

# **Manaslu Peak Climbing I Manaslu expedition - Itinerary**

## **1. Day 1**

Arrival in Kathmandu airport and transfer to hotel (1350m/ 4435fit)

## **2. Day 2**

Preparation and orientation day check equipment and meeting with the team members and guide shopping overnight stay in Kathmandu.

## **3. Day 3**

Ride from Kathmandu to Soti Khola (1165/ 3822 fit) 6 hrs

## **4. Day 4**

Trek form Soti Khola to Machhakhola (1330 / 4364 fit) 5 to 6 hrs

## **5. Day 5**

Trek from Machhakhola to Jagat (1360 m/4460 fit) 4 to 5 hrs

## **6. Day 6**

Trek form Jagat to Dang (2300m/ 7546 fit) 6 to 7 hrs

## **7. Day 7**

Trek Dang to Namrung (2550m / 8370 fit) 6 t 7 hrs

## **8. Day 8**

Trek form Namrung to to Lho (3150m/ 10334 fot) 6 to 7 hrs

## **9. Day 9**

Trek from Lho to Samahaun (3780m/ 12406 fit) 4 to 5 hrs

## **10. Day 10**

Rest day at Samagaun and walking around relax day

## **11. Day 11**

Trek from Samagaun to manaslu Base Camp (4700m/ 15420 fit) 4to 5 hrs

## **12. Day 12**

Rest day in Base camp acclimatization, climbing preparation, training, and final preparation before head to camp 1.

### **13. Day 13 to 30 Days**

limbing period and finally back to Base camp after the summit

### **14. Day 31**

Trek back to SamaGaun (3780 m/ 12406 fit) 3 hrs

### **15. Day 32**

Trek form Samagaun to Namrung / 5 to 6 hrs

### **16. Day 33**

Trek form Namrung to Phillim Village ( 2300m/ 7546 fit) 5 to 6 hrs

### **17. Day 34**

Trek form Phillim to Machhakhola (1330m/ 31117fit)

### **18. Day 35**

Trek form Machhekhola to Sotikhola

### **19. Day 36**

Drive from Soti Khola to Kathmandu around in the evening join the last cultural show dinner program in Kathmandu .

### **20. Day 37**

Enjoy your extra time before your departure and finally departure to the airport.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)