

Manaslu Summit

Nepal | 8,156m



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EXPEDITIONS

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Nepal | 8,156m



Manaslu, 8,156 is the eight highest mountain in the world and offers an unparalleled high mountain adventure. Perfect as your first venture to the benchmark altitude of 8000 meters or to warm up for Mount Everest an expedition to this mountain is the epitome of Himalayan adventure.

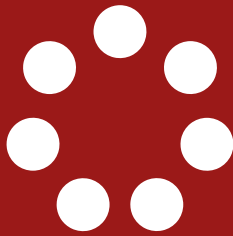
Following in the footsteps of its first climbers (Imanishi and Norbu) we trek to base camp through local villages glimpsing our goal, the white giant on the horizon, seemingly at every turn. For a week, we gain altitude as broad river valleys narrow and the trail cuts into steep mountainside. From basecamp we'll take the North East face with 4 spectacularly located camps en-route to the summit. Compared to other 8,000m peaks Manaslu's usual approach has moderate technical terrain with a short but active icefall above

camp 1 and a steep slope fixed with safety line near the summit. However, its extreme altitude and avalanche potential make this a mountain to be taken seriously.

We enhance our excellent success rate by using expedition style climbing methods, modern basecamp and mountain facilities and an extremely strong Western guide and Sherpa team for logistical support. Manaslu gives you huge satisfaction, testing Himalayan expedition experience and an opportunity to build critical skills for your next big challenge...

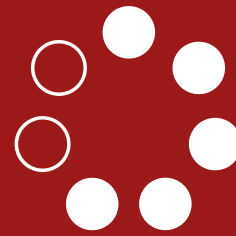
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Physical – P7

You will be pushed physically to the limit and then beyond. Long and arduous preparation is required before this expedition. Expect to be carrying pack weights up to 25kg. Be prepared for very long, sustained days with hours well into double figures on a regular basis. Discomfort to achieve your goal is to be expected.



Technical – T5

Competent Alpine climbing ability. Should be comfortable on Scottish Winter III ground or Alpine AD. Complete understanding and confidence in use of your technical kit will be required.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart home country

One of the most memorable adventures you will ever have starts today. We will fly out to Kathmandu.

DAY 2 : Arrive Kathmandu

Arrive Tribhuvan airport in Kathmandu, where you'll be (if he hasn't flown out with you) met at the airport by your Expedition Leader and taken to your hotel in the heart of Kathmandu. If arriving on an early flight you will have ample time to settle in your room and refresh yourself before meeting the team and getting to know Kathmandu. Our preferred hotel is the Kathmandu Guest House which is located in the heart of the bustling Thamel district and offers, quiet tropical gardens, onsite bars and restaurants which serve a fine selection of food and drink. Great souvenir shopping in Thamel and Durbar square with its numerous temples. That evening we meet for a delicious welcome meal and a comprehensive brief by our 360 Leader on the expedition itself and the logistics for the next few days.

DAY 3 : Preparation in Kathmandu

Today is all about final preparations for the expedition ahead. We meet up for breakfast and plan regarding what to pack for which phase of the expedition and meet our expedition chef to discuss food preferences and requirements. We have an opportunity to shop for final expedition items or can just relax in the hotel's beautiful surroundings or jump into the hustle and bustle of Thamel. Team dinner.

DAY 4 : Drive from Kathmandu to Arughat (710m)

We set off early today for Soti Khola. It's a long drive of about eight hours on paved road from Kathmandu to Dhading Bensi, district headquarters of Dhading then on rough road to Arughat, a reasonably large and prosperous bazaar.

DAY 5 : Arughat – Maccha Khola (900m)

First day of walking today, we trek through the beautiful Sal forests, then climb onto a ridge above huge rapids on the Budhi Gandaki. Continuing past two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff, it eventually makes its way down and past a few rice terraces, then up and around to the Gurung village of Labubesi. We climb further behind a rocky outcrop, where the valley opens up and the Budhi Gandaki meanders among wide gravel bars. We follow the river and cross another suspension bridge to reach Maccha Khola village. Overnight in Maccha Khola.

