

Detailed Itinerary

> DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner.

> DAY 2 EXPLORE KATHMANDU, NEPAL

This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to five World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

> DAY 3 FLY TO SAMAGAON (3525m)

We will catch an early morning flight to Samagaon in the Gorkha district, central Nepal. Samagaon is a small Bhotia village situated at the base of Manaslu. Bhotia people are descendents of Tibet and their buddhist culture is evident throughout the village.

> DAY 4- 6 IN SAMAGAON

Although we saved time by the helicopter flight in, we still need to allow some time for our bodies to be fully acclimatised for the major climb. Over the next 3 days, we will undertake day trips around the valley exposing our bodies to higher altitudes.

> DAY 7 TREK FROM SAMAGAON (3525m) to MANASLU BASE CAMP (4460m)~3.5 hrs

The hike to Manaslu BC is a steep ascent of approximately 1000m. The trail moves up the ridge and alongside the glacier moraine. We will pass a serene and beautiful glacier lake at the foot of the glacier.

> DAY 8 - 10 ACCLIMATISATION IN BASE CAMP & PUJA

It's important that we now spend a few days adapting to the high altitude to ensure that our bodies are properly prepared for our climb into 8000m+ heights. During these days, we'll busy ourselves checking our climbing gear, skills training and mentally preparing for the climb. From BC, the route can be clearly observed with the summit itself hidden by the East Pinnacle.

Following the Buddhist tradition of our Sherpa guides and of the locals, the local Samagaon lamas will conduct a Puja ceremony to request a safe and successful climb from the mountain spirits.

> DAY 11- 20 (approximate) ROTATION CLIMB FROM BC TO CAMP 1-3

Once our bodies are well acclimatised, we begin our first forays on the mountain with a series of climbs: half way to Camp 1, to Camp 1 overnight then Camp 2 for 2 nights then touch Camp 3.

Between rotations we will return to base camp to allow our bodies to recover and regain strength with increased oxygen. The route between BC and Camp 1 (5500m) in the lower section is a rock scramble, be wary of loose rock. Depending on conditions, part or most of the route may be fixed for safety. The most technical section of Manaslu is between Camp 1 and 2 (6400m) that goes up a couloir and through an icefall filled with crevasses and seracs. You must move quickly through this section and be roped up.

Climbing up to Camp 3 (6800m) continues up the slope to seracs located just beneath the North col.

> DAY 21- 22 REST AT BASE CAMP

It is important to rest at a lower altitude before our final push to Camp 3 and the summit. This allows your muscles to recover with higher oxygen levels and improved nutrition from the base camp kitchen.

Also relax your mind, climbing a mountain is both a physical and mental challenge. Take this time to reset your mind to prepare you for the mental challenges ahead above 8000m.

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> DAY23- 38

CLIMB TO CAMP 4 AND SUMMIT MANASLU!

Finally, when the conditions are right we will progress back up the mountain, sleeping at Camp 1 and 2 or directly to Camp 2 depending on everyone's fitness and acclimatisation. The route from Camp 3 to 4 (7450m) climbs a steep slope beneath seracs until it reaches the North col that connects to the summit on the left. From here we move continuously up the slope towards the summit. It's a slow trudge and the slope progressively gets steeper and winds around seracs to just below the summit plateau.

We'll rest in Camp 4 for the night and prepare for our summit push the next day. The day begins early up the long crevassed plateau to steep snow banks, and eventually to the final summit pinnacle which is steep and exposed. From the summit we will drop directly to Camp 2 for the night, then to straight to BC.

Congratulations! you have climbed the 8th highest mountain!

> DAY 39 - 40

REST DAY, PACK AND TREK TO SAMAGAON

A deserved rest at BC to recover from the summit climb before we begin packing up our home away from home. We trek back down the glacier moraine to Samagaon and celebratory beers!

> DAY41

HELICOPTER FLIGHT TO KATHMANDU

As we did at the start of our journey, today we are catching a helicopter back down to the hustle and bustle of Kathmandu, where we will catch up for a final group dinner and a few drinks before preparing to head home.

> DAY42

DEPART KATHMANDU

Time to depart crazy Kathmandu returning to friends and family back home.

Note:

The following is a guide only and can change throughout the expedition.

Your daily schedule will be carefully and strategically planned by your Expedition Manager and Expedition Leader, and will be subject to the conditions on the mountain.

Our itinerary incorporates a number of contingency days, to allow for weather and your personal health.

We aim to conduct the rotations up on the mountain as a group. As you will have your own expert Sherpa guide, and in the event you are not feeling well, you will have the flexibility to move up the mountain at a time that works for you, subject to the conditions, without feeling pressured.

