



**MANASLU EXPEDITION 8163M**

## MANASLU EXPEDITION(8163M)

**Type:** Expedition (All inclusive) *International flight not included*

**Total no of days:** 35 - 40 Days

**Alpine grading / Difficulty:** 4E

**Cost Via Helo** : \$18250 P/P (*Heli Charter Ktm - Samagaon - Ktm*)

**Cost via Trek and back via Helo** : \$17500 P/P

### 1:1 GUIDE/CLIMBER RATIO

**Best season for Expedition:** September - Early October (Autumn)

## OVERVIEW

Manaslu is the 8th highest peak in the world. Located in the east of the Annapurna region, Manaslu dominates the Gurkha Valley skyline. Manaslu is also referred to as “The Mountain of Spirits”. This expedition can be your first entry expedition into 8000M altitude and is a must for any aspiring mountaineers who are considering climbing other 8000M peaks in Nepal, China, or Pakistan. Primarily because the Manaslu climb gives you the same strenuous and challenging climbing experiences, climbing through the death zone to the summit, and follows the same high altitude strategies of climbing Everest or other major expeditions.

**Pre-requisite experiences (at least one 6000M & 7000M + multi-pitch climbing & ice climbing):** *Lobuche East & Island Peak, Chulu West, Khumbu 3 Peak expeditions, Mt, Blanc, Baruntse peak, Himlung Himal, Ama Dablam. (Similar 4000M - 6000M peaks or higher), multi-pitch climb (rock or ice), rock climbing grade up to 5-9+/- to 5.10 a,b,c, and Ice climbing WI-3 to WI-4.*

Our expedition begins with a helicopter flight to Samagaun 3690M on the third day of the expedition (trek Manaslu trails for anyone wanting to trek and reach the village, additional 5 days are required in the itinerary). After acclimatizing for a day in the village we begin our climb to Manaslu base camp 4800M where our camps will already have been set up by our expedition management, Sherpa & porter teams. 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. Please read below the Manaslu Expedition strategy for more detailed climbing strategies.

This expedition is also a part of our **“Road to EVEREST”** program, Manaslu Expedition being the final preparation expedition before taking on the Big E.

## NAMAS ADVENTURE

*\*History: Manaslu was first climbed on May 9, 1956, by Toshio Imanishi and Gyalzen Norbu, members of a Japanese expedition.*

### Expedition Highlights

- Manaslu 8163M Summit
- North East face route
- Helicopter to Sama Gaun and back to Kathmandu after the expedition.
- 1:1 Guide/Client ratio during summit climb
- Camp 1 - 4 strategy with rotation and rest days

### Expedition Strategy

#### Camp 1 - Camp 4 and Summit of Manaslu

We ascend by the North East Face, utilising four camps along the way. The climbing route from Camp 1 to Camp 2 is a strenuous and hard climb where the team ascends moderate-angled snow slopes on the lower reaches with a short steep slope above Camp One. Climbing through steep slopes requiring close attention, and is expected to take anywhere from 5 hours or more until you arrive at camp at 6,300m. The views from camp 2 really are breath taking, and the peak of the mountain is getting visibly closer.

The route from camp 2 to camp 3 is mountain straight forward, requiring steady progress up some snow slopes, and one short but steep section, before arriving at 6,700m in 2-3 hours. Camp 3 to camp 4 is around 4 hours up rather steep slopes, relying on the fixed ropes and your crampons to get you up to 7,300m. We will be doing frequent rotation of high camps to lower camps to get well acclimatized before making the final ascend to summit.

The move from camp 4 to the summit is not as technical between the camps, but longer and requiring more steady progress over the rolling snow slopes, but now with the final target in your sights up ahead. The views all around on this section are as incredible as you can imagine they would be heading towards the 8,000m point. After around 5-6 hours you will arrive at the 'false summit' where a lot of the operators end their summit bid but Namas Expedition Sherpa team will always aim to fix the rope to the 'true summit' which is the highest point for Manaslu but requires much care due to the unstable nature of the snow.

