

Manaslu

Expedition Information Pack

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Join us on our first expedition to an **8,000m peak**, the next step for climbers ready to move beyond **6,000m and 7,000m expeditions**.

As Ireland's most trusted expedition company, and with over **20 years of experience leading high-altitude expeditions**, we are excited to bring that experience to Manaslu (8,163m) - our first **8,000m expedition**.

In recent years, our founder **James McManus** has dedicated his climbing career to summiting **8,000m peaks without supplementary oxygen**. Combined with his background in **Sport Science and expertise in training and performance**, the time is right for Earth's Edge to bring this level of expedition to our community.

Best practice for climbing at extreme altitude has evolved significantly over the past two decades. Our approach reflects these changes. Rather than relying on a heroic effort on summit day, we focus on **preparing properly in advance** and climbing in a way that **conserves energy and supports recovery throughout the expedition**.

This expedition follows a **gradual acclimatisation strategy** designed to minimise stress before the summit push. We approach Base Camp on foot over several days, gradually gaining altitude as we travel through the mountains and cross the **Larkya La Pass**. After the climb, we descend to Sama Gaun before returning to Kathmandu by helicopter. At Base Camp, each climber has their own **private box tent for rest and recovery**, along with a **dedicated dining dome for the Earth's Edge team**.

From the first briefing to summit day, **we are with you every step of the way**.

Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- **Success on an 8,000m peak is determined long before you arrive in the Himalaya.** Every climber receives **personalised training advice from James McManus**, drawing on his experience climbing **8,000m peaks** and his background in sport science. Our goal is simple. To help you arrive in Nepal **physically prepared and ready for the demands of high altitude.**
- Before departure, climbers are invited to take part in both a **training day and a training weekend in Ireland.** These sessions cover training, equipment, pacing, and expedition strategy, while also building the team that will climb together in the Himalaya.
- An experienced **expedition doctor will be based at Manaslu Base Camp throughout the expedition,** providing medical oversight and monitoring acclimatisation as climbers prepare for the summit push.
- From the moment you sign up, **you become part of the Earth's Edge team.** Each climber receives an **Earth's Edge team jacket ahead of departure,** a practical piece of kit designed for the mountain and a reminder that your journey begins long before you arrive in Nepal.
- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#) to ensure that you get the best gear for your expedition.
- Our commitment to care defines how we travel. We operate with **smaller group sizes,** build stronger teams, and work closely with the communities who make our expeditions possible. As a **proud Irish B Corp,** we are dedicated to protecting the planet and supporting local staff through fair pay and responsible practices.

We have a number of environmental programmes and community projects, including;

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro.
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program.](#)
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro.
- We are striving to increase the number of [female staff](#) across our expeditions.

To read more about our sustainability practices, please visit our [responsible travel page.](#)

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Description & Detailed Itinerary

Standing at **8,163m**, Manaslu is the **eighth highest mountain in the world** and one of the most sought-after objectives in high-altitude mountaineering. Located in the **remote Mansiri Himal range of Nepal,** close to the Tibetan border, it offers a classic Himalayan expedition with vast glaciers, high camps, and an unforgettable summit.

Our expedition follows the **normal route on the North East face** of the mountain. From Base Camp at approximately **4,700m**, the route climbs steadily through glaciated terrain to a series of high camps established along the **Manaslu Glacier**. These camps allow climbers to gradually acclimatise as the expedition moves up and down the mountain in preparation for the summit push.

Camp I is typically established at around **5,500m**, with Camp II positioned higher at approximately **6,400m**. Camp III sits at roughly **6,800m** on the upper slopes of the mountain and serves as our **highest camp**.

From Camp III, climbers begin their **summit push in the early hours of the morning**. The route climbs steadily towards the summit ridge before reaching the **highest point of Manaslu at 8,163m**. From the summit, the mountain offers **extraordinary views across the Himalaya**, including neighbouring peaks of the Annapurna range and the Tibetan plateau beyond.

Manaslu is often considered a logical first step into the world of **8,000m mountaineering**, and many climbers choose it as their **first 8,000m peak** after gaining experience on mountains above 6000m.

