking down from the icy quiet of Base Camp to the familiar, welcoming village of Sama Gaon (3,530m). As you descend, the landscape gradually transforms. Glacial rock gives way to alpine meadows, and the cold, high-altitude silence is replaced by the murmur of rivers and the flutter of prayer flags.

Your pace is unhurried, your legs feeling lighter in the thicker air. The trail that once felt so steep now flows beneath your feet as you retrace your steps with fresh perspective. Upon arriving in Sama Gaon, the contrast is striking: stone houses, cultivated fields, and the warmth of village life greet you like an old friend.

You'll check into a teahouse for the night, enjoy a hearty meal, and perhaps take a quiet walk to the nearby monastery or sip tea with locals.

Trek duration:

6-7 hours

Highest altitude:

2,630m

Elevation:

3,530m to 2,630m

Start point:

Sama Gaon

End point:

Namrung

Meals:

B,L,D

Accommodation:

Teahouse/Lodge in Namrung

Day 33:

Today's trek takes you deeper into the heart of the Manaslu Valley as you descend from Sama Gaon to

the charming village of Namrung (2,630m). The landscape shifts again, becoming greener and more vibrant with every step. Terraced hillsides, dense pine forests, and traditional stone houses line the trail.

You'll pass through small settlements where Tibetan culture remains rich and visible, mani walls etched with prayers, spinning prayer wheels, and smiling locals tending to their farms. The air is thicker now, the sun warmer, and the scent of earth and pine fills your lungs. You may find yourself reflecting more deeply today on how far you've come and the power of the experience you've lived.

Arriving in Namrung feels like returning to a place where time moves more slowly. You'll settle into a comfortable teahouse and enjoy a warm meal, maybe even your first fresh vegetables in days. Tonight, rest comes easily, carried on the sound of distant waterfalls and the gentle hum of village life.

Trek duration:

6-7 hours

Highest altitude:

2,630m to ~1,570m

Start point:

Namrung

End point:

Philim Village

Meals:

B,L,D

Accommodation:

Teahouse/Lodge

Day 34:

Today's journey leads you from Namrung to Philim Village, descending further into the lush lower valley. The landscape opens into sweeping hillsides, terraced farmland, and warmer, more humid air. You'll pass through charming hamlets, bamboo groves, and vibrant rhododendron forests, where local life unfolds along the trail, children playing, elders spinning wool, and porters carrying goods along well-worn paths.

The descent is long but gentle, giving your legs a break from the harsh elevation of the past weeks. You'll cross airy suspension bridges, skirt deep river gorges, and pause often to admire cascading waterfalls or spot langurs in the treetops. As you approach Philim, perched on a ridge with panoramic views of the Budhi Gandaki River, you'll feel a shift in altitude and rhythm.

Life here feels connected to the land in a grounded, peaceful way. You'll settle into a local lodge, share stories over dal bhat, and fall asleep with the hum of the valley and a sense of quiet satisfaction.

Trek duration:

6-7 hours

Highest altitude:

870m

Start point:

Philim Village

End point:

Machha Khola

Meals:

B,L,D

Accommodation:

Teahouse/Lodge

Day 35:

Your final day on foot leads you from Philim down to Machha Khola (870m), tracing the curves of the Budhi Gandaki River as you descend into the subtropical zone. The air is thick with humidity, and the trail becomes a mosaic of jungle paths, rice terraces, and winding stone staircases.

You'll pass villages bustling with activity, farmers working the fields, goats and chickens dotting the trail, and children greeting you with shy smiles and waves. The warmth of the lowlands contrasts sharply with the icy stillness of Base Camp, making each breath and step feel like a return to the world below.

You'll stop for breaks near waterfalls and footbridges, appreciating the final views of this vast and varied landscape. You reach Machha Khola by late afternoon, a lively riverside village where your trek concludes. It's a time for quiet celebration, your boots dusty, your pack lighter, and your heart full.

Trek duration:

8-10 hours (long drive via Soti Khola and Arughat)

Highest altitude:

1,400m

Start point:

Machha Khola

End point:

Kathmandu (via drive)

Meals:

B,L

Accommodation:

Hotel in Kathmandu

Day 36:

After weeks on foot and days above the clouds, today you transition from the trail's stillness to the city's rhythm. You'll leave Machha Khola early, boarding a 4WD vehicle for the journey back to Kathmandu. The drive follows the Budhi Gandaki and Trishuli rivers, winding through steep hillsides, terraced farms, and roadside villages.

