



MANASLU EXPEDITION

Climb world's eighth highest mountain

38 Days | 8163 meter



ABOUT THIS EXPEDITION

Manaslu Expedition – Mount Manaslu is the eighth highest mountain in the world and highest peak in the Gorkha massif. Mount Manaslu is located about 40 miles east of Annapurna, the tenth highest mountain and its height is 8,163 meter from the sea level. This mountain is taken as one most beautiful 8000 meter mountain. The name of mount Manaslu is derived from the Sanskrit word Manaslu and can be roughly translated as mountain of the spirit. Mount Manaslu was climbed in 1953 for the first time by a Japanese team north face expedition. Its name comes from the Sanskrit word manias, meaning “intellect” or “soul”. It is the same root word as that for Mansarovar, the holy lake near Mt. Kailash in Tibet. Just as the British considered Everest their mountain, Manaslu 8163 meter has been always regarded as the “Japanese mountain” by the Japanese; because of the Japanese people’s first conquered on its top.

Manaslu expedition is totally led and supported by veteran Sherpa climbers of Sherpa Shepherds,

TRIP AT GLANCE



Duration
38 Days



Destination
Nepal



Group Size
5-12 Pax



Ascent
Route
**North
West**



Elevation
**8163
meter**



Grade
**Very
Tough**

who have led numerous clients on the mountain for decades and are amongst the most experienced and knowledgeable guides on Manaslu. Commitment towards professionalism, Expertise in practice, Proficiency in skill, Care and compassion and Proper risk management of our team makes all the differences between a difficult trip to safe and enjoyable one.



PRICE AND DATES

SEMI SERVICE: USD 9800 P.P.*
FULL SERVICE: USD 15800 P.P.*

SPRING 2019: 10 APRIL TO 25 MAY
AUTUMN 2019: 05 SEPT TO 20 OCTOBER
SPRING 2020: 10 APRIL TO 25 MAY
AUTUMN 2020: 05 SEPT TO 20 OCTOBER

FEATURED GUIDE



PASANG CHHIRING SHERPA
High Altitude Climbing Leader



DAMAI CHHIRI SHERPA
High Altitude Cook

TRIP ITINERARY

Day 01: Arrival in Kathmandu

Upon your arrival at the Tribhuvan airport, Sherpa Shepherds representative welcome you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, a Sherpa Shepherds tour manager will brief you about trip, check-up climbing gears and fix time for visit at Ministry of Tourism for permit along other necessary information. And then you'll have free time to explore Kathmandu. Overnight at Hotel Vaishali****

Included Meal: No | **Altitude of Kathmandu:** 1310 meter | **Drive:** 20 min (airport to hotel)

Day 02: Check Up Climbing Gears and Briefing at Tourism Ministry

Today is free day for preparation of Manaslu Expedition. You'll have free time to check climbing gears or explore around Kathmandu while the leader will attend the Ministry of Tourism for a formal briefing. The day will also be for finalizing official procedure and other necessary arrangements. If you want to explore the fascinating city of Kathmandu, you can visit Kathmandu's World Heritage Sites. We make a guided tour to some of UNESCO World Heritage Sites in the Kathmandu valley: Kathmandu Durbar Square, Pashupatinath, Swayambhu, and Boudhnath. You will be also briefed on the nature of expedition, equipments and team composition. You can also make your last minute buying of personal items if anything missed. Overnight at Hotel Vaishali****.

Included Meal: Breakfast

Day 03: Final Preparation Day

Nepal is land of many festivals and holidays. And this day is reserve day in case if previous day is holiday in Ministry of Tourism for climbing permit formalities. Also today you can do last minutes shopping if you missed to buy anything for this expedition. If there is no holiday in previous day, you'll free time to res and explore around Kathmandu valley. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 04: Drive: Kathmandu- Besi Shar and drive to Dharapani

Today you will leave Kathmandu on a drive to Besi Sahar and then to Dharapani. Overnight at Lodge.

Altitude of Dharapani: 1963 meter |

Included Meal: Breakfast, Lunch and Dinner

Day 05: Trek: Trek: Dharapani-Tilje

After breakfast at Dharapania, you'll start your trek to Tilche. Overnight at Lodge.

