



# Manaslu Expedition

## TRIP INFORMATION PACKET



Himalayas, Nepal



26,758 ft. (8,156 m)



September 1 –  
October 9, 2026



USD 26,000

*The trip begins in Kathmandu at Tribhuvan International Airport KTM.*

*Please make your flight arrangements to arrive in Kathmandu on the start date of the trip.*

### **Please follow this 5-step checklist to complete your trip registration:**

1. Signed Policies Document
2. Signed Health Questionnaire
3. Signed Waiver Form
4. Fill out the Bio Data Form for Permit
5. Send a copy of passport page photo page, plus a passport photo headshot in email
6. Make Deposit to secure your spot
7. Final balance of payment due 60 days prior to trip start

- Please complete, scan, and return these three documents in an email to [info@mtnpprofessionals.com](mailto:info@mtnpprofessionals.com) If you prefer to mail the documents, please use the address below:

**Mountain Professionals**  
**PO Box 1468**  
**Boulder, CO 80306**

## **Price Includes:**

- Mountain Professionals Guides / Expedition Leader.
- 1:1 Nepali Sherpa climber to client ratio for summit day.
- Expedition permit cost.
- Three private nights accommodation in Kathmandu at Aloft Hotel.
- Full board on twin sharing basis during the expedition at Villages.
- Flight from Kathmandu to and from Sama Goan in a helicopter.
- All transportation in Nepal as per itinerary.
- Yaks, porters, and guides to and from Base Camp.
- Cooks, full kitchen and climbing staff at Base Camp.
- Staff equipment allowances, daily wages, insurance, and food.

- Carry bonus for Sherpa mountain staff.
- Heated and Carpeted- Dining Dome, shower and toilet tents, chairs and tables at BC and C2; Espresso and Coffee, comfortable Base Camp environment and highest quality food served..
- Equipment allowances, daily wages, insurance, food and lodging for Liaison Officer
- Route fixing costs.
- Personal Base Camp 6x7x6 foot box tent with Bed Mattress, pillow, carpet and storage area for personal items.
- Solar Power in your personal base camp tent and the dining dome.
- Base Camp Wifi via the Mountain Professionals Starlink.
- Group climbing equipment, high altitude tents, stoves and fuel; high altitude food imported from the United States.
- Two way VHF radios and VHF Base Camp to mountain communications; full Base Camp satellite phone communication setup.
- 3 bottles of oxygen with use of Summit Oxygen mask and regulator.
- Comprehensive medical supplies and Wilderness EMT/First Responders.
- Weather Reports via Marc De Keyser's Expedition Weather.
- Team Dispatches via our website.

## Price Does Not Include:

- International airfare to and from Kathmandu.
- Meals in Kathmandu, outside of breakfasts at the hotel and welcome dinner.
- Drinks, laundry, telephone calls and all other items of personal nature.
- Nepal entry visa, 90 days, available upon arrival at KTM Airport (\$125 usd).
- Personal climbing clothing and equipment.
- Any costs with leaving the expedition early.
- Evacuation / Rescue Insurance coverage (required).
- Staff gratuities for your personal climbing Sherpa and our Cook Staff (see below in the detailed description).

## Projected Itinerary

*Please reference the day-to-day meals that are included in your trip cost. The letters (B,L,D) for each day indicate that breakfast, lunch, or dinner is included in the cost of your trip.*

- DAY 1** Arrive at Kathmandu Tribhuvan International Airport. You will enter the Check In/ Visa area. Please have your passport, extra passport photos, paperwork (which you fill in on the plane or in this lobby) and cash dollars to obtain your Visa (see Visa section below

for details). You will then go downstairs to baggage claim. Once you have your bags, walk outside and look for the sign with your name. Our staff will meet you outside and transport you to our hotel in the Thamel region of Kathmandu. You do not need to tip anyone during this process. You are amongst our Nepali office staff upon pickup. (Welcome Dinner Included).

