

Manaslu Expedition

Summit the world's 8th highest mountain



HIGHLIGHTS:

Beautiful Budhi Gandaki gorge trek
Colourful Buddhist culture of Bhotia tribes
Traditional farming villages of Gurung and
Magar hill people



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OVERVIEW

Standing as a relatively isolated 8000m peak in Nepal's central mountain region, Manaslu (8156m) is the world's 8th highest mountain. Like Cho Oyu, it's a good mountain to test extreme high altitude climbing before taking on the Everest challenge. Manaslu is largely a non-technical climb when compared to other 8000m peaks, however, its avalanche-prone slopes mean that careful climbing is required throughout the expedition.

You can climb Manaslu as a true sea to summit adventure by trekking in from the village of Arughat, which at an altitude of only 530m is subtropical! Or alternatively

you can also choose to helicopter directly to Sama gaon.

This expedition will summit Manaslu via the North West ridge by placing four high camps above base camp. The most technical section is through the icefall between Camps 1 and 2, with some potential for serac fall in certain conditions. The remainder of the route is relatively straight forward, with increasing steep sections from Camp 3 to the summit.

You must have extensive climbing skills and a considerable level of experience in the Himalayas to join this expedition, preferably with prior 7000m expedition experience.



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GRADE/FITNESS

This expedition requires excellent fitness and prior experience of a Himalayan expedition. You should be able to carry at least 20kg, demonstrate strong endurance and high mountaineering experience. The North West ridge is the normal route that crosses an icefall. There is risk of serac fall and avalanche on this route. The maximum altitude is 8156m.

INCLUDES:

4 nights Kathmandu accommodation, airport transfer to hotel and welcome dinner, all necessary climbing and trekking permits, experienced expedition leader and base camp manager, government liaison officer, transport to Arughat and helicopter from Sama gaon, all meals and accommodation during trek to base camp and return, porter service to carry personal gear to base camp, fully serviced powered base camp (including personal tent, heated dining tent and communication tent,, all meals/snacks and hot showers), 2-way radio system for all guides to communicate between camps, team of Sherpa climbing guides to set



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up and stock all higher camps, all meals and tents above base camp, maximum oxygen allowance with the Summit delivery system (allows multiple summit attempts), extensive high altitude wilderness first aid kit, porters to carry group equipment, all group climbing equipment, all other charges for route fixing and expedition duffels.

EXCLUDES:

international flights to Kathmandu, tourist visa fees, meals in Kathmandu (USD 10-15 per meal), aerated and alcoholic beverages, personal items (e.g. phone calls, internet, laundry), tips for trekking and base camp staff, summit bonuses for Sherpa guides, travel insurance (including early departure and mountain search/rescue) and personal climbing gear. Helicopter transfer to Sama gaon and 1:1 guide service are available for an additional cost.



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ITINERARY

Day 1-2 Arrival and in Kathmandu

A Himalayan Ascent representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner. This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

Day 3 Drive to Sothi Khola (530m)

~8 hrs

We drive 6 hrs out of the Kathmandu valley and down the hillside with direct views of

the Langtang mountain range. The windy road eventually turns right into Gorkha district and up to Arughat, our trailhead. We have the afternoon to explore this little riverside town as we prepare for our trek.

Day 4 Trek Sothi Khola (530m) to Macha Khola (860m)

~7 hrs

We follow the Budhi Gandaki river north passing Gurung and Magar farming villages. During summer especially and also autumn, large waterfalls stream down gorge cliffs feeding the Budhi Gandaki river. It's a refreshing sight in the heat at this low altitude.



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Day 5 Machha Khola (860m) to Yaru Phat(930m) ~6 hrs

We continue to follow the undulating trail along the river and through sal forests. The gorge narrows against steep cliffs and dense forest, and then widens for pleasant riverbeds. There's a steep climb up to Machha khola or "fish river" for our night's stop.

Day 6 Yaru Phat (930m) to Philim (1570m) ~6.5 hrs

At topani or hot water" you can stop to enjoy a natural hotspring bath under a cliff. After crossing a suspension bridge to the other side of the river, there's a climb up stone steps to Dobhan.

Day 7 Trek Dobhan (1070m) to Philim (1570m) ~6 hrs

The trail continues to Thado Bharyang just below the town of Jagat. We cross the river to Jagat, and to more prominent Buddhist communities as seen by chortens and mani walls in the villages. The route crosses the river again and up to Philim.

Day 8 Trek Philim (1570m) to Deng (1860m) ~6 hrs

From Philim we enjoy more thunderous waterfalls and a sensational gorge walk high above the river. The trail then wanders through pine and bamboo forests to the town of the Gurung town of Deng.





Day 9 Trek Deng (1860m) to Namrung (2582m) ~6 hrs

The Budhi Gandaki river narrows further as we continue the journey now high in Upper Manaslu. We trek north-west in parallel to the Tibetan border only 5km north when we reach Ghap. Maniwalls and chortens welcome and well wish travellers through villages inhabited by Bhotia tribes, Tibetan descendants who migrated into the Nupri valley. We trek through forests filled with alpine rhododendrons and oak trees up to Namrung.