The road is rugged in sections, bumpy, narrow, and sometimes shared with livestock, but it's part of the adventure. It's a long ride, often 8 to 10 hours, but there's comfort in knowing you're heading toward rest and modern amenities. As the altitude drops and the landscape opens into bustling towns and fertile valleys, you may find your mind wandering back to summit night, to Base Camp, and to the faces of your team.

Reaching Kathmandu feels surreal, cars honk, street vendors shout, and the city buzzes with life. You'll check into your hotel, enjoy a hot shower, and savour the contrast. You've returned changed. The mountain is now part of you.

Trek duration:

Free day (rest, shopping, spa, etc.)

Highest altitude:

1,400m

Start point:

Machha Khola

End point:

Kathmandu

Driving hour:

6 hours

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 37:

Whether used as a contingency buffer for delayed travel or simply a well-earned day of freedom, today is yours. If everything goes to plan, you'll wake up in the comfort of your Kathmandu hotel, with no alarm, altitude, or timeline. This is the day when you finally let it all sink in. You may wander Thamel's streets, browse markets for handcrafted souvenirs, or visit sacred sites like Pashupatinath or Durbar Square.

Others may opt for complete stillness, a massage, a quiet café, or simply a long nap. The group comes together in the evening for a farewell dinner, often held at a traditional Nepali restaurant with cultural performances, local cuisine, and shared laughter. This final gathering is heartfelt.

You'll look around the table and realize that your climbing partners have become something more: a small family forged by effort, exposure, and shared triumph. Stories will be exchanged, contacts saved, and toasts made.

Trek duration:

Contingency/rest day; Farewell dinner in the evening

Highest altitude:

1,400m

Start point:

Kathmandu

End point:

Kathmandu

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 38:

The time has come to say goodbye, not just to Kathmandu, but to the rhythm of expedition life that's shaped the past several weeks. Depending on your flight schedule, you'll be transferred to Tribhuvan International Airport, passing through the vibrant streets one last time.

The city hums around you, alive with colour and motion, yet your mind may still linger on quiet moments higher up, on the windswept slopes of Manaslu, the crunch of snow underfoot, the stillness of summit morning. You'll check in, pass through security, and find yourself reflecting not just on where you've been, but who you've become.

This expedition was never just about climbing a mountain; it was about pushing limits, embracing discomfort, building trust, and discovering resilience you didn't know you had. As your plane lifts above

the Kathmandu Valley, the Himalayas may appear once more beyond the clouds. You'll recognize one peak in particular.

Trek duration:

30-60 minutes transfer

Highest altitude:

1,400m to variable (based on destination)

Start point:

Kathmandu

End point:

Tribhuvan International Airport (departure)

Meals:

B

Accommodation:

(Final departure)

Good to Know for the Manaslu Expedition Nepal

Manaslu Expedition offers climbers the rare opportunity to summit the world's eighth-highest peak, 8,163 metres. Though slightly less technical than other 8,000-metre giants, it demands high-altitude experience, physical conditioning, and mental resilience. Alpine Wonder Trek provides full expedition support, but informed preparation remains crucial for safety and success.

Permits Required for Manaslu Expedition Nepal

All climbers must obtain several permits to access the Manaslu region and make a summit attempt:

- **Manaslu Conservation Area Permit (MCAP):** Required to enter the protected Manaslu region.
- **Annapurna Conservation Area Permit (ACAP):** Needed due to parts of the trail overlapping ACAP zones.
- **Restricted Area Permit (RAP):** Issued for entry into the restricted zone between Jagat and Samdo.
- **Manaslu Climbing Permit:** Official permit from Nepal's Department of Tourism for summit access.

Your expedition company will arrange all required permits.

Physical Fitness & Climbing Experience

While not highly technical, Manaslu demands excellent physical endurance and comfort with fixed ropes, crampons, and glacier travel. Previous experience on peaks above 6,000m is strongly recommended. The climb includes long summit days, icy slopes, and extreme cold and wind exposure, especially above Camp 3.