DAY 6 : Maccha Khola – Jagat (1,410m)

Beneath us the river flows fast and furious and we continue through the gorges, climbing in and out to follow the trail before we reach the confluence of the Buri Gandaki and Yara Khola and a fine view up the valley. We continue to climb to ridges and descend all the way to river level within the gorge, crossing the Yara Khola in order to regain the Buri Gandaki, crossing over another suspension bridge. We finally reach Jagat, a neat village with strong Buddhist influences (although still Gurung people).

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DAY 7 : Jagat - Deng (1,804m)

We continue to track the river, crossing several of its tributaries, passing occasionally through millet fields as the valley opens up temporarily before we cross a long suspension bridge to the opposite bank and meander up a steep path to reach Philim, a relatively large Gurung village amidst fields of corn and millet. The trail involves a lot of climbing to ridges and descending back down to contour the river, interspersed with a number of Mani walls of carved prayer stones that indicate the increasing Tibetan influence and our proximity to the border.

From Philim we stay high above the river to Ekle Bhatti before heading into a steep and uninhabited gorge lined with pine trees and narrow waterfalls. At the end of a steep stepped climb, we enjoy views of the Shar Khola and Tsum Valley before it eventually opens out and we enter bamboo forest for a more gentle pace albeit still high above the river to reach Deng hanging on the steep side of the valley.

DAY 8 : Deng - Namrung (2,630m)

From Deng we cross the Budhi Gandaki and climb to Rana at 1,910m, cross the bridge to join the trail from Bhi heading west up the Budhi Gandaki valley. The trail also passes through forests and mani stones as it contours to Ghap and Prok village with its panoramic view of Siringi Himal. The trail criss-crosses Budi Gandaki and passes gompas en route following the river upstream through dense forest. After our final crossing the river over a thunderous waterfall down a narrow gorge, the forest becomes less dense and the trail opens out into a pleasant walk – with one final steep climb – to reach Namrung. Overnight in Namrung.

DAY 9 : Namrung – Samagaon (3,530m)

Namrung village is a good viewpoint for Siring, Ganesh Himal and also Himal Chuli to the south. We climb steadily passing through forests to reach Lihi, a fine village with many chortens and terraces of barley. The trail drops and crosses the valley of Simnang Himal, through Sho, Lho and Shyala villages before reaching Sama Village. We enjoy extraordinary views of Manaslu from Lho village and also explore the famous Ribung Gumpa. Today's journey ends in Samagaon where we spend the night.

DAY 10-11 : Rest days in Samagoan (3,530m)

We have two full day's rest at Samagoan. It is important to fully acclimatise to this altitude before heading to Basecamp at 4,800 meters. We will be staying in a comfortable lodge with all modern facilities available and can update our progress thus far to family and friends. The town itself is fascinating to explore as are its incredible surroundings. The focus however is to rest, eat and rehydrate as much as we possibly can before we ascend to base camp and the ascent phase of this expedition.

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ITINERARY

DAY 12-41 : Ascent profile

Note: in the past we have managed to conclude (successfully) both our Manaslu and Cho Oyu expeditions well within the time-frame described in this itinerary. (Sometimes by as much as 10 days) If this is the case then the 360 office is on standby to re-arrange all necessary travel arrangements.