- DAY 2** Relax and enjoy the vibrant city of Kathmandu. Some organization of personal gear and needs. We will meet in the backyard of the hotel to go through the gear check and packing of expedition duffle bags plus weigh our bags for transfers to the mountain.
- DAY 3** Early morning 6:00 am departure for flight to Sama Goan at 3,525m stay in lodge'.
- DAY 4** Today we will stay in Sama Goan to rest and acclimate. Here we visit the city and experience the people in the village. Possible short walk.
- DAY 5** Here we take another day in Sama Goan to carefully acclimatize. We can take a trek to altitude to assist in our bodies getting ready to go higher.
- DAY 6** Final rest day and prepare to move up to base camp.
- DAY 7** Today we hike to Base Camp at 4,800m and view the famous Manaslu.
- DAY 8** We will take a rest and acclimatization day here in Base Camp to ensure good health for the future days trekking up to higher altitudes.
- DAY 9** Additional rest day in Base Camp, Puja Ceremony.
- DAYS 10-36** Climbing Period on the Mountain, following the climb high and sleep low mentality we will utilize up to 4 camps on the mountain.
- Day 37** Rest at Base Camp after reaching the summit. Begin to pack up personal belongings.
- DAY 38** Trek down to Sama Goan, overnight in the lodge.
- DAY 39** Flight back to Kathmandu to celebrate and shop for gifts and enjoy our team celebrations.
- DAY 40** Flight home from Kathmandu.

The Mountain Professionals climbing rotation plan consists of 2 rotations on the mountain prior to the summit push.

## The Expedition

Manaslu is located in Central Nepal, rising 8,163m or 26,758 ft. above sea level, it is the 8th highest mountain in the world. Mountain Professionals is planning a climb of Manaslu's North East Ridge in the Fall/Post Monsoon of 2024.

Manaslu is located in the Gorkha mountain region of Nepal and is a true Himalayan adventure on a highly sought after peak. The mountain has seen increased interest with the recent political difficulties surrounding access to Cho Oyu. Many mountaineers looking at a future attempt of Everest or other mountain objectives are now focusing on Manaslu as a suitable first-time 8,000 meter peak.

Our expeditions will utilize 4 camps on the mountain. Our recent experience shows that adding a mid camp 3 before the high camp, will greatly increase the summit chances for all climbers on the summit push by making for shorter movement days.

Our philosophy is to approach all mountains with great care, recognizing the hazards involved in climbing high-altitude glaciated peaks. Manaslu is one of the highest mountains in the world, posing all the risks that come with such an impressive peak. That being said, the Northeast aspect of the mountain is accessible due to less objective hazard. We plan to utilize a highly experienced staff, top-notch safety and mountain equipment, fixed rope in exposed or otherwise dangerous sections of the route, and slow conservative acclimatization to minimize our risk.

The expedition in 2024 will be organized by Ryan Waters. He has in-depth experience leading expeditions to 8000-meter mountains in Nepal, Tibet, and Pakistan. Our Sherpa logistics partners have worked in the expedition business for over a decade as a top Nepali logistics organizer and expedition management team. Our team has experience organizing multiple expeditions to mountains including three trips to Manaslu, Everest, K2, Dhaulagiri, Cho Oyu, Broad Peak, Lhotse, Gasherbrum 2, Gasherbrum 1, and several 5000m to 7000m Himalayan mountains.

Our on mountain Sherpa staff will consist of top Nepali climbers who have years of experience on the high 8000 meter mountains. Our staff work very hard to fix ropes, stock camps and assist our team in reaching the summit safely. We will employ a full cook staff that specializes in healthy, abundant and tasty meals. Our cook staff is very talented and is always ready to make our team's experience the best possible. Good food is a priority on our expeditions and experience shows that this is a key component of success on a long 8000-meter trip.

Our recommendation is for team members to have a solid mountaineering background that involves several trips to high altitude peaks ranging from 4500m to 6500m+ in elevation. Team members must be very comfortable with glaciated mountain climbing skills and living at high camps. Past experience on 7000m and 8000m mountains is a definite plus.

Our team will take sufficient time to rest and acclimatize in base camp prior to beginning a conservative climb to the higher camps. The location of Camp 1 will be at 5,700m. The route from Base to C1 will include rock scrambles on moraine and sections of glacier travel of varying terrain.