Day 10 Trek Namrung (2582m) to Sama gaon (3525m) ~6 hrs

As we journey deeper into the Nupri valley, the Bhotia way of life and devote Buddhist

culture can be appreciated in each village. Old monasteries or “gompas” can be seen positioned high above the trail route. Look south-west for your first views of the twin peaks of Manaslu (8163m), and south to take in Himal Chuli (7893m, 18th highest mountain).

Day 11-12 Acclimatisation in Sama gaon

As our support team push ahead to establish BC, we will rest a few extra days in Sama gaon to facilitate acclimatisation before making the 1000m hike to camp. You can visit the local monastery that offers splendid views of Manaslu or day hike to Samdo.



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Day 13 Trek Sama gaon (3525m) to Manaslu base camp (4460m) ~3.5 hrs

The hike to Manaslu BC is a steep ascent of approximately 1000m. The trail moves up the ridge and alongside the glacier moraine. We will pass a serene and beautiful glacier lake at the foot of the glacier.

Day 14-15 Acclimatisation in BC and puja

It's important that we now spend a few days adapting to the high altitude to ensure that our bodies are properly prepared for our climb into 8000m+ heights. During these days, we'll busy ourselves checking our climbing gear and mentally preparing for the climb. From BC, the route can be clearly observed with the summit itself hidden by the East Pinnacle. Following the Buddhist tradition of our Sherpa guides

and of the locals, the local Sama gaon lamas will conduct a puja ceremony to request a safe and successful climb from the mountain spirits.

Day 16-23 Rotations Climb BC to Camps 1-3

Once our bodies are well acclimatised, we begin our first forays on the mountain with a series of climbs: half way to Camp 1, to Camp 1 overnight, to Camp 1 overnight and Camp 2, then Camp 2 overnight and touch Camp 3. Between climbs we will return to BC to allow our bodies to recover and regain strength with increased oxygen. The route between BC and Camp 1 (5500m) is a rock scramble, be wary of loose rock. Depending on conditions, part of the route may be fixed for safety. The most technical section of Manaslu is between Camp 1 and 2 (6400m) that goes up a couloir and through an icefall filled with crevasses and



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seracs. You must move quickly through this section and be roped up. Climbing up to Camp 3 (6800m) continues up the slope to seracs located just beneath the North col. The slopes between Camp 3 and Camp 1 are avalanche prone.

Day 24-25 Rest in BC

It's critical that we rest at a lower altitude before our final push to Camp 3 and the summit. This allows your muscles to recover with higher oxygen levels and improved nutrition from the BC kitchen. Also relax your mind, climbing a mountain is both a physical and mental challenge. Take this time to reset your mind to prepare you for the mental challenges ahead above 8000m.

Day 26-36 Climb to Camp 4 and Summit Manaslu

Finally, when the conditions are right we will progress back up the mountain, sleeping at Camps 1 and 2 or directly to Camp 2 depending on everyone's fitness and acclimatisation. The route from Camp 3 to 4 (7450m) climbs a steep slope beneath seracs until it reaches the North col that connects to the summit on the left. From here we move continuously up the slope towards the summit. It's a slow trudge and the slope progressively gets steeper and winds around seracs to just below the summit plateau. We'll rest and prepare for our summit push the next day. The day begins early up the long crevassed plateau to steep snow banks, and eventually to the final summit pinnacle which is steep and exposed. From the summit we will drop





directly to Camp 2, then to straight to BC. Congratulations you have climbed the 8th highest mountain!

Day 37-38 Rest in BC, pack and trek to Sama gaon

A deserved rest at BC to recover from the summit climb before we begin packing up our home away from home. We trek back down the glacier moraine to Sama gaon and celebratory beers!

Day 39-40 Helicopter to Kathmandu and in Kathmandu

We make a fast descent off Manalsu via helicopter straight to Kathmandu. Here we'll rest, enjoy showers and possibly take in a massage.

Day 41 Depart Kathmandu

Time to depart crazy Kathmandu to friends and family at home. We'll see you on your next Himalayan adventure.



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WHY HIMALAYAN ASCENT?

Himalayan Ascent is a family owned business managed by local Nepali, Sumit Joshi, who has more than 20 years of guiding experience in Nepal, India, Pakistan, Tibet, Bhutan and Argentina for reputed international organisations.

Our guides have been raised in the outdoor wonderland of the Himalaya and they are passionate adventurers. The Himalayan Ascent difference is a guiding team of personnel who

actively enjoy the outdoors and love sharing the experience. The philosophy of Himalayan Ascent is simple: showcase the best of Nepali culture and landscape with comfortable service. From trekking in remote areas to high altitude 8000m expeditions, Himalayan Ascent has the experience to provide a type of service that's desired by international outdoor lovers.

WHY HIMALAYAN ASCENT TO MANASLU?

Himalayan Ascent runs small sized expeditions on Manaslu. You'll get to know your Sherpa guides and team mates personally. Building a good rapport with your team is critical for summit success. Our Sherpa guides are formally trained through the Nepal Mountain Guides Association and

some are internationally accredited. We have a reputation for having the best managed and most comfortable base camp, and a camp cook known for making the best pizzas. Want to speak to our past clients? Contact us for the contact details of our previous Manaslu clients.