We work closely with each individual team member to determine their own unique ascent profile. Generally speaking though a typical ascent profile is as follows:

- Arrive at base camp, rest for a few days, followed by days of short acclimatisation walks and skills training
- Climb to C1 and descend to base camp
- Climb to C1 and remain for 2 nights
- Climb through the icefall and touch C2
- Return to BC
- Climb to C1 one night then C2 and stay for 2 nights
- Climb to C3 and return to C2 Several rest days at BC
- Summit bid. Climb to C1 and sleep here, continue to C2 next day and spend a night there, climb to C3 and spend night there, climb to C4 and spend a few hours there, switch to oxygen and depart for summit
- By this stage you will be fit, well rested, fully nourished, fully hydrated, properly acclimatised and have developed a good mountain sense. You are ready for the climb of your life!
- Descend to BC

DAY 12 to 41 : Ascent details, Base camp to camp one (C1)

After a couple of days rest in Samagon we climb through the forest to BC. In comparison to other 8,000-meter peaks this camp is relatively low at 4,800 meters but it's location nevertheless serves well for a camp from which to tackle the peak. We spend several days adjusting to this new altitude and familiarise ourselves with our surroundings and say hello to other teams on the mountain. Your expedition leader will run several retraining courses for those not familiar with glacier travel, oxygen apparatus, fixed line and avalanche transceivers. During this time the climbing Sherpas start the process of fixing line to the camp one (C1) and above.

Once C1, 5,700 meters, has been established we climb up the Manaslu glacier for our first acclimatisation sortie. Directly above BC there are several rock steps which are fixed with safety line and we stay well above the glacier until we reach crampon point (5,100 meters) where we don our ice-tools and begin to climb up the broad icy surface. The entire route from crampon point to C1 is fixed with safety rope. Several crevasses have to be jumped or skirted and a few short icy steps climbed before this camp is reached. The total walking time to reach this camp is between 5 to 7 hours. This time will be reduced on subsequent climbs to C1 as we get fitter and used to the terrain.

The crux of the climb is the short ice-fall above C1. Here the terrain becomes complex as the route weaves its way around ice-blocks, over narrow crevasses and up 50-degree snow slopes and gullies. The entire route is fixed and the time taken to reach C2, at 6,400 meters is between 4 and 6 hours. We ascend this route before the sun rises when conditions are most stable.

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ITINERARY

DAY 12 to 41 : Ascent details, camp one (C1) to camp four (C4)

The incline of the terrain eases for the climb from C2 to C3 at 6,800 meters. Heading for a broad col we climb several 30-degree snow-slopes and skirt several wide crevasses to reach the edge of the broad Manaslu plateau. This stage is relatively short and takes between 2 and 4 hours but can be exposed to high winds or be extremely hot when climbed during the daytime. The views expand around us to include incredible lesser known summits of this rarely visited part of the Himalaya.

The climb to C4 at 7,450 meters is a tough one. Initially we cross the plateau to reach sustained steep snow slopes and skirt around a massive hanging serac. This section is followed by a long traverse to C4. The total time taken to reach C4 is between 5 and 7 hours. C4 is situated in a small col behind a prominent rock pinnacle and offers mind-blowing views. Our stay here is brief as we melt liquids, have some food and grab a quick nap before the summit bid.

DAY 12 to 41 : Ascent details, camp four (C4) to summit and return to C1

It usually takes between 4 to 6 hours to reach the true summit of this incredible mountain. This is a relatively short ascent for an 8,000-meter peak but we use all available daytime hours to descend as low as we can once the summit has been reached.

The Expedition leader and Climbing Sherpa will determine a time of departure based on the amount of rest you have had and how long the previous day has taken you. Despite the high altitude of C4 some climbers manage to rest quite well before the summit attempt. The day begins with brewing up sufficient liquid to last us for the day and to have breakfast. We adjust our O2 systems and set up the fixed lines leading to the north-east ridge. We follow this ridge to the initial false summit where we switch O2 cylinders before climbing the spectacular pinnacle which defines the true summit of the mountain. The summit itself is one lifted from the pages of a fairy tale and is just big enough to accommodate one climber at the time. Safely secured by fixed line we stand on the world's eighth highest summit as our entire ascent route falls below us and we enjoy one of the most stunning vistas found in the Himalaya. Surrounding us is thick tropical rainforest from which several 6,000-meter peaks abruptly rise and steep glaciers tumble. Looking across to the west the incredible summits of the Annapurna region and Dhaulagiri are clearly visible and to the east the familiar peaks of the Everest region become obvious. To be rewarded for all our efforts by such a thrilling summit climb is simply what high altitude mountaineering is all about.

