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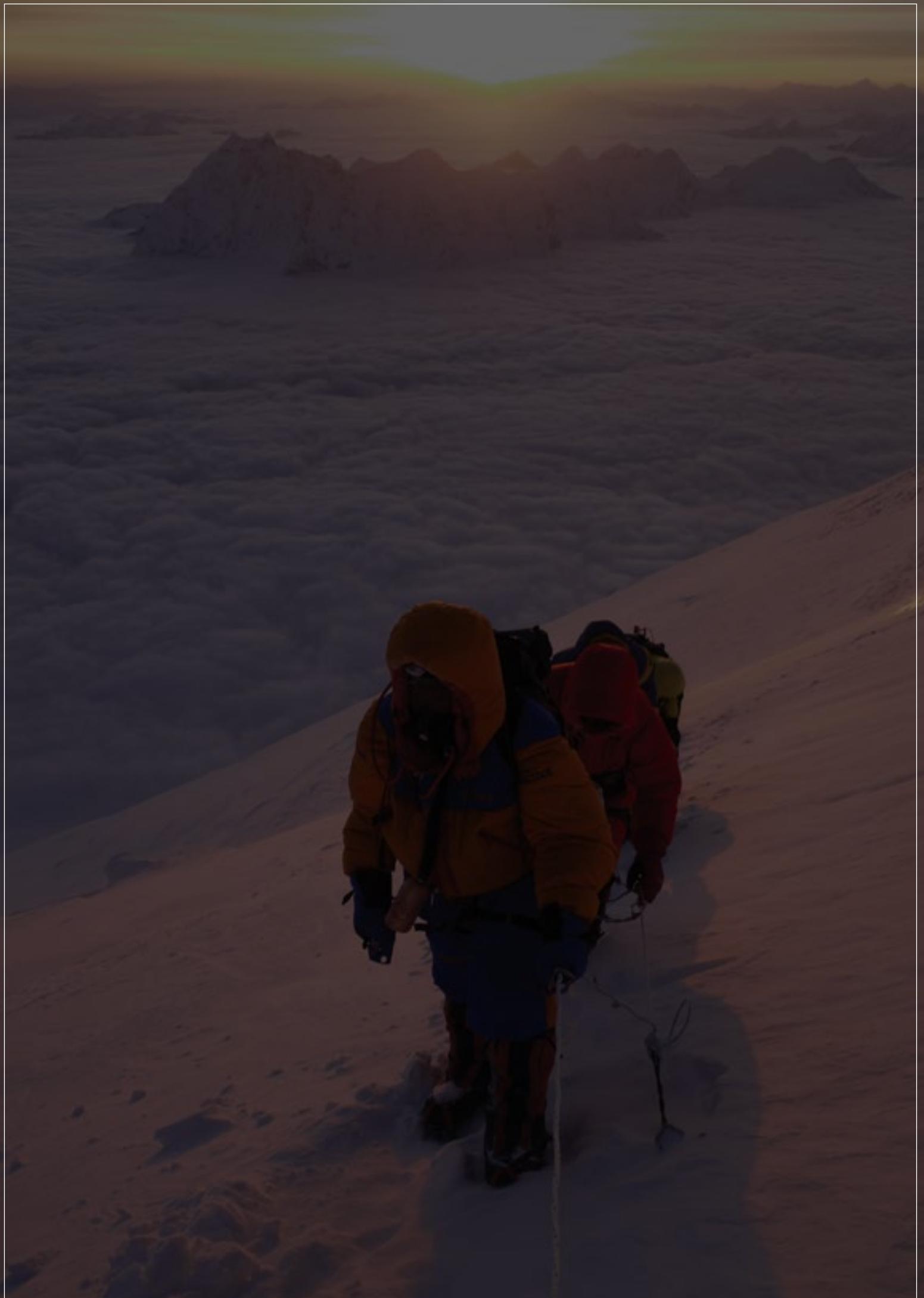
# MANASLU

8,163M / 26,781FT

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**EXPEDITION TRIP NOTES**





# MANASLU EXPEDITION TRIP NOTES

## EXPEDITION DETAILS 2026

**Dates:** 5 September to 12 October, 2026

**Duration:** 38 days

**Departure:** ex Kathmandu, Nepal

**Price:** US\$31,500

▲ A monastery sits in the shadows of Manaslu. Photo: Guy Cotter

Adventure Consultants is operating private expeditions to climb the eighth highest mountain in the world, Mount Manaslu (8,163m/26,781ft) during the post-monsoon season. We run the expeditions to this amazing peak in the friendly, yet efficient and successful manner for which AC expeditions are recognised. The logistics and leadership on the mountain will be provided by senior Adventure Consultants guides and supported by our staff of top Sherpa climbers.

