

# MANASLU EXPEDITION 2023

38 DAYS PROGRAM

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**Start Date: 3rd September to 10th October 2023**

**Group Size: 2 to 12 pax**

**US\$ 13,999**

per person / tax inclusive



*Thamserku*  
www.thamserkuexpedition.com

# THE HIGHLIGHTS



- Summit of Manaslu, the 8th highest mountain in the world with certification
- Slow and easy 9 days trek to Manaslu base camp on full board
- Helicopter flight from Sama Gaon to Kahtmandu
- Benefits of 24 days logistic arrangement at base camp and rotations to Camp I, II & III
- Safe climb and descend with the assistance of an experienced climbing crew
- A Pooja ceremony and technical climbing skill training at base camp



## THE OVERVIEW

Manaslu (8,163) is the highest peak of the Gorkha massif and eight-highest mountains in the world. Climbing Manaslu requires more time than other 8000m Peaks in Nepal due to the long approach to reach the base camp that makes it more interesting.

The name Manaslu translated from a Sanskrit word “Manasa” which means the soul, is also known as the spirits of the mountains. After the survey in 1952, the first ascent was made by the Japanese expedition team in May 1956.

The mountain’s long ridges and valley glaciers offer feasible approaches from all directions, and it culminates in a peak that towers steeply above its surrounding landscape and is a dominant feature when seen from afar.