The descend back to C4 is typically 3 -4 hours and further C1 can be reached by descending another 5 -7 hours.

DAY 42 : Samaguan

Today we leave basecamp and return to Samaguan.

Helicopter transfers exist for those not wanting to trek back to Arughat. This journey takes around 1 ½ hours. Please contact the 360 Expeditions office for details about this flight and costs.

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ITINERARY

DAY 43-45 : Samaguan to Arughat

Return trek to Arughat.

This trek will take a maximum of 3 days. If time permits we will take organised transport back to Kathmandu on the evening of day 45.

DAY 46 : Kathmandu

A much needed day to unwind in the tropical hotel gardens of the Kathmandu Guest House or to experience the bustle of the Nepali capital. And of course a great final night to celebrate our team and expedition success with a 3-course celebration meal at the Roadhouse. Night spent in hotel.

DAY 47 : Return UK

Today we fly back home.

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KIT LIST

Bags & Packs

Climbing Backpack

Medium size internal frame pack (60 litre capacity). Look for a pack which is comfortable to carry, very durable, as light as is reasonable and one which has a minimum number of gadgets and fripperies to go break

Waterproof rucksack cover

To protect rucksack from rain

Duffel bag 120ltr-140ltr

We normally pack all our equipment in two large duffel bags. Make sure they are well labeled with indelible ink as well as a travel tag. The duffels go on the trek/climb with you and will be carried by porters and yaks. Expect for them to get wet and muddy, so rugged, waterproof tarpaulin duffels are good. Bags with wheels are nice for the airport, but the porters and yaks don't like to carry them, so don't bring wheeled bags (or at least not two of them). You will also store some travel clothes at the hotel in Kathmandu while trekking, so a small additional bag with a lock might be handy. You'll want padlocks, but for flying out from abroad, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties) or TSA approved padlocks. Tip: Bring 5 large plastic rubbish bags to pack gear inside duffels to protect everything from rain

Daysack

A smaller rucksack makes a great carry-on bag for your flight and is useful during the trek for smaller walks on acclimatisation days, or once back in town

Sleeping Gear

5 Season sleeping bag

5-season sleeping bag with a comfort rating of -40C is essential. Down is lighter but more expensive than synthetic and ratings vary between manufacturers

Sleeping bag liner

These liners can be fleece or silk. They can increase the warmth of the sleeping bag and help to keep it clean

Sleeping mat

Bring a Mammut or Thermarest mat. Having its own stuff sack helps to prevent punctures

Headwear

Warm headgear

Wool or fleece hat with good ear protection – eg stocking style

Buff/Scarf

Light, versatile headpiece / neckwear

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KIT LIST

Sunglasses

Bring good sunglasses with side protection. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions. Julbo is our preferred supplier

Ski goggles

Ski goggles are essential for all climbers in really stormy conditions and can serve as an emergency back up for broken or lost sunglasses

Sunblock

Highest factor possible, use tubes small enough to fit in your pocket for regular reapplication or consider high factor single application lotion like P20

Lip salve

Keep this handy or put it on the end of string around your neck, you'll need it frequently

Upper Body

Down jacket

Generally made using feathers, these are the ultra-warm and insulated layer that are used when at camp or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -25C and the assistant will recommend the correct fill for you

Hard Shell

A good Gore-tex Hard shell jacket with sealed seams provides effective defence against wind and rain as your outermost layer. This should be big enough to fit over your other layers

Mid layer

Fleece or soft shell layering pieces that work well with the rest of your clothing. A soft shell jacket and an expedition weight thermal top will work well