Climbing from C1 to C2 will include longer sections of steep snow and ice, with some short vertical ice steps. The route will be fixed with rope in any exposed or vertical sections in order to maximize our safety. The Camp 2 is located at 6,400m and most climbers can climb their first time to C2 in 3-6 hours.

A climb of roughly 5-7 hours takes us to the flat saddle of Camp 3 at 6,900m. The route is less steep and weaves in and out of short ice steps. On the summit push, we will climb from this location another 5-7 hours to our Camp 4 location. Here we will rest, eat, drink, and prepare for the summit bid. The climb to the summit, while not technical, is demanding given the altitude. We will climb with our team of climbing Sherpas who will help break trail and fix rope in any locations that require an added margin of safety.

Our goal... to have a safe expedition, have fun, and then to reach the summit of Manaslu, the 8th highest mountain in the world.

## Training

The most important thing to think of when training for Mt. Manaslu is to remember “the better shape you're in, the easier and more enjoyable the climb”. You do not have to be an expert climber but should have lots of high altitude trekking and climbing experience. What you need is to have strong cardiovascular fitness and be in good climbing shape. Being mentally prepared and excited about the challenge is equally important in our opinion.

We encourage people to use a goal like this as an excuse to get in great shape. Part of the fun of going on expeditions is the preparation. It is a lot easier to go to the gym or hit the trail for a nice, hard hike if you know you are going to a mountain, and it is fun to see yourself getting more and more fit as the trip approaches. Our training mentality for big climbing peaks is to train to go up and over the mountain.... not just to get to the top.

This is the world's 8th highest mountain climb. Each individual should be in great “climbing shape” and capable of traveling for a full day with a relatively light pack that includes extra clothing, lunch, water bottles, camera, and some personal items for many days in a row on climbing rotations.

In short, the best way to get in shape for the trip is to start early, get on a nice regiment of walking in the hills, biking, walking up stairs, and running. A nice way to do it is to slowly increase your regimen as time goes on so you can feel that you are making progress.

## Skills

During our rest days at base camp. We will review the required skills. Your guides will review the use of crampons on the terrain we will encounter, which will include steep ice with the use of fixed ropes.. We will also cover rappelling, fixed line ascension technique, and overall safe team travel. The skills needed for a successful and safe ascent of the mountain will be reviewed for all participants. These skills should be things that Manaslu climbers are already familiar with.

## Staffing

Your climb will be led by a senior Mountain Professionals veteran Everest and Manaslu Himalayan Mountain Guides with assistance from our local Sherpa guides. Other staff will include several cooks and support staff during the trek and while at base camp.

## Visa

Visa is obtained upon entry at the airport. Have your Passport with a minimum of 6 months Valid Time before expiration date, \$125 usd cash, a passport sized photo ready (they will staple this on your paperwork), bring a pen with you on the flight so you can fill out the paperwork. US\$ 125 or equivalent foreign currency for Tourist Visa with Multiple Entry for 100 days. Keep any papers you receive with you during the trip.

Visa Area Instructions in KTM Airport: They tend to change things but as of last year. Walk into the area and go straight ahead to the Pay for Visa Desk. You will want to have your money in cash ready. Then you will turn to the right and get in line for the 90 day visa line. Hand them the receipt and all your papers along with the Passport photo and they will issue your Visa.

## Additional Information

Please start taking precautions regarding your health from the moment you step onto the plane for travel. Wash your hands regularly and drink plenty of water.

Please bring a small personal bottle of Purell-type alcohol hand sanitizer.

We recommend drinking bottled water while in Nepal. On the expedition, you will be able to fill your water bottles from our cooks' large bottled water containers. While in towns, you will want to buy bottled water.

## Packing Information

The best method for transporting your personal gear and clothing is to use 2 lockable and durable duffle bags.

In addition, you should bring a small simple storage bag which you can leave in Kathmandu at the hotel concierge for storage of clean city clothes and other items not needed on the mountain. You can easily buy one of these for cheap in Kathmandu.

You will be carrying your backpack during the trekking days into Base Camp. You are welcome to bring a small hiking pack for this section or you can use your on the mountain climbing backpack. In this you will need to carry your rainproof layers, water for the day, snacks, additional warm layers and warm hat, camera, etc.