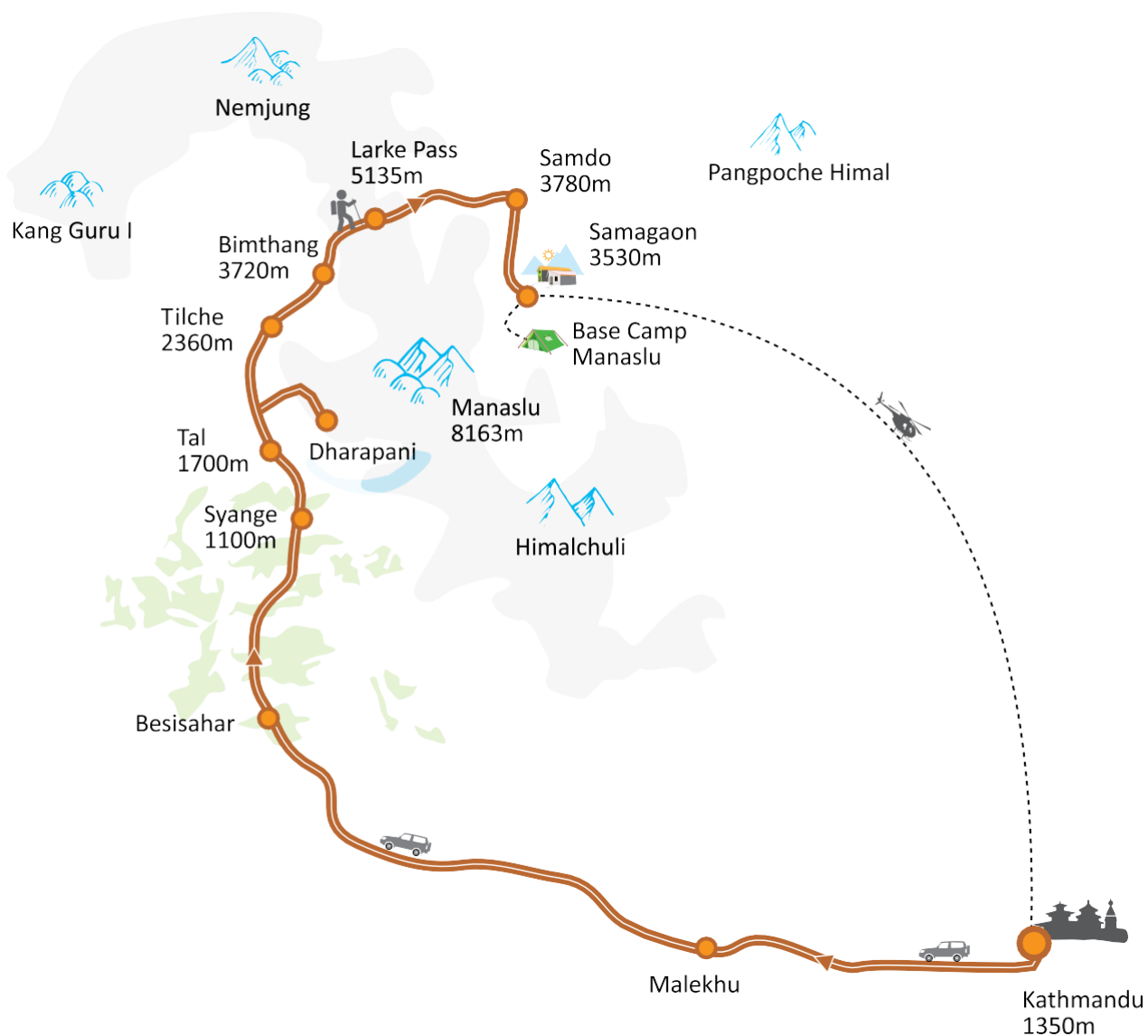
We climb from the Northeast route

known as a normal climbing route after setting up four camps to approach to the summit. The climb from Camp I to Camp II covers a few stretches of steep climbing and crevasses. After Camp II the slippery snow climbing is required to reach Camp III. A chance of avalanche is a threat on the way to camp IV. Mostly Mount Manaslu is climbed in Autumn Season as the Monsoon season is over; Snow in the mountain starts to deposit. Due to this, fixing the ropes, ladders and setting up cramps is easier. And with the service of Personal Sherpa with Full Expedition Services, you are one step closer on achieving your Manaslu Summit Dream. However, you must be physically and mentally fit despite the harsh weather condition in the mountains. And good team spirit and coordination is a Must for a successful summit.



# MANASLU EXPEDITION (8163M) 38 DAYS PROGRAM

Day	Program	Accommodation	Meals
Day 1	Arrive in Kathmandu	Gokarna FR	B
Day 2	In Kathmandu	Gokarna FR	BD
Day 3	Drive to Besisahar, change the vehicle from Besisahar to Dharapani	Local Lodge	BLD
Day 4	Trek to Karche	Local Lodge	BLD
Day 5	Trek to Bhimthang	Local Lodge	BLD
Day 6	Rest day in Bhimthang	Local Lodge	BLD
Day 7	Cross Larkye Pass 5135m, and trek to Dharamshala/Samdo	Local Lodge	BLD
Day 8	Trek to Sama Gaon	Local Lodge	BLD
Day 9	Rest day in Sama Gaon	Local Lodge	BLD
Day 10	Hike to Basecamp	Camping	BLD
Day 11 – 34	At Base camp Climbing Period	Camping	BLD
Day 35	Trek from Base camp to Sama Gaon	Local lodge	BLD
Day 36	Heli flight to Kathmandu	Gokarna FR	B
Day 37	Free day in Kathmandu for official documentation and collect certificate	Gokarna FR	BD
Day 38	Final Departure		



# DETAILED ITINERARY

## Day 01: Arrive in Kathmandu

You will be met at the airport and taken to the hotel to relax.

## Day 02: In Kathmandu

Free day in Kathmandu for equipment preparation, attend government briefing and arrangement of documentation needed for the expedition.

## Day 3: Drive to Besisahar, change the vehicle from Besisahar to Dharapani

Today will be a long hour drive. After early breakfast at the hotel, we start our road adventure to Besishar which takes around 6 hours' drive. Once we reach there, we will change our vehicle to local jeep – load all the expedition equipment and bags. Then we continue to Dharapani driving on a mountain road which takes another 4 hours off-road drive.

## Day 4: Trek to Karche

Breakfast at the lodge. Today our walking adventure starts. We start our trek from Dharapani to Karche passing through beautiful villages – Tilche and Gho. It takes around 6/7 hrs. walk.

## Day 5: Trek to Bhimthang

You climb up the valley through the primeval forest until you reach the scree of the end moraine of the Bimtang Glacier, which you have to traverse beneath a steep slope. On a clear day, you can have a wonderful view over to the North and West Faces of Manaslu. The rest of the way you will follow a vegetated moraine ridge to the small summer pastures of Bimthang (3,700m), a very idyllic place with landscape views.