Base layer x 2

Synthetic tops. Zip neck tops are the way to go

T-shirts / Trekking tops

Lighter top to wear trekking at lower altitudes. Keep your trekking gear to a minimum – you can handwash stuff along the way

Down mitts

Fleece or down mittens with an over-mitten. Nothing competes with a mitt for warmth when the going gets tough

Ski or climbing gloves

A warm insulated glove with leather palm will be worn a lot of the time

Light gloves

Polartec or windproof fleece. Leather or abrasion resistant palms handle the fixed lines better. Leather gloves or good abrasion resistant climbing glove for the rock sections

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Lower Body

Softshell trousers

Lightweight waterproof-breathable shell trousers or salopettes with full-length leg zippers. ALSO very useful are synthetic insulation full-zip trousers for evenings and cold summit day

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Climbing pants

Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion. I'd recommend a Schoeller fabric climbing pant for general use and zippered fleece pants for the summit push

Down trousers

Essential for higher altitudes

Long Johns

Thermal insulation for the lower body

Base layer

Base layer bottom

Feet

High altitude boots

A must have item for 8000m where standard plastic boots will be in-adequate due to temperature extremes. An expensive item but once attained can be used for multiple 8000m expeditions. Crampon compatible and heavily insulated boot. Leading models are: Scarpa Phantom 8000, Millet, and La Sportiva Olympus Mons.

Approach boots /shoes

A good example is the La Sportiva Trango S, which will work on the trek and approach to Camp 1, and even up to Camp 2 if conditions warrant

Gaiters

To protect the tops of your footwear from harsh conditions and to provide some added insulation

Socks

Four pairs of climbing socks

Technical Equipment

Ice axe

A 60 cm length is probably the most useful length. Bring a lightweight axe with a pick that will stick easily in hard glacier ice. Attach a lightweight wrist leash that is usable for climbing steeper terrain. The summit day is a consistent 40 degrees, so a shorter axe is necessary

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Crampons

12 Point crampons. These must be sharp and must fit your boot perfectly

Climbing harness

Make sure the buckle is easy for you to thread in cold conditions! Gear loops will be useful for this trip as well as adjustable leg loops

Climbing helmet

Required. Be sure you can comfortably fit a warm hat underneath

Carabiners

Bring 3 locking and 4 lightweight regular. It is helpful if at least one of the locking carabiners has a "key gate", like the Petzl Attaché

Ascender

Bring one handled ascender and one Petzl Tibloc for ascending the fixed rope

Sling (120cm)

You will need rigging material – two sewn 48mm nylon slings and 10m of 8 mm perlon should be sufficient. Also include one small 5 mm prussic loop (about 120cm of cord tied with a double fisherman's knot) for a rappel backup

Descending devices

For rappelling the Black Diamond ATC Guide is good since it can handle ropes from 7.7mm to 11mm. A Figure 8 is an old standby and works on a variety of ropes and also icy ropes. While it twists the ropes more, it is quite foolproof. You might consider both, in case you drop one of them and lose it

Hydration

Water bottles / bladder

Two wide mouth plastic or Nalgene water bottles with insulated covers. A small Thermos bottle is great for cold mornings

Water purification

Iodine or chlorine tablets or iodine crystals (Polar Pure). One bottle of Potable Aqua (enough to treat 25 litres) should be more than sufficient

Camp Wear

Clothing

A few items of a less technical / more casual nature will be useful for flying in, go around town in and dining rooms etc

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Toiletries

Alcohol gel

A must have for good camp hygiene

Wet wipes

Great for washing when shower facilities become a thing of the past, one packet will suffice

Toilet paper

In a Ziploc bag – nothing worse than using frozen toilet roll

Medications

Personal first aid kit

To include the following: Blister treatment – compeed or similar Zinc tape Aspirin / Ibuprofen / Paracetamol – take all of any of these, some climbers take a 75mg aspirin every day up high Loperamide / Imodium Antiseptic Plasters and steristrips