Altitude of Tilche: 2300 meter | **Trek:** Aprox. 4 hours

Included Meal: Breakfast, Lunch and Dinner

Day 06: Trek: Tilje-Bhimthang

After breakfast at Tilche, you'll start walking to Bhimtang. Overnight at Lodge.

Altitude of Bhimtang: 3590 meter | **Trek:** Aprox. 4 hours |

Included Meal: Breakfast, Lunch and Dinner

Day 07: Trek: Bhimthang-Larke Pass-Samdo

After breakfast at Bhimthang, you'll continue your trek to Samdo via crossing 5160 meter Larkey Pass. Overnight at Lodge.

Altitude of Samdo: 3875 meter | **Trek:** Aprox. 6 - 7 hours |

Included Meal: Breakfast, Lunch and Dinner

Day 08: Trek: Samdo-Sama Gaon

After breakfast, you'll leave Sama Gaon and will continue your trek to Sama Gaon. Overnight at Lodge.

Altitude of Samagaon: 3520 meter | **Trek:** Aprox. 6 hours |

Included Meal: Breakfast, Lunch and Dinner

Day 09: Trek: Sama Gaon - Manaslu Base Camp

Today you'll start your trek to Manaslu Base Camp. Overnight at Tented Camp.

Altitude of Manaslu Base Camp: 4700 meter | **Trek:** Aprox. 4 hours |

Included Meal: Breakfast, Lunch and Dinner

Day 10 - 30: Mount Manaslu (8163m) Climbing Period

This is the climbing period to summit Mount Manaslu. You will be thoroughly guided by our climbing Sherpa guides for successful summit and will trek down to base camp and close our camps after cleaning our areas. Overnight at Tented Camp.

Included Meal: Breakfast, Lunch and Dinner

Day 31: Trek: Base Camp - Sama Gaon

Today you will leave Base Camp and will trek down to Sama Gaon and will rest there. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 32: Trek: Sama Gaon - Namrung

Today you will trek down to Namrung after having your breakfast. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 33: Trek: Namrung - Philim Village

After having breakfast at Namrung, you'll descent to Philim Village. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 34: Trek: Philim Village - Machha Khola

From Philim Village, you'll walk down to Machha Khola. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 35: Trek: Machha Khola - Soti Khola

After having breakfast at Machha Khola, you'll trek down to Soti Khola and it is your last destination to trek. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 36: Drive: Soti Khola - Kathmandu

From today you will be on drive for Kathmandu passing through Arughat. Overnight at Lodge.

Included Meal: Breakfast, Lunch and Dinner

Day 37: Kathmandu Free Day

Today is fully free to relax, take shower and chill with beers. And it will be celebration party of successful summit while the tour leader will be visit Ministry of Tourism for formal de-briefing. And today, Sherpa Shepherds will organize a farewell dinner at typical Restaurant with cultural performances. Overnight at Hotel Vaishali***

Included Meal: Breakfast

Day 38: Departure from Kathmandu

Depending your flight time, Sherpa Shepherds will drop to you airport.

Included Meal: Breakfast

TRIP PRICES

Above trip cost is per person and twin sharing basis. The trip cost is for joining basis. Mini-mum participant to run this trip is 5 person. If no. of participants in this trip is less than 5 persons, Sherpa Shepherds reserves right to cancel or postpone the trip. However if you would like to continue trip even if we do not reach minimum number to run this trip, we can run this trip upon your request. But supplemental charge will be applicable.

WHAT'S INCLUDED

Semi Services Includes

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles
- Kathmandu-Besi Sahar-Dharapani by bus/jeep with trekking staff + equipment
- Arughat-Kathmandu by bus with trekking staff + Equipment

Baggage:

- 60 kg per person baggage

Accommodations:

- 5 nights in Kathmandu at Hotel Vaishali or similar*** on twin sharing basis
- 10 nights at local lodge during the trek BC and return on twin sharing basis
- 22 nights in tented camps at base camps on single tent basis

Meals:

- 5 breakfasts in Kathmandu hotel and 1 breakfast in Pokhara hotel
- 3 meals a day during trip to BC for 10 nights at local lodges and 22 night at tented camps (breakfast, Lunch and Dinner)
- Farewell dinner at Bhojan Griha with typical Nepalese foods and cultural dances

