

PEAK CLIMBING

Mt. Manaslu Mountaineering Expeditions

‘An adventure and thrill climbing on top world’s 8th highest peaks’



Overview

ACCOMODATION

HOTELS IN
KATHMANDU AND IN
LOCAL LODGES ON
TREKS WITH TENTED
CAMP ON CLIMBING
EXPEDITION.

TOTAL DURATION

48 NIGHTS & 49 DAYS
FROM ARRIVAL TO
DEPARTURE

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT

DURATION

49 DAYS, 48 NIGHTS

GRADE

EXTREME

Mt. Manaslu Mountaineering Expeditions, an adventure and thrill of climbing on top world's eight highest peaks. The Manaslu Himalayas falls within the Mansiri Himalaya range, around Nepal Far North Mid-West close to **Lamjung and Annapurna Himalayas.**

https://videopress.com/v/qWHfOjJf?resizeToParent=true&cover=true&loop=true&position=0&content%2Fuploads%2F2022%2F09%2Fmt-manaslu-expedition_mp4_std.original.jpg&preloadContent=metadata&useAverageColor=true

A stunning mountain with ten peaks adjoins the great Manaslu Himalaya range, above 6,500 m / 21,300 feet high. Some peaks of more than 7,000 m / 23,000 feet a massif range with Ganesh and Langtang Himal towards east.

An exceptional mountaineering adventure, the name Manaslu is derived from the old Sanskrit word, as the mind/soul of god.

The local native calls Kutang of Tibetan origin language meaning a country of paradise.

Truly a scenic region with amazing landscapes, where the walk takes you from low sub-tropical heavily farmed areas. As the trail leads to cooler green hills covered in a beautiful forest and then ends at an arctic mountainous zone.

Mt. Manaslu Mountaineering Expeditions is an enjoyable adventure full of thrill and exciting climb to the top of Mt. Manaslu.

Mt. Manaslu was the first ascent by Japanese Expeditions way back in 1956, the region was closed to foreign visitors. Due to its close borders with neighboring Tibet/China, but flung its door open from 1992 onwards. But remains a restricted area of Nepal Himalayas, where special entry permits are required to visit the glorious scenic country. Enriched with ancient

heritage traditional customs and colorful cultures which makes the walk fascinating along with stupendous views.

For the last few decades, the Manaslu area is gaining much popularity for adventurous trekking and mountaineering expeditions.

Mt. Manaslu has been summited by various mountaineers but remains one of the most exciting and challenging mountains to climb.

Located in a beautiful setting of landscapes between **Lamjung**, and **Annapurna** in the west and close to massif **Ganesh Himal**.

Mt. Manaslu Mountaineering Expeditions follows the Buri Gandaki River right up to its glacial source at Base Camp. The walk starts from low farm villages and then heads towards cooler green hills, covered in tall rhododendron and pine trees.

The trail leads through several lovely hill villages adorned with age-old heritage cultures of both religions Hindu and Buddhism.

Slowly the adventure enters the upper highland of Gorkha district at **Manaslu Valley**, at Namrung and Lho-Gaon villages. Perched beneath the majestic **Mt. Manaslu** and its range of peaks, lovely settlements to explore its nice villages.

The upper Manaslu valley natives are interwoven to the strong Buddhism religion of great cultural interest. Enjoy walking around and witness the ancient way of farm life and raising livestock, the cheerful people of Manaslu.

Walk heads on a pleasant trail with slow ups and down to Sama-Gaon the last village of the adventure. Sama-Gaon is the main and large village

around **upper Manaslu valley**, a pleasant place with perfect altitude for rest days.

Enjoy great delightful rest for acclimatization, as well visiting the interesting houses and monastery at Sama Gaon.

From Sama-Gaon our real adventure begins, heading south towards our main highlight at Mt. Manaslu base camp. Route diverts from the main permanent settlement on leaving the old **Trans Himalaya Salt Trade Route** of Nepal and Tibet.

The walk leads towards absolute wilderness past a beautiful Bhirendra Tal(lake). The adventure continues on a faint path reaching remorseless fields of ice and snow at **Mt. Manaslu base camp**. An exciting place to experience within a massive wall of snow and ice fields to set up the camp.