## Day 6: Rest day in Bhimthang

To increase your body adaption in high elevation, we have a rest day at Bhimthang. We take a short hike to Ponkar Lake 4100m.

## Day 7: Cross Larkye Pass 5135m, and trek to Dharamshala / Samdo

Today we start early as we have a long day walk. After an hour walk the ascent will get steeper and on the way, you enjoy the magnificent views of the surrounding high mountains, Kang Guru (6,981m), Gyachi Khang (7,074m), Nemjung (7,140m) and Panbari (6,905m), before you reach the pass, lushly decorated with prayer flags. The descent on the other side is rather flat and easy – but very long. Over the pasture of Larkya Phedi (4,460m) finally, you reach the small hamlet of Samdo (3,850m) at the foot of the pass.

## Day 8: Trek to Sama Gaon

After the exhausting walk yesterday, it is only a short stretch through the broad river valley of Buri Gandaki today, down to the beautiful village of Samagaon (3,530m). All of the time Manaslu (8,163m) has been towering majestically over you.

## Day 9: Rest day in Sama Gaon

Today we have a rest day at Sama Gaon. For the active hikers, you have an option of taking a short hike to Pung Gyen Gumba – around 4/5 hrs walk which offers the impressive south face of Manaslu.

## Day 10: Hike to Basecamp

With fresh porters from Sama Gaon, you will take on the steep ascent to your home for the next few weeks. Passing a scenic icefall and through thickets of the birch forest, you will reach a long moraine ridge that takes you to basecamp (4,800 – 5,000m) at the foot of the enormous Manaslu Glacier. Upon reaching basecamp; you are welcomed by our camping crew.



#### Day 11-13: At Manaslu Basecamp

Two days are at leisure to acclimatize your body. Our climbing guide team will do the thorough check of the climbing equipment's, oxygen bottles, masks and regulators and the safety equipment.

Our basecamp members will do necessary preparations for auspicious Puja ceremony at the basecamp – offering prayers to Mount Manaslu for climbing permission and for the good weather.

#### Day 14 to Day 34: At Base camp Climbing Period

- Rest day – Puja – climbing training
- Rotation 1:
  - Climb up to Camp I and descend back to Basecamp (start after breakfast)
- Rotation 2:
  - Climb up to Camp I and spend overnight
  - Climb up to Camp II and spend overnight
  - Climb halfway to Camp III and descend back to Basecamp
- Summit Push (27th Sep – 1st Oct)
  - Climb up to Camp I and spend overnight
  - Climb up to Camp II and spend overnight
  - Climb up to Camp III and spend overnight
  - Climb up to Camp IV and start climbing at 2 am next day
  - Summit and descend to Camp II overnight
  - Descend back to Basecamp

**Note** - Be advised that the mentioned activities during the climbing period are a tentative plan. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and also your level of fitness. We advise you to book a Flexi flight and allow extra days in case if you need for the summit push.



#### Day 35: Trek from Base camp to Sama Gaon

Descend down to Sama Gaon

#### Day 36: Heli flight to Kathmandu

We will enjoy our last views mountains while flying back to the Kathmandu from Sama Gaon. Our representative will be waiting for you at the domestic airport to take you back to the hotel where you can enjoy your chilled beer and warm shower.

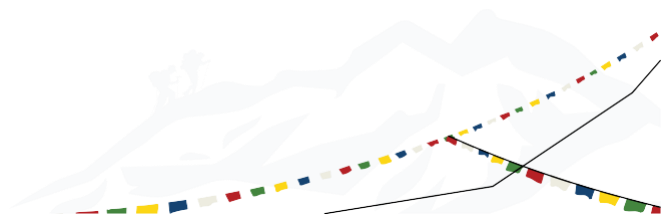
#### Day 37: Free day in Kathmandu for official documentation and collect certificate

Free day in Kathmandu for official documentation, closing briefing by the government and collecting certificate if successfully reached in summit. Farewell dinner and celebration at Piano Piano restaurant at Nomad Hotel.

