

# Mt Manaslu Expedition in Nepal

<https://www.nectravels.com/package/manaslu-expedition/>

Manaslu lies in the Nepal Himalayas in Kali Gandaki valley. Mount Manaslu (8156m) was first climbed in 1956 by a Japanese expedition. Its name comes from the Sanskrit word manias, meaning “intellect” or “soul”. It is the same root word as that for Mansarovar, the holy lake near Mt. Kailash in Tibet.

Just as the British considered Everest their mountain, Manaslu has been always regarded as the “Japanese mountain” by the Japanese; because of the Japanese people’s first conquest on its top. The second successful Japanese expedition was in 1971.

There was a South Korean attempt in 1971, and in April 1972 an avalanche that killed five climbers and 10 Sherpas ended the second made the fourth ascent of mount Manaslu, as a member of a Tyrolean expedition that climbed from the Marshyangdi valley in 1972. So Manaslu is one of the most renowned lovely mountains in the world to which many foreigner enthusiasts climb very curiously.

## Itinerary

### **Day 01: Welcome to Nepal; upon your arrival at Nepal our representative welcome and assists to transfer in your hotel**

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### **Day 02: Kathmandu Sightseeing, preparation for Manaslu expedition.**

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### **Day 03: Official works and Briefing in Ministry of Tourism.**

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### **Day 04: Drive from Kathmandu to Gorkha.**

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**Day 05: Trek from Gorkha to Khanchok.**

Trek from Gorkha to Khanchok.

**Day 06: Trek from Khanchok to Khursani Bari.**

Trek from Khanchok to Khursani Bari.

**Day 07: Trek from Khursani Bari to Macha Khola.**

Trek from Khursani Bari to Macha Khola.

**Day 08: Trek from Macha Khola to Jagat.**

Trek from Macha Khola to Jagat.

**Day 09: Trek from Jagat to Nyak.**

Trek from Jagat to Nyak.

**Day 10: Trek from Nyak to Prok.**

Trek from Nyak to Prok.

**Day 11: Trek from Prok to Namru.**

Trek from Prok to Namru.

**Day 12: Trek from Namru to Lho.**

Trek from Namru to Lho.

**Day 13: Trek from Lho to Sama Gaon.**

Trek from Lho to Sama Gaon.

**Day 14: Trek from Sama Gaonto Manaslu base camp.**

Trek from Sama Gaonto Manaslu base camp.

**Day 15-48: Climbing period of Mt. Manaslu (8,163m).**

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**Day 49: Trek from Manaslu base camp to Sama Gaon.**

Trek from Manaslu base camp to Sama Gaon.

**Day 50: Trek from Sama Gaon to Nyak.**

Trek from Sama Gaon to Nyak.

**Day 51: Trek from Nyak to Jagat.**

Trek from Nyak to Jagat.

**Day 52: Trek from Jagat to Machakhola.**

Trek from Jagat to Machakhola.

**Day 53: Trek from Arket to Gorkha**

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**Day 54: Trek from Arket to Gorkha.**

Trek from Arket to Gorkha.

**Day 55: Drive from Gorkha to Kathmandu. Transfer to hotel.**

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**Day 56: Free day in Kathmandu you can continue little sightseeing around Kathmandu valley  
overnight farewell dinner**

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