Manaslu is situated in Western Nepal. To access the mountain, we fly by helicopter to a village near its base, where we stay to acclimatise a few days before moving up to Base Camp and the start of the climb. We utilise four camps on the mountain following the classic North East Face route. This expedition is ideal for mountaineers who want to tackle one of the most classic routes on an 8,000m peak.

## EXPEDITION OUTLINE

Manaslu is considered an 'achievable' 8,000m peak. The climbing route follows an obvious line that is direct without being too steep. Consequently, the climbing is straightforward with little in the way of prolonged technical difficulty. However, there are some exciting sections weaving through ice cliffs below Camp 4 and a delightfully exposed ridge on the final arête to the

summit. We will place four camps on the mountain above Base Camp and employ a proven acclimatisation programme in our build-up to the summit bid.

We utilise Sherpa support to establish the route and our camps on the mountain. Each member will carry only personal gear to each camp. On each acclimatisation foray, members will take small amounts of gear to the next camp on the mountain. Many climbers also decide to utilise Sherpa Support or Personal Sherpa options to carry loads, details of which are available on request.

We will be sufficiently provisioned to provide the usual level of support Adventure Consultants is known for in staffing, equipment, fresh food, as well as communications, forecasts for the weather and resources to facilitate a safe and successful expedition.



▲ Climbing just below Camp 3. Photo: Dean Staples



▲ Looking down the summit ridge. Photo: Dean Staples



▲ Steep headwalls en route to the summit ridge. Photo: Guy Cotter

## THE ADVENTURE CONSULTANTS MANASLU TEAM

### THE EXPEDITION TEAM

The number of guides is determined by the team size and the expedition leader will be scheduled approximately six months out from the trip start.

All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility. You will find our guides strong and companionable expedition members with the capacity and willingness to see you achieve your goals.

### SHERPAS

We have a legendary group of Climbing Sherpas, many of whom have been with us since 1992 and who operate in a harmonious atmosphere of co-operation and commitment to the expedition and its members. They are very experienced mountaineers who have dozens of ascents of the highest peaks in the Himalaya between them. They are enthusiastic, motivated and regarded as amongst the strongest and most cohesive group of Sherpas operating in the Himalaya. They

are a humble yet friendly group of people and their contribution to the expedition is most impressive.

Our cooking staff are very well known for the sheer quality of the cuisine they produce. The array of food and the variety they present is phenomenal, especially when considering they are doing all this from a kitchen that is moved on each day of the trek!

We have been developing and training the personnel within our Sherpa team for many years and they are an integral part of the Adventure Consultants team.

## HOW THE EXPEDITION OPERATES

The expedition commences from Kathmandu, the capital of Nepal. Here you will meet your guide and other team members for an expedition briefing where you will be informed of the expedition plans from this point. Your guide will conduct a gear check and you can finalise the packing of your climbing duffel that will go ahead for transport to Base Camp.

We fly from Kathmandu by helicopter to Samagaon, a small village below Manaslu, which is at an altitude of 3,500m/11,500ft. Samagaon is inhabited by people of Tibetan origin who live much as they did in centuries



On the summit of Manaslu! Photo: Guy Cotter

gone by, subsisting on yak farming and agriculture. A large monastery (or gumpa) is situated overlooking the village. It is an active monastery whose lamas are ordained through succession, meaning that when a lama dies, the oldest son becomes the next lama in the chain. We base ourselves at a lodge in the village, utilising the trails on the hillsides and trekking routes around the mountain to develop our acclimatisation over four nights. Having taken the time to adjust to the new elevation, we then move up to Base Camp at 4,800m/15,750ft.

Over the following three weeks, we will establish four camps on the mountain. The route up to Camp 1 involves climbing over grassy slopes, rock slabs and moraine, followed by a crevassed glacier with occasional small ice steps to Camp 1 at 5,500m/18,000ft. During seasons with more snowfall, there may be snow around Base Camp and below. Views of the surrounding peaks will add a reference to the uphill climb and the team will enjoy seeing more of the upper part of the mountain, as high as Camp 4, from the trail to Camp 1.

The route to Camp 2 at 6,250m/20,500ft is considered the technical crux of the climb, with fixed ropes for security on the steeper parts. The terrain features long

40-degree snow slopes with a few vertical ice steps where brief sections of front-point cramponing are required with the aid of fixed ropes.

Above Camp 2, the slopes ease off with fixed ropes on intermittent steep sections but in general, the route to Camp 3 (6,800m/22,300ft) is relatively straightforward. Acclimatised climbers can complete this leg in approximately 3–4 hours.