You have an additional 46 kg/100 lb. total limit of gear split between your two 23 kg bags. All clothing, sleeping bags, personal snacks, books, clothing, personal things etc. Please stay within the limit as additional kilograms are expensive for transport and for the safety of our porters carrying loads to base camp. If you feel like you will need additional baggage, we will arrange additional porters for you at additional cost.

A travel wallet that you can hang around your neck and place inside your shirt is a safe way to carry your money and travel documents. Other tips for this type of travel include the following:

- Carry a photocopy of your passport page and extra passport sized photographs of yourself.
- Arrive at the airport with plenty of time to ensure your baggage is within weight limits and is properly checked through all the way to Kathmandu. Please double check that your baggage is either checked to KTM or know for sure if you need to collect your baggage and recheck onto connecting flights. Delayed baggage in KTM is stressful.

## Food

All the meals during the Expedition portion are included in the cost of the trip. The meals during your time in Kathmandu before and after the trek are at your own expense. We do provide the first night's welcome dinner and all breakfasts at our hotel in Kathmandu. Food is generally very inexpensive in Nepal and there are many excellent places to eat around our hotel. You will be staying in Thamel District of Kathmandu, which is very tourist friendly.

Meals on the climb will be prepared by our talented Sherpa cook staff. They will include hot breakfast with omelets, bacon, pancakes, potatoes, cereals, coffee and morning tea, and lunch and dinner offer an extended menu of meats, pastas, rice dishes, chicken, steaks, pizzas, fresh breads, fruits and vegetables, fresh baked apple pies and more. The food is very good and our staff prides themselves on delivering excellent cuisine.

On the mountain we will provide high altitude meals for you in the tents. Please have additional personal snacks on hand. Please bring high altitude eating utensils which should include a light plastic bowl with lid, hot drink mug with lid, and spoon. Also if you prefer something special, bring things from home. Special instant soups, hot chocolate you love etc. It is a long trip, make yourself comfortable!

Please have additional snack food that you really enjoy on hand during the day. Examples are candy bars, fruits and nuts, or salty snacks. Energy bars are a great supplement for calorie intake. Plan to bring about 2-3 lbs. of assorted snack foods. Many, many snacks are available for purchase in Kathmandu.

## Bringing Money

It is a hard suggestion to make, because personal tastes dictate the amount. However a good general suggestion is to bring a minimum of \$2500 in cash in U.S. bills. This will be enough to cover your entry visa and Nepali staff tips as well as leaving money for small things along your travels, buying presents, beverages, and some snacks. There are ATM machines in Kathmandu and Namche and it is very easy to change Dollars, Euros, and other major currencies.

It is an industry standard to tip on Himalayan peaks. We employ only the most talented climbing Sherpas and they are highly skilled guides, cook staff etc.

The Sherpas are very appreciative of and expect to receive a tip. It is common practice to Tip your climbing Sherpa \$1200+ USD or more if you feel they deserve more, which is very common. We ask that each climber put in the minimum of \$1000 USD amount at the culmination of the climb, regardless if you summit. These staff have been at our base camp for 2 weeks prior to our arrival making all the tent platforms for you, as well as stocking all the high camps and fixing tents and loads etc. If you summit and your Sherpa deserves more money in your mind, then you can add that amount to the \$1000 USD and give directly to them.

For our cook staff. We would ask each team member to put into the general tip pool \$500 USD into a group tip and we will make sure that the appropriate tip gets to each job done, head cook, assistant cooks, water assistants, servers etc.

At Base Camp, Mountain Professionals will provide WIFI via our Starlink System for free.

American guides; our team of mountain guides are passionate about what they do for a living and work hard to deliver the best expedition experience possible. Tipping from either individuals or a combined group is not a requirement but is greatly appreciated and **is common in the American guiding industry, especially on Lhotse where it is normal practice to tip your western guides.**



## First Aid

Our expedition team will have a comprehensive first aid kit. We bring all the below in our team kit, but having small personal supplies helps keep our kit intact for later in the expedition.

Bring a small personal kit including:

- Any personal prescription medications in their original containers.
- Over-the-counter upset stomach medication.
- Acetaminophen, aspirin, ibuprofen, or other medication for headache or fever.
- Throat lozenges (These are very useful in the Khumbu during the Trek).
- If you have a history of severe allergic reaction you should consult your doctor about a prescribed Epinephrine auto-injector (also known as an EpiPen).