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OTHER INFORMATION

Sleep and Food

Whilst on the trail you'll sleep in local friendly teahouses. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, internet, battery charging and laundry are sometimes available for an extra cost. Your Kathmandu accommodation is a midrange 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.

Gurung and Bhotia Culture

The hill ethnic groups of Nepal are ancient descendents from Mongolia, hence their variant facial features from Hindu Indo-Aryo tribes. Gurung and Magar people primarily reside in the hill regions of central and West Nepal, farming corn and millet on steep terraces. They practice

a hybrid religion of Hinduism and Buddhism. Hill tribes, particularly Gurungs and Magars, have a proud Gurkha history of service in the British and Indian Army. In comparison, "Bhotia" people are relatively recent arrivals and practice a culture very similar to ancient Buddhist Tibet. They live a harsh lifestyle in the high Himalayan mountains alongside Nepal's highest peaks.

Health Tips

It's vitally important to protect your health on a Manaslu expedition, and Himalayan Ascent Director, Sumit Joshi, is an experienced high-altitude medical provider who has trained under legendary high-altitude practitioner, Dr. Jim Duff. Sumit's knowledge is an invaluable resource, especially higher up on the mountain, without such easy access to base camp ER facilities.

Our staff are also well-trained in all aspects of hygiene, to ensure that you don't come down with a stomach bug the day before you



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leave base camp for the summit. Having a smaller team also assists in this regard.

Climate

During the trek to base camp in summer, the weather will be hot and humid with periods of monsoon rain. Below Deng, temperatures can reach ~32°C in the day. In base camp, day temperatures can range 10°C-20°C, and it will rain or snow at times. Nights are cool and can drop to -10°C during storms. Above 7000m, temperatures will range from -40°C to -10°C at night.

PACKING LIST

Familiarity and comfort using your equipment is paramount to summit success. We recommend that you test drive your equipment before joining this expedition, ideally on a 7000m expedition. Keeping feet and hands warm in reliable gear during storms above 8000m will make or break your Manaslu dreams. This is a list of recommended items you should bring with you. Please email us about specific brands or models we know works well on 8000m peaks.

There are a number of branded

mountaineering equipment stores now open in Kathmandu. To save some check-in luggage allowance, contact us about what's available locally for purchase.

Head:

- Baseball cap
- Balaclava (comfortable tight-fitting, which covers as much skin as possible)
- Warm polar fleece or wool hat (beanie)
- Glacier glasses (category 4 lens, must wrap around your face well)
- Ski goggles (snug fit with good ventilation and anti-fog)
- Headlamp X 2 (bright LED with powerful beam) and plenty of extra batteries
- Climbing helmet (adjustable, climbing-specific)

Hands:

- Gloves (snug fitting wind stopper, and a few pairs of thin liners)
- Big Mountain gloves (Gore-Tex with removable liner, warmest available)
- Big Mountain mittens (warm and should fit over your wind stopper gloves, must be able to operate a Jumar wearing them)

Feet:

- Liner socks (4 pairs)
- Hiking socks (4 pairs)
- Warm mountain socks (4 pairs)



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- Down booties
- Base camp shoes (comfortable, waterproof and warm)
- Hiking shoes (good low to mid-cut, Gore-Tex lined)
- Light-weight mountaineering boots (e.g. leather mountaineering boot for acclimatisation climbs up to Camp 2)
- 8000m mountaineering boots (integrated gaiter, double boot with warm insulation)

Upper Body:

- Base layers (breathable and moisture wicking, few different weights, e.g. silk weight, mid-weight and expedition weight)
- Warm jacket (fleece or polarguard)
- Softshell jacket (with wind stopping properties)
- Gore-Tex jacket (breathable waterproof with good hood that fits over a climbing helmet)
- Synthetic fill Jacket (e.g. primaloft)
- Down suit (comfortable fit 8000m down suit made by a well known brand)
- Down jacket (800 fill, lightweight with hood)

Legs:

- Base layer (breathable and moisture wicking, mid-weight and expedition weight)
- Soft shell pants (comfortable for everyday wear)
- Gore-Tex pants (heavy duty with

reinforced crampon patches and waterproof zippers)

- Insulated pants (down or primaloft)
- Shorts (quick dry)

Equipment:

- Small day pack for trekking and city use (comfortable, 15-20L)
- Backpack (50-70L, fitted for your back length and internal frame)
- Duffel bags to transport your gear to Nepal
- Sleeping pads (full length, insulated inflatable and closed cell foam pads with repair kit)
- Sleeping bag X 2, -20°C to -40°C rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camp)
- Harness (light weight alpine with belay loop and gear loop)
- Carabineers (4 screw gate and 4 snap gate)
- Belay device (easy to use and lightweight)
- Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- Ice Axe (for alpine use and right length for your height)
- Crampons (semi auto with heel bail, good anti-balling system and steel)
- Jumar (large handle to fit your gloved hand)
- Trekking poles (lightweight with good snow basket)



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