From Camp 3, there is strenuous climbing to Camp 4 at 7,450m/24,450ft. A well-deserved rest and rehydration will greatly increase your enthusiasm for a summit bid early the following morning.

Summit day will start well before dawn and the climb should take about 6–7 hrs. The climbing is not technical in the early part as we ascend through several basins with short headwalls connecting them. The climb passes the false summit and finishes on an exposed ridge through to the true summit for an unforgettable vista. Our strong guide and Sherpa team will fix ropes, break trail and make every effort to assist the group on what will be a memorable day with the objective to reach the summit of the 8th highest mountain in the world!



▲ Puja ceremony at Manaslu Base Camp. Photo: JB Chandesris

We descend to Base Camp the day after summiting for a well-earned celebration. A day is spent packing up Base Camp then we drop down to Samagaon to begin the trek out over the next four days.

Members should ensure they have a flexible return airfare in case we finish early or need to extend the trip a few days to allow for weather.

## SAFETY

Like most mountains, Manaslu has its hazards. These include crevasses, icefall danger, falls where there is no fixed rope and avalanches. There are dangers associated with altitude that we will manage by a sensible acclimatisation program with the support of medications and specialised equipment for treatment of altitude related issues.

Avalanche hazard on Manaslu is addressed by the avoidance of prone slopes and campsites after heavy snowfalls. Adventure Consultants take a conservative approach to these hazards and wait for the snow to settle or the completion of avalanche cycles. This generally leads to better climbing conditions anyway and patience in these situations usually provides rewards and increases safety margins significantly.

We will fix ropes on the mountain to safeguard members on steep terrain and where fixed ropes will ensure positive route finding on descent. Other teams arrive thinking they do not need fixed ropes and end up using the ropes we have placed, often providing the lifeline that they only recognise they need in hindsight. Under-resourced expeditions are common on the 8,000m peaks; people buy into them as a way to reduce cost. Yet this is a false economy when they find they cannot summit due to lack of support or even worse, do not have back-up or safety systems when it is most crucial.

## PREREQUISITE EXPERIENCE

There is no definitive measure for assessing the required skill-level to climb Manaslu so we prefer to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least three seasons and made ascents of peaks up to 5,500–6,000m (18–20,000ft). It is quite common for members to have previously climbed Denali in Alaska, Aconcagua in South America or various Mexican volcanoes as training for Manaslu.

They will be familiar with fixed rope and crevasse travel techniques and have a good overall standard of fitness. Age itself is no barrier. To date, we have succeeded on Himalayan trips with members aged from 22 to 65 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision-making required during the climb, but members will contribute to the day-to-day expedition requirements, such as melting snow, cooking in tents on the mountain, helping with pitching tents etc.

## TEAM SIZE

Team size may vary depending on your groups needs. Our maximum guide to climber ratio is 1:5. The Base Camp will be staffed by a Sherpa Sirdar/Cook. A team of Climbing Sherpas will carry loads and support the summit climb.

## TRIP DATES & ITINERARY

**Dates:** 5 September to 12 October 2026

Day 1	Arrive into Kathmandu
Day 2	Equipment checks and preparations in Kathmandu
Day 3	Fly to Samagaon (3,500m/11,500ft)
Day 4–7	Acclimatisation hikes



▲ Spectacular views across the Himalaya. Photo: Guy Cotter

Day 8	Trek from Samagaon to Manaslu Base Camp (4,800m/15,750ft)
Day 9–11	Base Camp preparation and acclimatisation
Day 12–21	Establish high camps and acclimatise
Day 22–32	Summit climb (8,163m/26,781ft) and descend to Base Camp
Day 33	Descend to Samagaon
Day 34–36	Trek from Samagaon to Soti Khola
Day 37	Drive to Kathmandu
Day 38	Depart Kathmandu

generally not able to offer you a legitimate level of safety or success. These expeditions have the highest ratio of accident and frostbite injury on trips which may seem cheap at the time of booking but whose long-term effects may make the price difference irrelevant.

The Adventure Consultants approach to making expeditions work for you is reflected in the quality and safety of the expeditions we run, along with our consistently high success rate.

## THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition Leaders and Sherpa staff who are recognised as some of the most pre-eminent mountaineers in the industry.

Many operators make statements about their services that are intentionally designed to mislead or avoid addressing important issues. The reality on the mountain is that unless you have a strong and experienced leader with sufficient Sherpa staff in support, the chances of summiting are dramatically reduced. Expeditions that are operated by local staff, with no qualified and experienced Western guides, are

## FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. Our Base Camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!



