



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.

INCLUSIONS

1. All airport pick and departure
2. Standard hotel in Kathmandu with breakfast basis
3. All transportation via car, jeep, deluxe bus during trips
4. Whole accommodation in city trekking and climbing all during trips
5. Daily 3 times hygienic meals (Breakfast, Lunch, and Dinner) during trekking and climbing period
6. Annapurna Conservation area entry fees

7. Especial expedition royalty and climbing permit
8. Government appointed Liaison officer during climbing period
9. Necessary fixed and dynamic ropes during climbing
10. All our staff's salary, allowances types of equipment, medical and accidental insurances
11. Sufficient Base camp and high camp climbing members and required staffs
12. All necessary camping equipment Kitchen, dining, chairs, and tents
13. First aid medical kits for the groups and guests
14. Our service charges and government taxes
15. Satellite phone for the group at Base camp but nominal charge to call

EXCLUSIONS

1. Your international air ticket and visa fee
2. Extra meals and shopping in Kathmandu
3. Personal climbing gears
4. Your medical coverage and emergency rescues so insurance is mandatory
5. Gratuities for the staff.

URL: <https://sunriseadventuretrek.com>