We have 25 days for the adventurous climb to the summit of the world's 8th highest Mt. Manaslu. For a safe and successful ascent, with four more camps besides base camp, Advance, Camp I, and II. Includes the last Camp-III at approx. 6,800 m high for the final bid to the summit.

From the Advance Camp at approx. **5,980 m / 19,619feet** high reserved full 20 days for climb. As well descend back to base camp, allows ample time for preparations and ferrying of the equipment and camping gear.

At the **Advance Camp** getting busy shifting the gear from one camp to another, and then back at base camp. Rest and pull up the energy for the final climb to the summit of Mt. Manaslu. As per the weather forecast, the climb leads past **Advance Camp** and then to **Camp-I**. Our expert guide will scout and maintain the best possible routes, the last major haul from Camp III. Leads to a steep snowy slope ridge, with few technical obstacles to

tackle, and then reaches atop the summit.

The top rewards with a spectacular panorama of the whole Manaslu peaks with the main peaks of Boudha Himal and **Himal Chuli**.

The view extends as far as the Annapurna Himalaya range and of Ganesh Himal in the east direction.

After feeling on top of the world, and in high spirits descend safely back to lower camps. Then completing the adventure on reaching Base Camp for last final overnight in a tented camp.

The return journey to Sama-Gaon and then head towards the same scenic trail downhill to Macha-Khola. Leaving the Gorkha district for a long exciting overland journey brings you to Kathmandu. After an overwhelming adventure of a lifetime experience on the **Mt. Manaslu Mountaineering Expedition**.

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Expedition.

Day 01: Arrival in Kathmandu.Altitude: 1,350 m/ 4,428 feet. Overnight Tourist Standard Hotel in Kathmandu.

Day 02-03: Trek and Climb Preparation day & Sightseeing in Kathmandu DurbarSquare, Swayambhunath Stupa.Altitude: 1,350 m/ 4,428 ft. (Kathmandu) **Meals:** Breakfast only.
Overnight at Hotel in Kathmandu.

Day 04: Drive from Kathmandu to Machha Khola via Soti Khola.Altitude: 930 m/ 350 ft. Approx. 8 hour drives.
Overnight at Guesthouse / local lodge.
Meal Included:Breakfast. Lunch & Dinner.

Day 05: Trek to Jagat.Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walks.
Overnight at Guesthouse / local lodge.
Meal Included:Breakfast. Lunch & Dinner.

Day 06: Trek from Jagat to Pawa.Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walks.
Overnight at Guesthouse / Lodge-Tea House.
Meal Included:Breakfast. Lunch & Dinner.

Day 07: Trek to Namrung.Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walks.
Overnight at Guesthouse / Lodge-Tea House.
Meal Included:Breakfast. Lunch & Dinner

Day 08: Trek to Lho-Gaon.Altitude: 2,957 m / 9,698 ft. Approx.4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 09: Trek to Sama Gaon.

Altitude: 3,530 m / 11, 582 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 10: Acclimatization Day at Sama Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner

Explore around Sama-Gaon and visit Pungyen Gompa.

Day 11: Trek to Base Camp.

Altitude: 4,400 m / 14, 435 feet. Approx. 5 hours walks.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

Day 12-13: At Base Camp.

Altitude: 4,400 m / 14, 435 feet. For climbing preparation and acclimatization.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

Day 14: Trek and climb to Advance Camp. Altitude: 5,980 m / 19, 619 feet.

Approx. 05 hrs. Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

Day 15-36: 20 Days for preparation and summit bid. Altitude: 8,163 m / 26,781 feet. On route Mt. Manaslu Summit. Approx. 20 Days. Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner. As per time permitting and day activities.

Day 37-38: Back to Base Camp.

Altitude: Losing elevation on route Base Camp. Approx. 02 Days.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner. As per time permitting and day activities.