**Please note:** If for any reason you choose to or must leave the expedition earlier than our team's scheduled departure, you will be responsible for any costs incurred. Trip evacuation and cancellation insurance is highly recommended.

Mountain Professionals works closely with and recommends [Globalrescue.com](https://www.globalrescue.com) for emergency evacuation and medical services. Click [here](#) for information on their policies.

## Charging Electronics

You should think through any cords and chargers you would need as well as a converter for the local plug. Universal kits are available in outdoor/travel stores and in Kathmandu.

During the Trek to Base Camp you can charge electronics at the teahouse each evening. At Base Camp, your individual tent will have a Solar Power system that accepts USB cords.

Additionally our team will supply several batteries and solar panels with a universal charger input that will accept several types of USA or European plugs, USBs, etc. at base camp for your use in your own personal base camp tent, the Dining Dome and Office/Lounge tents for larger electronics.

## Communication

While in Kathmandu: Plenty of telephones and many internet cafes offer every type of communication. Wifi is available throughout our Hotel in Kathmandu.

Our primary Wifi and communication system at Base Camp will be an open link to our Starlink system just for our team. Phones, computers, tablets etc can connect to the Starlink.

In addition, Everest Link wifi scratch cards can be used at base camp, so that you can use your own computer or phone for internet usage. Please note that this card will work with one device. The data usage is trackable so you can see how much data you have remaining at any time, additional cards are available for your own purchase if you would like or want a second card for a different device such as a laptop.

We will have a satellite telephone that you can use free of charge if needed.

Note: You do need to be aware there are times when the wifi signal is down or equipment needs to be adjusted, so please don't rely on wifi as a constant entertainment outlet while at base camp. It is a good idea to bring a tablet for reading or download many TV shows, podcasts or movies on a phone, so that you can take afternoons in your own base camp tent, we will also have quite a lot of playing cards, board games etc. and team movies for entertainment on select evenings.

Our team will post dispatches with text and photo descriptions most commonly on the Mountain Professionals Social Media Channels - Instagram and Facebook. For the most up to date news, instruct family and friends to follow our accounts.

Instagram: @mountainprofessionals

Facebook: Mountain Professionals

We will from time to time do larger blog posts on the Mountain Professionals website under the NEWS tab. Friends and family can follow the adventure here but these are more infrequent:  
<http://www.mtnprofessionals.com/home/news.php>

## **A Note on Diamox**

While on the climb, it may be helpful to use a drug called Diamox. This is a prescription drug that helps climbers acclimate faster and can be taken prophylactically to help your body begin producing red blood cells faster. If you are interested in taking this drug, please consult your doctor. We do carry Diamox in our First Aid kit, but do not have enough to supply every climber.

## **Additional Information:**

International travel to developing countries is exciting and new to many folks. Please start taking precautions regarding your health from the moment you step onto the plane for travel. This should include washing hands regularly and drinking only bottled water from this point until you reach your home country. It is recommended that you brush your teeth with bottled water while traveling in Nepal.

On the trek and mountain, you will be able to fill your water bottles each morning from boiled thermos containers. Many trekkers decide to just buy bottled water for trekking days.

It is a very good idea to bring some Imodium in case of traveler's diarrhea. Low level pain medication such as Ibuprofen and/or aspirin with codeine can also be useful for bad headaches or stomach cramps with diarrhea.

**Please bring 2 small personal bottles of Purell (alcohol) type hand-sanitizer.** This is good to always just have around in the lid of your pack during the trek to base camp, sitting around in tea houses etc. Note that you can buy hand-sanitizer now in most little villages along the way to the base camp in shops.

## Contact Information

### Mountain Professionals Direct Line:



(1) 303.956.9945



[admin@mtnprofessionals.com](mailto:admin@mtnprofessionals.com)

**Main Contact:** Ryan Waters, Director

### Secondary Emergency Contact While on Expedition:

Dave Elmore, Expeditions Manager



[daveelmore@mtnprofessionals.com](mailto:daveelmore@mtnprofessionals.com)

## Insurance and Embassy Details

\*We Require that you have a Rescue Insurance section in your policy. If your current insurance does not cover you then the best resource for buying a policy is Global Rescue. Mountain Professionals is an Affinity Partner with this company.