Descending the mountain is quick and straight forward but equally care is required as clients will be tired after summit. Making it to the summit is half way there so our objective will be to reach camp 2 safely by afternoon or early evening hours. The very next day then descend from camp 2 to basecamp should take 3 hours ready for a nice lunch. The way home involves the same trek back down into Samagaon, followed by a night here before catching the helicopter back to Kathmandu where will have another two nights at the Kathmandu hotel for well deserved celebrations, showers and rest, before departing back to your homes.

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### SKILLS REQUIRED

Manaslu is a for enthusiast climbers who aims to go high into 8000M+. You will need your fitness and climbing skills to be able to look after yourself for long hours during the climb according to terrains. You should be able to take care of yourself even during the tough climb session, eating well and staying hydrated from the start of the expedition, making sure your gears are in check and functional during the climb. Your Sherpa expedition leader will guide and motivate you throughout but a lot of the effort lies within your ability to climb and you will be liable to yourself.

The more experience you have rock climbing tougher routes in different types of rock the better it is for you to get familiar with climbing and adjusting during the expeditions.

**Abseiling:** This is the simplest yet the one of the most important skills to master. Some multi - pitch abseiling knowledge/experience are also required

**Climbing on different terrains:** Slab rocks, vertical rocks. Scrambling on steep terrains.

**Use of Crampons and Ice axe:** Winter ice climbing or mountaineering courses are recommended. You should be able to kick step and balance with ice axe on icy slopes to ascend on vertical climb. Ice arrest skills to save your self incase of slips or fall, being comfortable while descending and abseiling on crampons in all the terrains.

**Climbing in Altitude:** Your prior experience in climbing should give you a good understanding of your body coping in the altitude. You will be liable to yourself so it is best to build you fitness up to the best level. Our itineraries are designed to be able to help you with proper acclimatisation but you will also have to be aware of your eating pattern and staying properly hydrated.

## NAMAS ADVENTURE

### 39 DAYS ITINERARY

Day 1 Arrival, Airport pick up by Namas members

Day 2 Briefing and equipment review at hotel in Kathmandu, last minute shopping, group dinner.  
Stay at hotel.

Day 3 Fly to SamaGaun, 3,690 meters (12,106 feet)

Day 4 Rest in SamaGaun. Acclimatization, re-packing and preparation for Expedition.

Day 5 Hike 6-7 hours to base camp, 4,800 meters (15,748ft).

Day 6 - 9 Rest in basecamp. Acclimatization, training (Crampon works/Abseil/climb Fixed line/  
Ladder climbing training) and Puja (Ceremony)

Day 10 Climb to camp 1 return base camp

Day 11 Rest in base camp

Day 13 Climb to camp 1 and sleep there.

Day 14 Climb to Camp 2. Return to base camp.

Day 15 Rest in base camp.

Day 16 Rest in base camp.

Day 17 Climb to camp 1 and sleep there.

Day 18 Climb to camp 2 and sleep there.

Day 19 Climb to camp 3. Return to base camp.

Day 20 Rest in base camp. Acclimatise Regain strength.

Day 21 Rest in base camp. Regain strength and training

Day 22 Rest in base camp.

Day 23 Climb to camp 1 and sleep here

Day 24 Climb to camp 2 and sleep here

Day 25 Climb to camp 3 and sleep here

Day 26 Climb to Camp 4. Sleep

Day 27 Summit attempt

Day 29 Summit attempt, descend to camp 2. Sleep here

\*Climbing note Day 29 - 35 ( 7 days of contingency climbing day's incase of bad weather and  
adjustment on climbing strategy)

Day 36 Pack and prepare to depart. Trek to SamaGoan.

Day 37 Fly to Kathmandu

Day 38 Celebration Banquet. Packing and final shopping in Kathmandu. Stay at hotel

Day 39 Departure

\*Schedule subject to change based on route conditions, weather conditions, and climber health.