Personal medication

360 Expeditions will be taking a comprehensive first aid kit but it is highly advisable that each team member takes the following drugs with them. This is particularly important for the high altitude medication. Antibiotic for upper respiratory problems (Zithromax Z-Pak) Antibiotic for GI problems (Ciprofloxacin and/or ZPak Diamox (acetazolamide) for acclimatization (125 mg tabs recommended; enough for a week) A few sleeping pills for the first few days of jet lag Malaria Prophylaxis (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone) Asthma medication, if any history (for example an Advair inhaler – many people find this VERY useful for “Khumbu Cough” bronchitis/irritation which can ruin your expedition and prevent you from climbing) Nifedipine (for Pulmonary Oedema; the 30 mg timerelease x 2 tablets) Dexamethasone (for Cerebral Oedema; 4 mg x 10 tablets)

Miscellaneous

Wrist watch

An altimeter watch is useful

Head torch

Bring a good LED headlamp with 2 sets of lithium batteries for cold conditions. We recommend the Petzl MYO RXP

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Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Contact lenses / glasses

Bring extra prescription glasses or contact lenses if you wear them. Lens solutions are not widely available in Nepal, bring enough for the duration

Rubbish bags

These make great pack liners in wet weather on the walk in

Snacks

The food on the expedition is great but you'll enjoy having a few home comforts. Take high-energy goodies to give you a boost on harder days. Consider some high-sugar drinks mixers to mask the iodine flavor (give the iodine 30mins to take action before mixing). On summit day Power Gel or similar glucose blasts might be useful energisers

Entertainment

Books / ipod. There is a little library at Base Camp, and share books amongst yourselves. Remember, hardbacks are heavy

Solar Charger

A lightweight solar charger may be useful for cameras and ipods

Camera

Remember that the cold hammers batteries, take spares and the means to keep them charged. Remember too that a big SLR adds weight and bulk that you might not appreciate higher up

Utensils

Bring an insulated mug with a lid, a decent sized bowl, spoon, pocket knife and lighter. You are better to bring lighters from the abroad. TSA says you can carry them on, or pack two in a DOT approved case. Lighters from Kathmandu are neither good nor reliable

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Scan of passport picture page sent to 360 prior to departure

Passport photos x 4

We need these to obtain your climbing and trekking permits

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

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KIT LIST

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We recommend looking into deals offered by the BMC, the Austrian Alpine Club or similar insurers. Team members should take out private insurance that covers you against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include: medical evacuation and coverage up to the maximum altitude of this trip. Please contact the office if you have any queries on insurance for this expedition. We are happy to help.

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FAQ'S

Guides and Sherpa team

Who is the guiding team composed of?

The company directors assigned to join you on our high-altitude expeditions have a world class background in leading expeditions of this nature.

[Rolfe](#), who is leading the 360 Manaslu expedition, has lead expeditions to four of the 8,000m peaks. **Mount Everest:** 2007 (North Col), 2015, 2016 and 2019. **Manaslu:** 2013, **Cho Oyu:** 2016 (two summits in 24 hours), 2018 and **Lhotse** (unsuccessful) 2016. Furthermore, he was an Expedition Leader on 5 unsupported, technically difficult 7,000m peaks and has guided more than seventy expeditions to 6,000m peaks. The key word here is guided.

Leading an expedition of this calibre demands a thorough familiarity not only with the mountains unique complexities but also a complete understanding of a client's individual requirements. With almost 30 years' experience in this leadership role it is safe to say that Rolfe has what it takes to confidently deal with the demands this career entails.

Raj, supporting as an expert high-altitude medical professional from the UK, has summited Cho Oyo and Mount Everest with his own self-sufficient expeditions and has completed the coveted 7 Summits also completely unsupported. On six out of these seven he has worked in a leadership capacity and on Mount Everest he acted as the expedition medical officer. Raj will be on hand to discuss any of your medical queries or concerns before the expedition heads out.