Permits & Fees:

- Manaslu Expedition Permit Fee USD 1800 per person

- Manaslu National Park Fee
- Fees for Liaison Officer, his/her insurance, food allowance
- Insurance of whole Nepali staff including porters in order to obtain permit
- Garbage Deposit at ministry
- Supporting Staffs till/ at Base Camp:
- 1 trekking guide for Besi Sahar-BC and BC-Sotikhola
- 1 Base Camp Cook
- Required Kitchen boy and helpers
- Required porters to carry loads for Besi Sahar-BC and BC- Sotikhola
- Equipments at BC:
- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent , store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Gas Heater (for dinning tent only)

Full Services Includes

Ground Transfers:

- All airport/hotel/airport transfers as per program by private A/C vehicles
- Kathmandu-Besi Sahar-Dharapani by bus/jeep with trekking staff + equipment
- Arughat-Kathmandu by bus with trekking staff + Equipment

Baggage:

- 60 kg per person baggage

Accommodations:

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Equipments at BC:

- 1 sleeping tent for every member
- Foam mattress for every member
- Dinning tent, kitchen tent, shower tent, store tent and toilet tents
- All require kitchen utensils with fuel
- Tables and chairs
- Solar Lights system
- Comprehensive First Aid Kit
- Gas Heater (for dinning tent only)

Supporting Staffs in the mountain (Above BC):

- 1 High Altitude Sherpa for every two members with his daily wages, food, flights, equipment allowance etc.

Equipments in the mountain (Above BC):

- High Tents for both member and HA Sherpas
- High Altitude Food for members and Sherpas
- Climbing Gear in the mountains such as fixed rope, main rope, snow bars, snow shovel, carabiners etc.
- 3 bottles oxygen for every member and 2 bottles oxygen for every HA Sherpa
- One set of mask & regulator for every members and sherpas
- 1 Satellite Phone, Walki-talkie
- Cooking set in the mountain such as Epi gases, gas burner, cooking pots etc for members and sherpas

WHAT' S NOT INCLUDED

- Personal climbing gears
- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Insurance: Travel/Accident/Medical / emergency evacuation
- International airfare and taxes
- Nepal Visa fees
- Additional High Altitude Sherpa USD 4500 per sherpa
- Sherpa Summit Bonus USD 1300 & Non Summit Bonus USD 900 Per Sherpa

- Carrying bonus in the mountain USD 1500 to USD 2000 per sherpa
- Extra Porter USD 300 Per porter (if personal baggage is more than 60 kg per person)
- International Air Cargo Tax Fee USD 120 Per member
- Rope Fixing USD 250 per person
- Tips for staff
- All extra services if required (except motioned in 'The Price Include' section)

TRIP NOTES

Insurance

It is mandatory to have good travel insurance or emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude. It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

Fitness & Experiences

For personal safety and success, excellent physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling combined with climbs to smaller peaks which includes climbs that involves travel on crampons under all sorts of conditions. Be sure you are comfortable with extreme exposure and steep drop offs for long periods of time and capable of carrying heavy pack of an average of 30lbs. Includes plenty of technical rock and ice climbing experiences, so you are fairly comfortable following on alpine rock route. Be acquainted with jumars, ascenders, crampons, all your gear, and knot .We will review each climber's bio on an individual basis to help develop climbers interested in attempting Mount Manaslu.

Food

The more food you eat at altitude the better you'll perform. Considering the loss of appetite on higher altitude, Sherpa Shepherds guide will help you to choose food items that have quality and easiest to digest at higher-altitude during the trekking and accommodation in the lodges. However at base camp, our expedition cook will be set best menu.

We suggest you to bring your own food if you so desire such as chocolate bars, dry foods etc. We cater to different dietary requirements and full vegetarian menus can be provided on request.

Accommodation

In Kathmandu you will stay at star deluxe hotels and while you're on trek your accommodation will be in local lodges/guest houses. At base camp, your accommodation will be in tented camps. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. All accommodation is arranged on a twin sharing basis during the trekking and local lodges won't be off course as like in hotels in Kathmandu.

Emergency Rescue

In case of any high altitude sickness problems normally as a primary precaution first it is advised to come down immediately to lower altitude for some rest and in the worse condition you have to further come down either by helicopter or by land transport.