**44 DAYS ITINERAY**

(Trek to BC and return via Helicopter)

Day 1 Arrival, Airport pick up by Namas members

Day 2 Briefing and equipment review at hotel in Kathmandu, last minute shopping, group dinner. Stay at hotel.

Day 3 Drive to Besi Sahar and to Dharapani

Day 4 Dharapani to Surki 2700M

Day 5 Surki to Bhimthang 3720M

Day 6 Bhimthang to Dharamshala 3820M

Day 7 Dharamshala to Samagaon 3690M

Day 8 Samagaon Acclimatisaion day

Day 9 Hike 6-7 hours to base camp, 4,800 meters (15,748ft).

Day 10 - 40 Rest in basecamp. Acclimatization rotaions, training (Crampon works/ Abseil/climb Fixed line/Ladder climbing training) and Puja (Ceremony), 7 days of contingency climbing day's incase of bad weather and adjustment on climbing strategy, camp 1-4 and summit climb.

Day 41 Pack and prepare to depart. Trek to SamaGoan.

Day 42 Fly to Kathmandu

Day 43 Celebration Banquet. Packing and final shopping in Kathmandu. Stay at hotel

Day 44 Departure or Further extend you stay in Nepal



# NAMAS ADVENTURE

## Included

- IMFGA/NMA certified Guide leader
- 1:1 Sherpa/Sardar ratio. (Additional Sherpa can be arranged, extra charges apply)
- \$1000 Individual tip pool. \* Tip pool will be fairly distributed among all Namas staff members. (*Guides, porters, drivers, hotel security and staffs*). *Guest may personally hand in extra tips to our guides and porters*)
- Namas Branded merchandise (Down Jacket, Cap, Buff)
- Head chef and 2 kitchen helpers ( Helpers increase with the numbers in climbing team members )
- Arrival hotel in Kathmandu
- All trekking and climbing permits (Khumbu Region Permit and TIMS)
- All internal-local transportation to and from the trekking trail head
- Expedition tents (2 or 1 person tents)
- 2 Oxygen Bottles
- 60 kgs personal weight
- Helicopter to Sama Gaun and back to Kathmandu after expedition (When choosing this option)
- Meals during camping days (Chicken, mushroom, vegan options etc)
- Chocolate, energy bars, hydration pills, biscuits, canned foods, nuts
- Burners and expedition equipments
- Walkie talkie/ Satellite phone /GPS tracking system
- Breakfast, Lunch and Dinner on trek and expedition days.
- Lodge accommodation during the trek
- Porters per guest
- Arrival pick up and departure
- Internal flights
- Basic First aid kit
- Welcome/Farewell leave Dinner

## Not Included

- Visas and travel insurance
- Summit Bonus Tips (\$1000 USD to your guide)
- Entertainment and food ( Kathmandu )
- Bottled drinks and beverages
- Evacuation (will be done in your account)
- Single supplement Charges
- Laundry, Phone services, Personal expenditure transactions
- Optional trips
- Tea breaks, chocolates or other snacks and any meals beside breakfast, lunch and dinner. • Delay and cancellation because of natural phenomenon
- International flights to Kathmandu

## **NAMAS ADVENTURE**

### **Guides /Sherpas. Ratio : clients. Qualification and level of English**

On this expedition we aim to have max 8 climbers, we have 1 Main guide who will be IMFGA / NMA certified. But we believe that Nepalese IMFGA certified guides are more than capable in this day and age and have an excellent level of English. We are committed to responsible tourism and want to enhance and prioritise local Nepalese leaders first, but if the clients request a western guide personally then we can have that arranged. Sherpa ratio 1:1. Our Sherpas are NMA ( Khumbu climbing center trained/certified ). Personal Sherpa for 1:1 can be arranged who will be solely responsible for the clients but extra additional charges apply. Our Sherpas have an intermediate level of English. Can understand, reply and instruct very well.