Who are the 360 Climbing Sherpa team?

One of many reasons to choose 360 is that we work closely with a Sherpa and Nepali team with whom we have enjoyed several decades of climbing success. These guys are quite simply the best in the business. The people looking after you will not only have climbed the mountain before but will have an experience of 8,000m expeditions that is unsurpassed. The Sirdar (head Sherpa guide) and our climbing Sherpas typically have multiple Everest ascents under their belts.

Is there a Base Camp manager?

We employ the services of a professional Base Camp manager whose sole purpose is to assure the seamless running of the camp facilities and the logistics on the mountain. He does not participate in the ascent but is on 24-hour standby via VHS radio to facilitate the safe running of the expedition and throughout the ascent period. He is in daily communication with our office in Kathmandu to source weather forecasting, pass on messages and to update the progress of the expedition.

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Why choose 360 Expeditions for this 8,000m expedition?

One of many reasons to choose our expedition company lies in the fact that one of the company directors will be joining the expedition and managing the expedition on the mountain with you. These guys are professionals and want to ensure that you get the best possible chance of topping out. Plus, continual support right from the word go from a seamless, professional and hugely dedicated office crew means that you can concentrate on the climb without distraction and loss of time. Our entire 360 team work hard to make sure that you reach the summit.

When comparing expedition companies, it is important to look beyond the price and consider the inclusions. We offer a Manaslu expedition package which contains many more than the expected inclusions and there are no hidden costs. We don't compromise on the quality of our service by skimping on added luxuries which enhance the expedition experience. As standard we provide experienced and qualified western guides, a dedicated world-class Sherpa team, seamless logistical management both in country and prior to departure, small group sizes, modern climbing equipment and safe client-to guide ratios. Beyond this it is the host of additional inclusions and services, such as our unique individualised ascent strategy which makes this Everest expedition truly a life changing experience.

Why climb with the directors of 360 Expeditions?

Our directors are keen to pass on their hard-earned knowledge to you, allowing you to come back from this expedition with not just a summit "tick" but more importantly return with a huge amount of mountain know-how learnt and practiced. Our 360 team's experience and knowledge is based on three decades worth of high altitude climbing experience. Logistical planning, assessing the weather forecast to developing a climbing strategy, gaining an insider's view of the daily running of an expedition on every level is valued by most expedition members. They will involve you every step of the way. Their job is to oversee the entire expedition from start to finish and to actively be there for you on the summit bid. We do not run a "facilitated" expedition where our climbers are provided with oxygen and Sherpas and left to their own devices.

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FAQ'S

The Climb

Pros and cons for your first 8000'er; Manaslu (8,156 m) or Cho Oyu (8,201 m)? Part 1.

Both mountains are incredible adventures and offer a hugely satisfying expedition experience and both are fantastic stepping stones for Mount Everest, but each are as different as well, like chalk and cheese.

Firstly, although they are both part of the greater Himalayan massif they are in different countries and situated on different sides of the range. This makes a huge difference in the landscape and overall feel of the expedition experience. Manaslu is approached from the lowland jungle whereas Cho Oyu is approached from the high Tibetan Plateau. Equally the politics of the two places are different. Nepal has a more relaxed feel to it whereas Tibet is tangibly under Chinese influence. Recently the number of climbers attempting Manaslu has increased because political issues in Tibet resulted in the closure of the border.

Most climbing teams walk to Manaslu basecamp (4,800 meters) over a week via a stunning trail which is billed as Nepal's most beautiful trek. This allows teams to get both fit and acclimatised before reaching basecamp. The approach to Cho Oyu from Kathmandu to Chinese basecamp (4,800 meters) is by road over the vast Tibetan plateau. Although incredibly beautiful and culturally interesting the altitude, if not carefully planned for, can be gained too quickly and altitude related problems may result.