Weather Forecast

For the climbing weather report we advise you to use from Meteo Swiss or from Austria or we can help you to get in contact with them. For the prompt weather Forecast send to you by SMS or email or on phone to prepare your summit attempt.

Recommended Personal Gears

1. Down suits (dangri)- 1 pc
2. Summit shoe- 1 pair
3. Walking shoe-1 pair
4. Crampon- 1 pair
5. Summit Glove- 1 pair
6. Normal gloves- 2 pairs
7. Summit Gloves- 2 pairs
8. Summit Snow goggles- 1 pc
9. Glacier glasses- 1 pc
10. Ice axe- 1 pc
11. Harness- 1 pc
12. Jumer- 1 pc
13. Carabiners (normal)- 3 pcs
14. Sleeping bag (-40C)- 1 pc
15. Down filled Mattress- 1 pc
16. Summit socks- 2 pairs
17. Normal socks- 3 pairs
18. Climbing bag (40 ltr)- 1 pc
19. Helmet- 1 pc

20. Down jacket- 1 pc
21. Down trouser-1 pc
22. finger /descender- 1 pc
23. Headlamp- 1 pc
24. Gore-tex jacket- 1 pc
25. Gore-tex trouser- 1 pc
26. Fleece jacket-1 pc
28. Fleece trouser- 1 pc
29. Fleece liner gloves- 3 pairs
30. Screw Gate Carabiner- 1 pc
31. Wind stopper- 1 pc
32. Thermos bottle- 1pc
33. Base layer (woolen)- 2 sets
34. Water bottle normal- 1 pc

Need any expert advice?

If you would like talk to expert to discuss any aspects of climbing and other queries, please meet or talk to our experts. We can be reached by:

E-mail: info@sherpashepherds.com

Mobile: +977 9841027075 (available on Whatsapp & Viber)

Skype: live:info_813995

BOOKING TERMS

"Please kindly read these TERMS AND CONDITIONS before booking your trips. Participation in our trips indicates that you accept these terms and conditions. You must carefully read the following Terms & conditions of contract and waiver of liability details Booking Procedure. Read detail terms and conditions at <https://sherpashepherds.com/booking-conditions/>

WHY SHERPA SHEPHERDS?

Sherpa Shepherds has wealth of experiences in the mountains and the team of world renowned climbers who have set records of climbing including at Guinness Book of World Records. We offer unique and specialized peak climbing/expeditions in the Himalayas by using our extensive knowledge, experience and climbing skills.

1. Trend Setter of Smart Mountaineering: We are the leader and initiator of 'Smart Mountaineering' in Nepal and we have synchronized the latest technologies and our wealth of experiences to ensure safe and quality mountaineering in the Himalaya.

Sherpa Shepherds is one and only expedition operator in Nepal which adopts smart mountaineering while we are leading our clients to the top of the mountains.

2. Initiator of Responsible Adventure: We are the trendsetter of 'Responsible Adventure' in Nepalese tourism industry. Sherpa Shepherds have launched mountaineering for social cause for the first time ever in Nepal. Through this responsible adventure/mountaineering, Sherpa Shepherds has been able to bring visually impaired person to Mount Everest, First Tamang and First Gurung female to Mount Everest, oldest person to Mount Everest, physically disabled person to Mount Everest, climbed Mount Everest to raise voice against human trafficking and gender inequality, climbed to alert about Global Warming, Women Empowerment and many more.

3. The Company Run by Sherpa Climbers: Believe or not, Sherpas were always leader in the Himalayas. While we talk about mountaineering or climbing of giant 8000 meter peaks, we never miss Sherpa. Sherpa people or Sherpa climber have historic achievement in mountaineering sector. Mountaineering started in 1953 with Tenzing Norgay Sherpa and Sherpa became the leader in any expeditions in the Himalaya. The fact is Sherpa people are born, grown up in the mountains. That's why Sherpa people do not face any problem of high altitude sickness.

4. Team of World Record Holding Climbers: We are the team of 'World Record Holding Climbers' renowned and recognized by Guinness Book of World Records'. Most of the owners and climbers of Sherpa Shepherds are world record holders in mountaineering.



**SHERPA
SHEPHERDS**

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