▲ Climbers descending to Base Camp. Photo: JB Chandesris



◆ Taking a break en route to Camp 4. Photo: Dean Staples



◆ Acclimatisation treks from Samagaon. Photo: Guy Cotter



◆ Fixed rope training above Base Camp. Photo: JB Chandesris

## MEDICAL EXAMINATION

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted by our Medical Advisor and the guides only and is treated with full confidentiality. Advice on immunisations will be provided at this time.

## VISAS

Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country but is best obtained at Kathmandu Airport upon arrival in Nepal. Visa application forms are handed out on flights into Kathmandu or can be applied for online. You will need to get a 90-day multiple entry visa for this expedition. Once in Kathmandu, our expedition agent will provide the trekking and climbing permits to match. To get your visa at the Kathmandu airport on arrival, you will need to have 1 passport photo and the correct cash handy.

## FLIGHT INFORMATION

Regular flights operate into Kathmandu via Bangkok, Hong Kong, Singapore, Doha, Kuala Lumpur and Delhi. Please note that itinerary changes can occur, therefore it is important to allow some flexibility with airline travel arrangements at the end of the expedition. Please ensure that the ticket you purchase can have changes made to it in case of early completion or delays. We recommend you purchase your tickets once the expedition is confirmed 90 days prior to trip start date.

## DOCUMENTATION & PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for various climbing and trekking permits and a copy of their passport biodata page.



▲ Stunning views from the mountain. Photo: Guy Cotter

## EQUIPMENT & PRE-TRIP SUPPORT

We provide comprehensive pre-trip support once you book onto our expedition. You will be assigned an Expedition Liaison to assist with your pre-trip planning and we provide access to our travel app where you will find an array of extensive travel advice, from visa details to insurance and training tips.

A detailed equipment list will also be provided along with notes and recommendations on the best gear to purchase. Our equipment specialists are on-hand to assist with your equipment related questions.

## SHERPA SUPPORT

Many climbers opt for additional Sherpa support to make the ascent more enjoyable and summit success more likely. With this option, our Sherpa team will carry your personal gear on camp-carry days (days when we are moving up or down the mountain to another camp) and on summit day. On standard acclimatisation days, when we are hiking to a new elevation and back down, you carry your own gear for the day. A personal Sherpa can also be arranged, who would climb with you the entire time if that is your preference. Please contact us to discuss these options.

## THE EXPEDITION FEE

The cost of the expedition ex Kathmandu, Nepal is US\$31,500.

This is an inclusive cost and covers the following:

- Nepal government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Kathmandu airport transfers
- Helicopter Kathmandu to Samagaon
- Land transport within Nepal
- All team equipment, including personal tent at Base Camp
- All expedition staff, including Western guides at 1:5 ratio and Sherpa support
- Breakfast, lunch, dinner ex Kathmandu
- Oxygen—five bottles
- Medical kit
- Base Camp email and satellite phone facilities
- Regular written and photo internet dispatches for families and friends to follow your progress
- dZi Foundation support for their “Revitalize a Village” programme—likely to include support for a Nepalese child’s education for a year



▲ Climbers making their way to Camp 1. Photo: Guy Cotter

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Entry visa for Nepal
- Costs of early exit from the expedition
- Personal clothing and equipment
- Personal travel insurance/trip cancellation insurance/rescue insurance
- Additional meals, snacks, drinks, laundry, internet, single supplement rooms and other expenses outside the inclusions as listed above
- Excess baggage charges
- Additional services such as Additional Sherpa Support, Max Ox, Private Guide etc.
- Airport taxes, satellite phone calls and email costs
- Additional costs that are out of the control of Adventure Consultants
- Gratuities to guides and local staff

**NOTE:** Actual inclusions for private trips may vary depending on individual trip customisations.

## PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0000

**Account Type:** US Dollars

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, Amex) plus a 3% credit card fee.

### DEPOSIT

A non-refundable deposit of US\$5,000 is payable to secure a place on the expedition.

### BALANCE

The balance is payable 90 days prior to the expedition start date.

### CANCELLATION & REFUND POLICY

An expedition member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.



Trekking under Manaslu enroute to Base Camp. Photo: Guy Cotter

## HOW TO JOIN THIS EXPEDITION

If you would like to join our Manaslu Expedition, please complete our online application form at <https://adventureconsultants.com/expeditions/8000m-peaks/manaslu#DepartureBookingBlock> and submit with your trip deposit.

## CONTACT US

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▲ Climbers silhouetted against Manaslu. Photo: Guy Cotter



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