While technically less demanding than some Himalayan giants, it remains a **serious high-altitude challenge** that requires patience, careful acclimatisation, and strong teamwork throughout the expedition.

Please Note: The following itinerary is intended as a **guideline** and may be adjusted depending on **weather** conditions, **snow** conditions, and the **wellbeing** of the team.

Day 1: Arrive in Kathmandu.

Arrive in Kathmandu (KTM) and transfer to the hotel. In the evening we will go for a welcome dinner together. Overnight hotel. Altitude 1,400m.

Day 2: Preparation Day in Kathmandu.

Today is dedicated to expedition preparations. After breakfast we gather for a briefing covering the next couple of days. We will also review personal equipment and visit local rental shops if any final items are required. The remainder of the day is free to relax, explore the city or prepare your gear for the expedition ahead. Overnight hotel. Altitude 1,400m.

Day 3: Drive Kathmandu to Dharapani.

Today we leave Kathmandu and begin our journey towards the Manaslu region. We drive to Dharapani at 1,860m, where we spend the night before beginning our trek into the mountains. Overnight hotel. Altitude 1,860m.

Day 4: Trek Dharapani to Gowa, 5 to 6 hrs.

Today we begin our walk-in towards Manaslu, trekking from Dharapani to Gowa. As we gradually gain altitude, the approach gives the body time to begin adapting before we reach the higher sections of the route. Overnight lodge. Altitude 2,510m.

Day 5: Trek Gowa to Bhimthang, 5 to 6 hrs.

We continue our journey through the mountains, climbing steadily towards Bhimthang. Reaching 3,590m marks an important stage in our acclimatisation before we move higher towards the Larkya La Pass. Overnight lodge. Altitude 3,590m.

Day 6: Acclimatisation in Bhimthang.

Today is dedicated to rest and acclimatisation in Bhimthang. Spending an additional night at this altitude allows the body time to adapt before we move higher and cross the Larkya La Pass. Overnight lodge. Altitude 3,590m.

Day 7: Trek to Dharamsala via Larkya La Pass, 8 to 10 hrs.

Today is an important day on our approach to Manaslu as we cross the Larkya La Pass at 5,106m before descending to Dharamsala. Reaching the pass provides valuable exposure to altitude and forms an important part of our acclimatisation before the climbing phase begins. Overnight lodge. Altitude 4,460m.

Day 8: Trek Dharamsala to Sama Gaun, 5 to 6 hrs.

Today we descend from Dharamsala to the mountain village of Sama Gaun. After several days trekking at altitude, the lower sleeping elevation gives the team an opportunity to rest and recover before continuing to Base Camp. Overnight lodge. Altitude 3,520m.

Day 9: Trek Sama Gaun to Manaslu Base Camp, 4 to 5 hrs.

Today we trek from Sama Gaun to Manaslu Base Camp. The trail climbs steadily as we make our way toward the glacier and the foot of the mountain. After several hours of gradual ascent we reach Base Camp which will be our home for the coming weeks. Here we establish our camp and settle into life beneath the mountain as preparations begin for our climbing rotations. Overnight camp. Altitude 4,700m.

Day 10 - 11: Rest Days in Base Camp.

Today we begin adjusting to life at Base Camp. Time is spent organising equipment, reviewing climbing systems and continuing the acclimatisation process. We discuss the route above Base Camp and prepare for our first rotation on the mountain. Rest and recovery are an important part of high altitude climbing and these early days help prepare the team for the challenge ahead. Overnight camp. Altitude 4,700m.

Day 12: Rotation to Camp I & return to Base Camp, approx. 6 hrs climbing.

Today we begin our first acclimatisation rotation on the mountain. From Base Camp we climb toward Camp I, gaining valuable exposure to higher altitude before returning back down to Base Camp. This climb helps stimulate acclimatisation while allowing us to recover at a lower sleeping altitude. Overnight camp. Altitude 4,700m.

Day 13 - 14: Rest Days in Base Camp.

Following our first rotation, we spend two days resting and recovering at Base Camp. During this period we monitor weather conditions and continue preparing equipment for the next rotation on the mountain. Proper recovery between rotations is an important part of the acclimatisation process and helps prepare the team for the next stage of climbing. Overnight camp. Altitude 4,700m.