Weather & Climbing Conditions

The weather window for Manaslu is often short and unpredictable. Sudden snowstorms, high winds, and whiteout conditions are common above 6,500m. Autumn (late September-early October) is the most stable and popular season. Flexibility around summit timing is critical, and delays are often necessary to wait for a safe window.

Acclimatization & Altitude Strategy

The expedition follows a “climb high, sleep low” strategy with multiple rotations to higher camps. Camp 1 (~5,700m), Camp 2 (~6,400m), and Camp 3 (~6,800m) are used to prepare your body for the summit push gradually. Proper acclimatization is key to reducing the risk of altitude-related illnesses.

Altitude Sickness Awareness

At extreme altitude, climbers may face AMS, HAPE, or HACE. Early signs include headache, fatigue, and shortness of breath. The team monitors all climbers regularly, and immediate descent is enforced if symptoms escalate. Staying hydrated, moving slowly, and following the acclimatization schedule can help prevent complications.

Sherpa Team & Support Staff

An experienced **Sherpa support team** accompanies all climbers, offering assistance with route fixing, tent setup, load carrying, and cooking. Their expertise in route navigation, safety, and altitude adaptation is invaluable. Porters, cooks, and Base Camp staff support the expedition’s smooth operation from start to finish.

Summit Window Strategy

Reaching the summit requires perfect timing and weather. The team remains on standby at High Camp (Camp 4, ~7,400m), ready to push during a short, stable window. Summit bids typically begin around midnight, aiming for a sunrise arrival at 8,163m and descent to Camp 2 the same day.

Communication & Coordination

While lower camps may offer sporadic mobile reception, satellite phones and radios are the primary communication tools above Base Camp. These are used for weather updates, team coordination, and emergencies. Daily check-ins between camps ensure real-time decision-making and efficient support.

Mental Strength & Team Cohesion

Manaslu requires more than physical strength, it demands mental resilience. Long summit nights, harsh conditions, and extended waits for weather windows can test morale. Climbers who remain positive, adaptable, and team-oriented are more likely to reach the summit and return safely.

Cultural Etiquette & Respect

The Manaslu region is home to Tibetan-influenced communities, whose customs and beliefs are deeply tied to the mountain. Participation in the puja ceremony at Base Camp is encouraged as a gesture of respect and spiritual protection. Kind, mindful interactions with locals enrich the overall experience.

Insurance & Emergency Evacuation

All climbers must carry comprehensive insurance that includes high-altitude mountaineering and emergency helicopter evacuation above 6,000m. Alpine Wonder Trek will coordinate helicopter extraction in the rare event of injury, illness, or extreme weather. Ensure your insurance provider covers mountaineering in Nepal.

Waste Management & Environmental Care

Manaslu is a sensitive, high-altitude environment, and climbers are expected to follow Leave No Trace ethics. Above Base Camp, all waste, including human waste, must be packed out. Preserving the mountain's natural beauty is a shared responsibility among all expedition members.

Expedition Duration

The Manaslu Expedition typically spans 38 days, including travel, trekking, acclimatization, summit rotation, and descent. Delays due to weather or health are common. Flexibility, patience, and proper pacing are essential to completing this demanding yet deeply rewarding journey.

Helicopter Rescue

While rare, **helicopter evacuation** may be required in cases of serious altitude illness or injury. The team is trained to coordinate rapid response in such events. Having insurance that covers these costs is non-negotiable. Your safety is always the top priority.

FAQ's

Is Manaslu suitable for beginners?

Manaslu is not recommended for beginners. While it is considered one of the more accessible 8,000-metre peaks, it still presents serious challenges. Climbers must have prior experience above 6,000 metres and be familiar with fixed ropes, glacier travel, crevasse navigation, and high-altitude camping. Mental toughness and endurance are equally essential.

When is the optimal time to climb Manaslu Nepal?

The best season to climb Manaslu is autumn (late September to early October). This period offers relatively stable weather and clear summit windows. Spring (April-May) is also possible but less common. The monsoon (June-August) and winter (late November-February) are not recommended due to extreme weather conditions.

Do I need a permit to climb Manaslu?