#### Day 38: Final Departure

Depending on your flight time you will be transferred to the airport. The airport check-in is 3 hours before the departure time and the hotel checkout time is noon. In case your flight is late evening please let us know if you require half day use of the hotel.









## Price & Services

US\$ 13,999/Per Person

(13% tax inclusive)

38 Days Program

Group size: 2 to **12 Pax**

## WHAT'S INCLUDED?

### GOVERNMENT & RELATED CHARGES

- ✓ Manaslu climbing royalty fee (autumn)
- ✓ Special Restricted Area Permit for Manaslu
- ✓ Manaslu Conservation Area Project (MCAP permit)
- ✓ TIMS Card & Annapurna Conservation Area Project (ACAP permit)
- ✓ 1 X Government liaison officer with transfer, accommodation, meals and wages
- ✓ Garbage deposit fees
- ✓ Route fixing charge higher camps and to the summit
- ✓ Summit certificate from Department of Tourism after the summit
- ✓ Weather forecast report

### SERVICE IN KATHMANDU

- ✓ International and domestic airport transfers
- ✓ A transfer from Kathmandu – Besishar and to Dharapani on day 3
- ✓ 4 nights at Gokarna Forest Resort in Kathmandu with breakfast
- ✓ Welcome and farewell dinner in Kathmandu
- ✓ One way helicopter flight from Sama Gaon to Kathmandu
- ✓ 2 X Thamserku Duffel bag per member (90L & 150L)

### SERVICE DURING TREKKING

- ✓ 8 nights' accommodation in best available local lodge on full board
- ✓ Hot water for drinking purpose
- ✓ Medical Kit and oxygen during the trek
- ✓ Porters to carry trekking and expedition gears (1:1 ratio)
- ✓ Assistance of Guide and Sherpa during the trek

### MANASLU BASECAMP SERVICE

- ✓ Single tent per member with comfortable mattress tent for climbing and Kitchen crew on twin sharing
- ✓ Kitchen, Dining, Shower, and toilet tent (communication tent for 8 members above)
- ✓ Hot water for shower & laundry
- ✓ Solar panel/generator for light and battery charging
- ✓ Gas heater for the dining tent
- ✓ 3 meals a day, snacks, and unlimited tea and coffee

### SERVICE AT HIGHER CAMP: CI, CII, CIII & CIV

- ✓ North Face/Ozark/Red Fox on twin sharing for members and climbing crew
- ✓ Total 5 bottles of POISK oxygen – 3 for members, 1 for Sherpa & 1 for emergency
- ✓ Latest Mask and regulator for members and Sherpa & one extra for emergency
- ✓ High Altitude food for members and climbing crew
- ✓ Enough Epi gas, gas stove and cooking pot set for CI, CII, CIII and CIV
- ✓ 1 satellite phone for emergency and walkie-talkie for a member, Sherpa and basecamp
- ✓ Group safety equipment, i.e. extra rope, carabiners, ice axe, ice screw
- ✓ Porterage of personal and group camping equipment
- ✓ Climbing Crew: Expedition Manager/ Climbing Guide and 1 personal Sherpa (1:1 ratio) for the summit
- ✓ One Cook and required number of kitchen helpers at the basecamp
- ✓ Equipment's, daily wages, carrying bonus and medical insurance for climbing crew/Sherpa
- ✓ Equipment's, daily wages, and medical insurance for Kitchen crew and porters

## WHAT'S NOT INCLUDED?

- ✓ Summit bonus of US\$1000 for normal climbing Sherpa once you make a summit attempt from Camp IV or US\$500 if dropped from Camp IV
- ✓ Optional: Tips for personal climbing Sherpa (\$500), Kitchen crew (\$500) & porters (\$10/day)
- ✓ Unexpected increment in the royalty fee/climbing permit
- ✓ International airfare and Nepal visa fee
- ✓ Lunch and dinner in Kathmandu
- ✓ Extra nights in Kathmandu
- ✓ Personal travel, medical and rescue insurance
- ✓ Medical evacuation charge if required
- ✓ Personal trekking and climbing gears
- ✓ Service besides mentioned in inclusions example - extra oxygen, Sherpa and porters
- ✓ Other personal nature expenses i.e. alcoholic beverages and self-ordered hot drinks during the trek