Day 15: Climb Base Camp to Camp I, 4 to 5 hrs.

Today we begin our second rotation on the mountain. From Base Camp we climb back to Camp I where we will spend the night. Sleeping at this altitude helps the body continue adapting to the thinner air and prepares us for climbing higher during the coming days. Overnight camp. Altitude 5,500m.

Day 16: Acclimatisation climb above Camp I and return to Base Camp, 8 to 9 hrs.

An early start allows us to climb higher above Camp I before descending back to Base Camp. This strategy helps stimulate acclimatisation by exposing the body to higher altitude while still allowing recovery at a lower sleeping elevation. After reaching our high point for the day we descend carefully back down to Base Camp for rest and recovery. Overnight camp. Altitude 4,700m.

Day 17 - 19: Rest Days in Base Camp.

Following the second rotation we spend 3 days resting and recovering at Base Camp. These recovery and acclimatisation days allow the body time to adapt after climbing higher on the mountain and greatly improve the chances of a safe and successful climb - an important part of our acclimatisation strategy. During this time we check equipment, review climbing plans and wait for a suitable weather window for the summit attempt. Overnight camp. Altitude 4,700m.

Day 20: Climb Base Camp to Camp I, 4 to 5 hrs.

The summit rotation begins today as we climb from Base Camp back to Camp I. Having already completed earlier rotations, the team should now be well acclimatised as we begin moving higher on the mountain once again. Overnight camp. Altitude 5,500m.

Day 21: Climb Camp I to Camp II, 4 to 6 hrs.

Today we continue climbing higher onto the mountain as we make our way to Camp II. Moving gradually between camps allows the team to conserve energy and maintain steady progress during the summit push. Overnight camp. Altitude 6,400m.

Day 22: Climb Camp II to Camp III, approx. 4 to 6 hrs.

From Camp II we continue our ascent to Camp III which serves as our highest camp before the summit attempt. Once at camp we rest, hydrate and prepare equipment for the early start on summit day. Overnight camp. Altitude 6,800m.

Day 23: Summit Day. Manaslu 8,163m. 12 to 16 hrs.

Summit day begins in the early hours of the morning. From Camp III we begin our climb toward the summit of Manaslu. After reaching the highest point of the mountain we begin the descent, returning all the way back to Base Camp later the same day. This is a long and demanding day requiring endurance, focus and resilience. Overnight camp. Altitude 4,700m.

Day 24 - 26: Spare Summit Days.

A number of spare summit days are built into the itinerary as contingency, to allow flexibility in case of poor weather or unsuitable climbing conditions. Having extra days available maximises the chances of a safe and successful summit attempt.

Day 27: Trek Base Camp to Sama Gaun, 3 to 4 hrs.

Today we leave Base Camp and descend back to the village of Sama Gaun. After several weeks on the mountain the return to the village provides a welcome change of pace and a chance to relax after the expedition. Altitude 3,520m.

Day 28: Helicopter Sama Gaun to Kathmandu.

This morning we take a helicopter flight from Sama Gaun back to Kathmandu. After arriving in the city we transfer to our hotel and enjoy the comforts of a hot shower and a proper bed after our time in the mountains. Overnight hotel. Altitude 1,400m.

Day 29: Free Day in Kathmandu.

A free day in Kathmandu allows time to relax, explore the city or do some last minute souvenir shopping. In the evening we gather for a celebratory dinner together to mark the end of the expedition. Overnight hotel. Altitude 1,400m.

Day 30: Depart Kathmandu.

After an incredible journey in the Himalaya it is time to say goodbye to Nepal and begin the journey home. Transfer to the airport for your international flight.

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Required Experience

Climbing Manaslu is a **serious and demanding high-altitude expedition** that requires previous mountaineering experience,

It is best suited to climbers who:

- Have previously **climbed 6,000m peaks** (7,000m experience strongly recommended)
- Have **strong fitness** and the ability to **perform in a demanding mountain environment**
- Are comfortable spending **extended time at altitude**
- Can confidently use basic mountaineering equipment, including **crampons, harness, belay device, ascenders, and fixed ropes**
- Have experience moving efficiently on **glaciers and steep snow terrain**

A winter skills course prior to the expedition is **strongly recommended**.