Global Rescue - <http://www.globalrescue.com/mtnprofessionals>

Travel and Trip Cancellation Insurance is optional but recommended, Please check with your insurer to see if you are covered on travel. Here are resources.

Travel Guard - [www.travelguard.com](http://www.travelguard.com) (USA Residents)

IMG Global Insurance - [www.imgglobal.com](http://www.imgglobal.com) (Any Nationality)

If you were to leave the expedition prior to our scheduled departure, you will be responsible for any costs incurred. Therefore Insurance is a must especially considering the cost to use aircraft to evacuate from the mountains or upper camps.

**Trip Insurance:**

Travel Guard

[www.travelguard.com](http://www.travelguard.com)**Rescue Insurance:**

Global Rescue

[www.partner.globalrescue.com/mtnprofessionals/](http://www.partner.globalrescue.com/mtnprofessionals/)

## Mountain Professionals Manaslu History

Our company has been leading safe and successful expeditions to the Himalayas and beyond for over 20 years. We provide high quality logistics, staff, and safety procedures and the expedition is led by American, professional mountain guides. These days, there are all kinds of companies offering trips to climb Mt. Manaslu with varying degrees of style, quality, safety procedures and price.

We feel that we offer the best program for climbing Mt. Manaslu, which has the highest quality services at a more competitive price. Our staff of guides and climbing Sherpas provide personalized attention to each and every client from the sign up phase, all the way to the summit day. To us, you are not just a number, as is the case with many expeditions that can have upwards of 30 climbers on their departure.

This style of business is relying on quantity of sign ups over quality of their staffing and services. We travel as a group and we prefer small teams which climb as a unit with professional mountain guides. This allows us to provide support for each other, give encouragement, and consistent information on the route or what's to come in the days ahead. Nightly team meetings with your expedition team leader allows great communication and information to be exchanged.

Your expedition leader and one of the main mountain guides on our staff is Ryan Waters. He has personally guided expeditions that have placed 38 foreign clients on the summit of Mt. Everest. Ryan is a veteran of 10 expeditions to Mt. Everest, leading groups to the summit via both the Tibet and Nepal sides with 8 personal summits of Everest thus far. His other Himalayan experience includes 3 expeditions to Lhotse, 3 expeditions to Manaslu, Dhaulagiri, 7,200 meter Pumo Ri and the first ascent of 6,166m Jabou Ri in Nepal. He has led 3 expeditions to Cho Oyu in Tibet and expeditions to K2, Broad Peak (2 times), and Gasherbrum II in the Karakoram Himalaya of Pakistan.

Our second main mountain guide is Tashi Sherpa. Tashi is a certified UIAGM/IFMGA mountain guide and is the Sirdar or head climbing Sherpa for our Himalayan trips. He has climbed Everest 7

times, as well as ascents of peaks such as Lhotse, Ama Dablam, Baruntse and many more, often leading rope fixing duties. Tashi's areas of focus for the last decade have been in high altitude mountaineering, expedition climbing, and technical alpine climbing, as well as mastering the art of guiding. He regularly receives rave reviews from our Lhotse climbers as a very thoughtful and inspiring instructor.

This allows our climbing team to travel at all times in a 1:1 guide to guest ratio at a minimum, with professional mountain guides and Sherpa guides. In addition, we often have several of our highly qualified and skilled climbing Sherpa guides along with our team for support on rotations. Specifically for summit day, each climber has a personal climbing Sherpa tasked to their guest. In addition we utilize a roaming extra climbing Sherpa to assist, on top of all the other staff.

We look forward to climbing Mt. Manaslu with you and please do not hesitate to send questions directly to the expedition leader:

Ryan Waters [ryanwaters@mtnpprofessionals.com](mailto:ryanwaters@mtnpprofessionals.com) +1 303 956 9945

## **Payment and Deposit Information:**

Once you decide to sign up for your specific program, we will forward the additional information to you for the progression of the program. Included will be the sign up deposit and payment information.