Day 39: Clean up and packing. Altitude: 4,400 m / 14, 435 feet. For climbing preparation and acclimatization.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

Day 40: Trek to Sama Gaon. Altitude: 3,530 m / 11, 582 feet. Approx. 5 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 41-45: 5 days for return trek to Machha-Khola.

Includes Accommodation in local lodge with all meals B-L-D. Approx. 05 days.

Day 46: Drive from Machha Khola to Kathmandu. Altitude: 1,350 m. / 4,428 feet at Kathmandu. Drive approx. 6-7 hours on private jeep or Bus.

Overnight in Hotel at Kathmandu.

Meal Included: Breakfast and Lunch.

Day 47-48: In Kathmandu free day for individual activities. Overnight in Hotel at Kathmandu on Bed and Breakfast only.

Day 49: Final International Flight Departure for Homeward Bound.

Meals: Breakfast only

Trip Highlights

- Following the classic Trans Himalaya salt trade route of Nepal & Tibet.
- Explore the beautiful country and traditional villages of impressive culture.
- Adventure from low warm sub-tropical to cooler hills and at arctic zone.
- Walk into lovely farm villages adorned with age-old Buddhist heritage.
- An exciting thrill and climb on top of world's 8th highest Mt. Manaslu.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard hotel in Kathmandu.

Meal Included: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the treks and climb, standard of lodge, foods and so on.

If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02 - 03 TREK AND CLIMB PREPARATION DAY & SIGHTSEEING IN KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA

Altitude: 1,350 m/ 4,428 ft. (Kathmandu) Meals: Breakfast only.

Overnight at Hotel in Kathmandu.

We have two days in Kathmandu, for full preparation to collect needful documents and permits, as well to buy necessary gear. As well to get into local culture exploring the Kathmandu city, for interested people can join in our exclusive tour. After a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located.

An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari.

Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley. The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for Mt. Manaslu Mountaineering Expeditions.

DAY 04**DRIVE FROM KATHMANDU TO MACCHA KHOLA VIA SOTI KHOLA**

Altitude: 930 m/ 350 ft. Approx. 8 hour drives.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Depart for wonderful adventure Mt. Manaslu Mountaineering Expedition, taking a private coach or comfortable tourist standard bus. As per the size of a group, a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Soti-Khola.

From here drive continues on newly built motorable dirt road to Machha Khola for an overnight halt.

Drive heads north following the Buri Gandaki upstream. Afternoon ride leads to a short climb for a few hours past smaller farm villages then end the long day drive on reaching at Machha Khola.

A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

DAY 05**TREK TO JAGAT**

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

From Machha Khola, after a pleasant overnight stop first day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 06**JAGAT TO PEWA**

Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Upper Manaslu.

Where all foreign visitors need to obtain a special permit to enter Upper Manaslu till Dharapani villages if reached. The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area.

As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng.

From here onwards into strong Buddhism culture, as walk follows higher past the village of Deng. Slowly the long day trek comes to an end on reaching a small village of Pewa, for an overnight stop.

DAY 07**TREK TO NAMRUNG**

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

From the small village of Pawa, the climb leads to a forested ridge lined with tall rhododendron, pine, and fir trees.

A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung.

After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

DAY 08**TREK TO LO-GAON**

Altitude: 2,957 m / 9,698 ft. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included: Breakfast. Lunch & Dinner.

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having goof breakfast, then setting off for the long enjoyable scenic trek to Lo-Gaon. As walk follows to a slow gradual climb, and within cool shade of forest lined with pine and rhododendron trees.

Trek heads high above the Buri Gandaki River, and then on winding up past few summer settlements of cattle herder. Then finally ending the enjoyable pleasant day walk on reaching at nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks

DAY 09

TREK TO SAMA-GAON

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Enjoy the morning picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Adventure follows on gradual uphill trail around Upper Manaslu through a number of farm villages and Yak herder camps. An interesting walk on high Manaslu valley, enclosed by high rocky cliff and snow peaks.

The view of Mt. Manaslu and Sringi Himal remains constant for some hours as walk finally comes to an end on reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

DAY 10

ACCLIMATIZATION DAY AT SAMA-GAON

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Explore around the village and visit Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy exploring Sama Gaon of great cultural interest.