In the months leading up to the expedition, each climber receives **personalised training advice from James**, helping ensure they arrive **physically prepared for the challenge**.

If you are unsure whether Manaslu is the right next step for you, the **Earth's Edge team will be happy to discuss your experience** and advise accordingly.

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Expedition Costs

Total Cost : €19,999

- A **deposit** of EUR/USD/GBP 1,999 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 5,000 is due six months prior to departure.
- The **final balance** can be paid in installments, but is due 90 days prior to departure.

For up to date prices in GBP and USD based on today's exchange rate, please visit our website.

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Flights

We'll share a recommended flight itinerary to Tribhuvan International Airport (KTM) in Kathmandu that lines up with our complimentary group transfers approximately 10 months pre-departure.

You are, of course, welcome to choose alternative flights and make your own way to Kathmandu in time for the expedition briefing on Day 1. It is essential that you do not miss this meeting.

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Expedition Inclusions & Exclusions

Expedition Costs Include:

Preparation and Training

- Earth's Edge training day & weekend in Ireland
- Personalised training advice from James McManus
- Ongoing pre-departure support from the Earth's Edge office team

Expedition Leadership and Support

- Expedition leadership by James McManus
- Experienced high altitude Sherpa working on a 1:1 basis with each climber during the climbing phase
- Earth's Edge support team and local expedition staff
- Access to an expedition doctor based at Manaslu Base Camp providing medical support during the expedition

Accommodation and Meals

- Four nights accommodation in a 4-star hotel in Kathmandu based on single occupancy
- Accommodation in tea houses based on twin sharing
- Private box tent accommodation at Base Camp
- High mountain tents during the climbing phase based on twin sharing

- All meals throughout the expedition except in Kathmandu where accommodation is on a bed and breakfast basis
- A welcome dinner in Kathmandu
- A celebratory dinner at the end of the expedition

Transport and Logistics

- All transfers in Kathmandu
- Road transfer from Kathmandu to Dharapani
- Helicopter transfer from Sama Gaun to Kathmandu at the end of the expedition
- Luggage allowance of 40kg per climber to and from Base Camp

Climbing Infrastructure

- Manaslu climbing permit and all government expedition fees
- Three bottles of supplementary oxygen per climber
- High-quality oxygen masks and regulators
- Training at Base Camp on oxygen systems, ladder techniques and fixed rope systems
- Professional weather forecasting to support summit window planning

Base Camp Facilities

- Private heated dining dome at Base Camp for the Earth's Edge team
- High-speed Starlink internet at Base Camp

Earth's Edge Kit

- An Earth's Edge team jacket & Buff

Expedition Costs Exclude:

- International flights to and from Nepal
- Nepal tourist visa
- Training weekend accommodation and food
- Training day accommodation and food
- Personal travel insurance and helicopter evacuation insurance
- Medical vaccinations
- Personal climbing equipment
- Meals in Kathmandu other than those specified
- Tips and summit bonus for Sherpa and local staff
- Personal expenses such as laundry, phone calls, alcohol, WiFi outside Base Camp, showers and excess baggage charges
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions and any other circumstances beyond our control

Spending Money and Tipping

Spending Money

We recommend that you put aside **USD/EUR2600** in spending money for this trip.

We suggest that you exchange a small amount of EUR (or GBP/USD) into the local currency, Nepalese Rupees, either at the airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card.

At the time of writing, EU passport holders are able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Tipping

Our recommended **tip amount is USD/EUR300** per person. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip to the Base Camp staff.

The recommended **summit bonus is USD/EUR2000**. The recommended spending amount above includes the tips and summit bonus.

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Training Day and Training Weekend

We hold training weekends prior to all expeditions where you'll have the chance to meet your fellow adventurers! This weekend will be led by James McManus and will include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions!

In addition, a training day covering the skills necessary for the expedition will take place well in advance of departure. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

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Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified local doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While the doctor has a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

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Special Offers

- **Return Customer Offer** - If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our [couples offer](#) page for details on what discount you are entitled to.

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Book Your Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

Expedition FAQ

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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