Yes, several permits are required:

- Manaslu Climbing Permit (from the Department of Tourism)
- Restricted Area Permit (RAP)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)

Your expedition organizer typically arranges these.

How long does the Manaslu expedition take?

The full expedition typically takes around 38 days. This includes the trek to Base Camp, multiple acclimatization rotations, the summit push, and the descent. Time is also built in for weather contingencies and rest days, ensuring a safer and more flexible experience.

What is the difficulty level of the Manaslu climb?

Manaslu is considered a non-technical 8,000m peak, but it is still a serious high-altitude expedition. The climb involves steep snow slopes, crevasse zones, avalanche risk, and prolonged exposure to cold and wind. A high level of fitness, prior experience, and ropework proficiency are essential.

How fit should I be for the Manaslu expedition?

Climbers should be in excellent physical condition. Training should include cardiovascular endurance, strength training, and altitude conditioning. You should be capable of sustained effort over multiple hours, carrying a pack, and functioning under physical and mental fatigue at high altitudes.

What kind of accommodation will I have during the expedition?

During the trekking phase, accommodation is provided in local teahouses. Climbers stay in tented camps at Base Camp and above. Base Camp tents are more spacious with shared facilities, while high-altitude camps are compact and built for extreme weather resistance.

What is the highest point of the Manaslu expedition Nepal?

The summit of Mount Manaslu is 8,163 metres (26,781 feet) high. Reaching this height requires careful acclimatization, strong climbing ability, and excellent physical condition. The summit day is long and demanding, often exceeding 12-14 hours round trip.

Will there be a guide and a Sherpa support team?

Yes. The expedition includes experienced Sherpa guides assisting with route fixing, rope setup, and climbing support. Porters carry logistics and supplies up to Base Camp, and cooks manage food and comfort throughout the expedition. Personal Sherpas can be arranged for added support.

What kind of meals are provided?

Meals during the trek include a mix of Nepali and international dishes. At Base Camp and higher, food becomes simpler but calorie-dense. Expect soups, rice, noodles, lentils, and ready-to-eat energy foods. Hydration and proper nutrition are a priority throughout the climb.

Is altitude sickness a risk on Manaslu?

Yes, altitude sickness is a serious concern above 5,000 metres. The itinerary includes rest and acclimatization days, and the team follows a strict "climb high, sleep low" approach. Guides monitor climbers closely, and descent is mandatory if symptoms worsen.

What are the main challenges of climbing Manaslu?

Key challenges include:

- Prolonged exposure to cold and wind
- Crevasses and avalanche-prone slopes
- Physical and mental fatigue during the summit push
- Unpredictable weather requires flexible planning
- Though less technical than some 8,000ers, Manaslu still demands serious commitment and skill.

Do I need insurance for the Manaslu expedition?

Yes. You must have comprehensive travel and rescue insurance that covers:

- Mountaineering above 6,000m
- Helicopter evacuation
- Medical expenses
- Trip cancellation or interruption
- Your insurance should clearly state it includes extreme altitude coverage.

Can I trek to Manaslu Base Camp without climbing the mountain?

Yes, the Manaslu Circuit Trek is a beautiful, non-technical trek that passes close to Base Camp. It's ideal for trekkers wanting to experience the region's beauty and culture without attempting the summit. No climbing gear or permits are required for the trekking version alone.

What is the weather like on Manaslu?

The weather is highly variable. Above Camp 2, temperatures can plunge below -25°C (-13°F), with high winds and whiteouts possible. Summit windows are narrow and may shift suddenly. Flexibility, strong leadership, and patience are key to waiting for safe summit conditions.

Can I hire a personal Sherpa for the Manaslu expedition?

Yes. Many climbers choose to hire a personal Sherpa for added support and safety. They assist with carrying gear, managing high camp logistics, and guiding you during technical or difficult sections. This can significantly enhance your chances of summit success.

Is there phone or internet service during the expedition?

Mobile reception may be available in the lower villages, but not at Base Camp or higher camps. The team uses satellite phones and radio communication above Base Camp for weather updates, emergency coordination, and routine safety check-ins.

Group Discounts Available

No. of Persons	Price per Person
4 - 20	USD 13,990

Address

Tarkeshwor -4, Namuna basti,
Kathmandu, Nepal