# THE ESSENTIALS

## Mountaineering Gears Checklist (7000m to 8848m)

### BODY WEAR

1. Down Suit - Recommended Absolute Zero Over suit by Mountain Hardware, or Ulvetanna Suit by Berghaus, or The Himalayan Suit by The North Face, or the Expedition Suit by Rab.
2. Down Jacket and a pair of Down Salopettes - Recommended "Absolute Zero Parka" and "Absolute Zero Pants" by Mountain Hardware, or by Rab. (not too bulky).
3. Waterproof Jacket and Over trousers that goes over your alpine boot.
4. Balaclava - Recommended The North Face A3543 Unisex Wool Balaclava or similar covering nose and face.
5. Long sleeve Thermal shirt and Trousers - Recommended anti-sweat.
6. Fleece Jacket and Trousers - Recommended Patagonia, or The North Face, or Mountain Hardware

### HAND WEAR

1. Liner gloves - thin and warm
2. Down mitts - Recommended The North Face, or Marmot Expedition mitt, or Mountain Hardware Absolute Zero Mittand.
3. Mountain Gloves - Recommended water & windproof
4. Gore-Tex Primaloft Glove - Recommended the North Face, or Mountain Hardware.
5. Smartwool Mountaineering Socks (2 pairs - new)
6. Ultra-Soft Running / Hiking Socks (2 pairs - new)
7. Mountaineering boot Recommended La Sportiva Olympus Mons Evo or Millet Everest GTX
8. Alpine boot - Recommended La Sportiva Men's Nepal EVO GTX Boot or similar

### CLIMBING EQUIPMENT

1. Climbing helmet - Recommended Black Diamond
2. Ski Goggles with UV protection and anti-fog system
3. Headlamp - Recommended Black Diamond & Petzl
4. Spare batteries - Recommended Energizer Ultimate Lithium batteries
5. Dynamic 8.9 mm rope (single rope) - Recommended 2 m UIAA tested
6. Classical Alpine ice-axe - Recommended (70-90 cm) Petzl, or Grivel Air Tech, or Black Diamond
7. Crampons that fits Mountaineering boots - Recommended Grivel G-12 New-Matic Crampons.
8. Harness Set:
  - a. Lightweight Harness - Recommended DMM Super Couloir, or Black Diamond Couloir Harness, or Mammut Ophira 3 Side climbing harness
  - b. Ascender (Jummer) - Recommended Petzl or Black Diamond
  - c. Abseiling device - Recommended Black Diamond ATC Guide Bley Device, or Petzl GRIGRI 2 Grey Belay, or Descent Device D14BG
  - d. Screwgate Carabiners (2 X large, 2 X small sizes) - Recommended Petzl or Black Diamond
  - e. Bent Gate Carabiners (2 medium sizes) - Recommended Petzl or Black Diamond
  - f. 6 mm rope - Recommended 2 meters UIAA tested
  - g. 6 mm rope - Recommended 5 meters UIAA tested
  - h. 1 X tape sling - Recommended 120 cm UIAA tested



## OTHER EQUIPMENT

55-65 Liter Rucksack - Recommended POD Black Ice, Crux AK47 (extendable) and Crux AK57 Base Camp Duffel – XXL

2 X 5 season sleeping bag with compression bag - Recommended North Face and Mountain Hardwear 2 X 5 season foam sleeping mat - Recommended 72 x 20 inches (20 x 5 x 5.5 inches folded) and weigh, around 14 ounces, Swiss Army Knife with a multi-tools system or leathermen

1- litre stainless steel thermos - that works in extreme weather condition

## EMERGENCY CONTACT

1. Dawa Sherpa (Expedition Manager):  
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2. Anjan Rai (Clients Relation Manager):  
+977-9823338761
3. Office Hours only: Thamserku Office:  
+977-1-5909982



## RESPONSIBLE TRAVEL

We are a partner with Travelife – sustainability in Tourism. We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

## OUR HIGH EQUIPMENT PARTNERS

High equipment partners that our clients will get 20% off with our privilege card.





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