DAY 11 TREK TO BASE CAMP

Altitude: 4,400 m / 14, 435 feet. Approx. 5 hours walks.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

After a pleasant day at Sama Gaon, walk today leads to our main destination and adventure towards Manaslu Base Camp. Walk follows on winding faint track heading south of maximum 5 hours trek. But due to gain of altitude and walking on dry air makes the walk slower. Slowly walk reach at lovely glacial Bhirendra Tal / lake, located on a scenic location within green tree lines ahead of majestic

Mt. Manaslu.

Having short refreshing rest, walk continues further then reaching at the base of towering Mt. Manaslu, where our Base Camp is established for more than three weeks.

DAY 12-13 AT BASE CAMP

Altitude: 4,400 m / 14, 435 feet. For climbing preparation and acclimatization.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

A necessary rest day at base camp to get organized as well for acclimatization and final preparations. Our guide and leader will offer final briefing and information regarding the climb as well of technique skill needed for the climb.

DAY 14

TREK AND CLIMB TO ADVANCE CAMP

Altitude: 5,980 m / 19, 619 feet. Approx. 05 hrs. Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

From the base camp walk and climb leads to cross a high plateau and then skirting a ridge of lateral moraine. As climb continues to the foot of towering

Mt. Manaslu, after a steep climb reaching a moraine and glaciated areas and then setting our High or Advance Camp.

From here our true adventure begins, with enough time to scout and explore the remote wilderness of Mt. Manaslu facing fabulous surrounding scenery.

DAY 15-36 **20 DAYS FOR PREPARATION AND SUMMIT BID**

Altitude: 8,163 m / 26,781 feet. On route Mt. Manaslu Summit.

Approx. 20 Days. Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner. As per time permitting and day activities.

At Advance Base Camp, final preparation for the long haul to the summit of

Mt. Manaslu. Within twenty days of full time, getting busy packing and checking the equipment and ferrying loads to higher camps.

The leader and main climbing guide will set up the plan for further camps before the summit day. Depending upon the favorable weather forecast, the expedition leader will control the daily routine of the expedition.

Camp-I will be set at the height of 5,260 meters similarly Camp II, at above

6,000 m. The last final Camp III at 6,000 m to 7,000 m, depending upon the suitable spot for the main summit day.

After ferrying and making the route accessible, return back to Base Camp or at Advance Camp for rest. The activities climbing up and down will support acclimatization also, the wait for the final signal.

Start the summit day on reaching the last Camp III, taking few days of tough climb. Backed and supported by our expert climbing guides, who have experience on various 7,000 m and 8,000 m peaks.

The climb from Advance Base Camp leads to moraine covered in glacier with short descend to Camp-I. If there's no snow a steep path leads up to an interminable scree slope which will be a good support for the climb.

DAY 37-38 BACK TO BASE CAMP

Altitude: Losing elevation on route Base Camp. Approx. 02 Days.
Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner. As per time permitting and day activities.

Climb and descend finally ends on reaching at Base Camp, where all staff and members should be at the base camp. Have a day to pull up the energy and preparation for return journey back to low warm farm areas.

DAY 39 CLEAN UP AND PACKING

Altitude: 4,400 m / 14, 435 feet. For climbing preparation and acclimatization.

Overnight in Tented Camp.

Meal Included: Breakfast. Lunch & Dinner.

On carrying all the remaining equipment from all camps, then packing the gear for porters and pack animals to carry. Leaving nothing at the camp carrying all the garbage, and leaving nothing but for your foot prints.

DAY 40 TREK BACK TO SAMA-GAON

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

A leisure and pleasant walk brings you back at civilization at Sama Gaon, enjoy the party after checking your rooms in a nice local lodge.

DAY 41-45 5 DAYS FOR RETURN TREK TO MACHHA-KHOLA

Includes Accommodation in local lodge with all meals B-L-D.

Approx. 05 days.

The return journey to Macha-Khola can take five days or less, walk on the same earlier route back to lovely Lho-Gaon and then to Namrung, Deng towards Jagat village.