### **Tips for our Guide**

**+Summit Tips of \$1000.**

## NAMAS ADVENTURE

### Why choose Namas Adventure team. (More on about us)

- Client safety is our primary focus and is implemented in all decision we make on our expeditions.
- We assemble best Sherpa, co-ordination and guiding team on all our expeditions.
- Use of highest quality gears and equipments on all treks and expeditions. ( i.e. Tents, ropes, climbing gears, base camp essentials)
- Best experienced team to help you achieve your one of the greatest adventure.
- Creating a fun memorable experience and target successful summit on all our expeditions.

**Namaste** - " *Our soul recognises your soul* "

At Namas, core mission is to invoke sense of adventure, exploration and inspire human spirit through outdoor adventure activities.

### **Our Moto** - *Live Your Story*

Namas Adventure is a premier adventure activity service provider specialising in hand picked adventure activities with trekking, motocross and expeditions to the peaks. We aim to provide the best adventure tours around the globe. What makes us different is also our commitment to responsible, ethical and sustainable tourism. Our central aim is to help you attain your personal adventure/expeditions goals while experiencing the best of our planet, its unique cultures and environments. We aim to offer the highest quality adventure tours and expeditions at a great value while focusing on our primary goals: safety, success, and recreation. We hire only the best leaders and we don't cut corners on costs. Our adventures and expeditions strive to set the highest standards. We prioritize the wellbeing and safety of our teams, being responsible to the environments we operate in, respecting culture, contributing to local economies by employing regional partners and paying them higher than the industry standard or influencing higher pay when we feel the market has underpaid the working staffs and working in a self-sufficient and self-reliant way. We promote a sustainable/responsible approach to adventure travel by connecting people to the natural world and giving back to local communities. (More on our about us website page)

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# NAMAS ADVENTURE

## ALPINE GRADING

**1 or F:** Easy These routes involve easy glacier travel and may require some rock scrambling. Except for the glacier sections, you can often climb rope less.

**2 or PD:** a little difficult. These routes involve some technical climbing sections and glaciers of higher difficulty. There may also be some short sections of steep terrain. They are good introductory climbs for beginners.

**3 or AD:** Fairly hard. These are physically demanding routes for experienced alpine climbers. They usually have steep and exposed climbing sections or snow/ice slopes over 50°. The descents are long and more complicated, and most of the route requires to be roped.

**4 or D: Difficult:** These routes involve sustained rock climbing, ice climbing or snow travel. They are considered a significant undertaking and demand a huge commitment.

**5 or TD:** Very difficult. Highly technical climbs that involve long distances, remote locations, and hard multi-pitch climbing sections. Besides, there are often other hazards like bad weather (extreme cold, strong winds) or poor protection on the routes.

**6 or ED:** Extremely difficult. These are extreme climbs (the most difficult in the world, actually!) with continuous difficulties. They take several days to be completed.

## FITNESS GRADING

**A -** Fitness level to be able to enjoy multi day walks of 6-7 hours per day. Should be able to carry 5-8kg of weight during the activity days.

**B -** Good level of cardio-vascular fitness and strength fitness needed. Can train by running or cycling 30+ min 3/4 times a week combined with some gym session of endurance or lower body straightening. Should be able to carry 10kgs during the activity day.

**C -** High level of fitness level required both in strengthening and endurance fitness level. Should be able to carry 8 -12 kgs of load. Training or gym sessions are required to attain this level of fitness. Previous experience of multi-day hill walking is essential.

**D -** Exceptional level of all round fitness will be required to cope with the exceptionally strenuous nature of these expeditions. Experience is required to be able to take on tours of this physical grading.

**E -** Exceptional level of all round fitness coupled with ability to cope and resist in highest of the altitude. A resistance to extreme weather conditions over extended periods of time. Heavy loads over multiple days may need to be carried. Previous experience is highly crucial in order to prepare your body endure the high level of mental and physical toughness from both altitude and terrains.

## **Expedition Fitness**

When it comes to expedition the more fitter you are and more stronger the better your chances of successfully climbing to the summit and most of all enjoying the expedition. The grading system gives you an indication of the level required for each expedition both technically and physically. It is very important that you train and build your level of fitness depending on your choice of expedition and whilst on expedition if your fitness is deemed to be inadequate our leaders would ask you to remain at camp. Please discuss with our guiding leaders on how you feel and weather you can actually make that push during all climbing/expedition, as we take your and staff safety seriously and would not want any unchecked incidents or miss out on your successful summit bid.

## **Adventure Travel – Accuracy of Itinerary**

It is on our best interest to operate our expeditions as printed in the itinerary but due to unseen circumstances it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. We would ask for your patience in this case as a lot of these can be out of our hands and we will best decide to plan alternatives. Our assigned leader is responsible for the overall safety of the whole team during the expedition and will encourage the use of safe climbing practises during the expedition. They will ensure that every opportunity is taken to fulfil the objectives described in the trip's outline itinerary, but have the freedom to modify any plans subject to weather, delays or unforeseen circumstances which are deemed to be out of the control of Namas Adventure. The leader will maintain a good team spirit and attempt to keep morale high for the whole group. Wherever possible the leader will keep the Namas Adventure office informed of team progress and any emergency situations that may arise.

### Insurance

All our clients are required to have adequate insurance for their trip programs. When conducting research for insurance options, please look into the details of the policies covering the right requirements. Unexpected life events occur. Your travel plans might change due to illness while you are abroad or because of a family emergency even before you leave home. Our recommendation is that you protect your investment and welfare against these unexpected circumstances so you and your loved ones can prepare for your upcoming adventure with more peace of mind.

- **Cancellation or curtailment**
- **Helicopter rescue**
- **Repatriation**
- **The altitude that you are expected to attain**
- **Grade of trek/climb/expedition**
- **Medical cover**

### Namas Adventure X Global Rescue

#### Who Is Global Rescue?

Travel Protection, Namas Adventure partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk, and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enroll with Global Rescue. (Insurance link - [Click here](#))

#### IMG Signature Travel Insurance

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it.

[TRAVEL INSURANCE LINK](#)

## **Namas Adventure is a Global Rescue Safe Travel Partner.**

Namas Adventure is committed to excellence in every aspect of your trip experience, especially when it comes to safety.

That's why we are a Global Rescue Safe Travel Partner.

**Global Rescue** is an industry leader, providing medical and security advisory and evacuation services to travelers around the world. Global Rescue offers field rescue from the point of your injury or illness. With operations centers staffed 24/7/365 by experienced personnel, when you call Global Rescue you speak to a real person on the first call to get you the help you need.

Purchase a Global Rescue membership for your next adventure and travel with peace of mind. Single trip, annual and family options are available – just ask us to learn more. [Click here]

## **Few insurance provider which we recommend.**

### **UK based clients**

True Traveller: [www.truetraveller.com](http://www.truetraveller.com) Treks upto 4500M (Check Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK) [www.aacuk.org.uk](http://www.aacuk.org.uk) ( Expedition's mostly)

Snowcard: [www.snowcard.co.uk](http://www.snowcard.co.uk)

World Nomads: <https://www.worldnomads.co.uk/>

Dogtag: [www.dogtag.co.uk](http://www.dogtag.co.uk)

### **For non-UK based clients:**

Ripcord: <http://www.ripcordrescuetravelinsurance.com/>

Travelex Ins. Services: [www.travelexinsurance.com](http://www.travelexinsurance.com)

True Traveller: [www.truetraveller.com](http://www.truetraveller.com) (Check Extreme pack or Ultimate pack with Nepal trekking Box)

Austrian Alpine Club (UK): [www.aacuk.org.uk](http://www.aacuk.org.uk)

These are some of the insurance companies that we trust but you are free to choose the one you have been using or trust during your travel. Please forward the details of your Insurance as soon as you have it: we need the insurance company's name, their 24 hour emergency telephone number and your insurance policy number –

***[namas@namasadventure.com](mailto:namas@namasadventure.com)***



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