Enjoy the last day walk of the adventure heading downhill to Machha-Khola for last overnight stop around Manaslu and Gorkha district.

DAY 46 DRIVE FROM MACHHA-KHOLA TO KATHMANDU

Altitude: 1,350 m. / 4,428 feet at Kathmandu. Drive approx. 6-7 hours on private jeep or Bus. Overnight in Hotel at Kathmandu. Meal Included: Breakfast and Lunch.

Start the morning early for a long interesting overland journey heading towards Arughat town, and then drive leads uphill around Dhading district. On leaving the Gorkha region, as drive leads on the main good busy highway.

After a good exciting drive reaching at Kathmandu and back to your hotel in the late afternoon or evening time for dinner.

DAY 47-48 IN KATHMANDU FREE DAY FOR INDIVIDUAL ACTIVITIES

Overnight in Hotel at Kathmandu on Bed and Breakfast only.

A free day in Kathmandu after a tough long climb and walk around Manaslu with classic adventure climb on top of Mt. Manaslu. Enjoy the day relaxing with individual activities or join in for another exciting tour.

On these two days the leader and guide will submit the report of expedition to the Ministry of Tourism, as well to Nepal Mountaineering Association NMA.

DAY 49 FINAL INTERNATIONAL DEPARTURE FROM HOMEWARD BOUND.

Meals: Breakfast

Last day in Kathmandu and Nepal, after a great memorable adventure on

Mt. Manaslu Mountaineering Expedition. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff.

As you head for the smooth flight homeward bound.

Best Time

Best Seasons:

The best seasons for Mt. Manaslu Mountaineering Expedition, is in spring and autumn, spring begins from March to May. Autumn starts from September to November, the spring season with longer days due to much sunlight hours.

Days are mostly bright with sunshine for clear views and pleasant walking can get cloudy in the late afternoon. Chances of light rains and snowfall around higher elevations sometimes, the temperature drops in the early morning and night times.

During springtime, the hills are bright with wild flowers in bloom especially the rhododendron, the national flower of Nepal.

The next best season is autumn from September to November, days are much clear for views and walks. But days are much short due to sunlight

hours, pleasant and peak times for trekking around the Himalayas.

Much colder morning and late afternoon till night time, chances of snowfall on higher elevation sometimes.

Culture, Religion & History:

The lower warm areas of the Gorkha district where Manaslu high valley is located, are of mixed tribes of hill people. Gurung, Magar, Hindu Bharamins, Chettries, and Newars with some Bhot migrated from high Manaslu and Tsum areas.

The culture and religions are mixed with Hinduism and Buddhism around low land to mid-hills till Jagat and Philim villages.

But from Jagat village onwards the natives of higher Manaslu valley interwoven to strong Buddhism religion. Follows the ancient heritage and culture similar to its Tibetan predecessor, as the border to Tibet is at a mere distance.

The people of higher Manaslu are known as the Bhotia people, which means descendent from Tibet. Most villages around higher Manaslu from Namrung onwards have a monastery, with many rows of prayer walls and spinning wheels.

The Manaslu region, where the ancient Trans Himalaya Salt Trade Route passed to and from Nepal / Tibet. Yaks and pack animals laden with goods from the good side of the country.

The word Manaslu comes from Sanskrit means the soul or mind of the god or holy spirits. Natives of the high areas calls Kutang which means the blessed land or paradise.

Mt. Manaslu stands as the world's 8th highest peak at 8,163 m and 26, 781 feet, the first ascent by Japanese Expeditions. Which was conquered on May 9th, 1956 with the support of Nepalese guide Gyalzen Norbu Sherpa.

Since then it remained closed for outside visitors and flung its door open from 1991 onwards. Trekkers can enter and enjoy the walk around Manaslu, on obtaining a special permit, as Manaslu is a restricted region.

Due to its close border with Tibet / China, as well as to control the main flow of trekkers. As well to retain and preserve the country's pristine environment, the area is under the protection of the Manaslu Conservation Area Project.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after

deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance company before flying to Nepal.

Photos





Bookings

For all trekking enquiries and bookings

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