Pros and cons for your first 8000'er; Manaslu (8,156 m) or Cho Oyu (8,201 m)? Part 2.

The climbing seasons vary between mountains also with Cho Oyu offering equal chances of success in both spring and autumn and Manaslu having a better success rate in autumn due to high snowfalls in the region during spring. It is important to remember, however, that the availability of strong Climbing Sherpas for Cho Oyu for the spring season will be reduced as most will be employed by western mountaineering outfitters on Mount Everest.

The mountains themselves are also very different. Cho Oyu is slightly easier in the sense that it doesn't have an active icefall to navigate nor a long approach glacier to traverse but it does have technical terrain in the form of steep icewalls and a rock-band to climb on the summit day.

The distance to the summit is longer on Cho Oyu from its respective high camp (7,200 meters) by about 300 meters but the normal climbing strategy for Manaslu is not to return to its high camp (7,400 meters) after summiting but to descend as low as camp 1 (5,700meters) making for an equally long day.

Further because of the different altitudes of their main operating bases ABC (5,700 meters) on Cho Oyu and BC (4,800 meters) on Manaslu there are 4 high camps on Manaslu and only 3 on Cho Oyu. Making logistics slightly simpler on Cho Oyu.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Pros and cons for your first 8000'er; Manaslu (8,156 m) or Cho Oyu (8,201 m)? Part 3.

Both mountains can have avalanche problems after big snow storms (particularly in spring on Manaslu and autumn on Cho Oyu) but because of the aspect of slope and the higher precipitation rates in Nepal snow build up can be greater on Manaslu during both peak seasons.

Nowadays the 4 camps commonly used on Manaslu are placed in very safe places unlike in the past where camp placement lead to severe problems due to avalanche activity.

The cost of these expeditions varies significantly too with Manaslu being cheaper primarily due to the climbing permits currently being less costly in Nepal. But this will probably change soon.

Overall both mountains are a fantastic adventure and deliver a high altitude experience which if conducted by a professional mountaineering outfitter is made as safe as possible and offers an equally high success rate.

What is the Climber to Sherpa ratio?

The Expedition leader runs the expedition in close consultation with the local experts, the 360 Nepali team and climbing Sherpa team. Together they will formulate the safest and best strategy of producing a successful expedition. Each of the expedition staff supporting your ascent has their own unique remit but a large degree of over-lap in the day to day roles exists. On some occasions for example in the early stages of the expedition your climbing Sherpas will be employed to carry communal expedition equipment to the higher camps, sometimes they are needed to fix rope or assist in an evacuation.

At these specific times you will be climbing with the Expedition leader and one or two climbing Sherpas.

For the entire summit phase of the expedition the Climbing Sherpa to expedition member is 1 : 1.

The 360 leader is not part of the Sherpa to Climber ratio, he will be with you in addition to your climbing Sherpas for the entire trek in, mountain phase and summit bid thereby increasing the strength of your summit support team.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What is your individualised ascent strategy?

Every team member is unique. Everyone comes from a different background and has different life experiences. Equally a climber's training and climbing resumés may differ and therefore an individual ascent strategy for the duration of the entire expedition has to be developed. Our team members benefit greatly from our small group policy as our guides can dedicate a large amount of time devising an individualised plan which not only enhance our climber's enjoyment of the expedition but maximise their chances of standing on the summit. Based upon pre-existing factors and an individual's expedition progress our guides will be able to fine tune every client's individual performance. By creating open and honest two-way communication from the onset of the expedition your guide will be able to fine tune details such as pairing you up with a climbing Sherpa who you work well with, working out your ideal tent buddy, closely watch your diet and hydration, making sure you are adequately rested, teaching you the correct dosage and use of altitude related medicine, taking the time to retrain you on techniques you may not be familiar with, re-teaching you the use of climbing kit you haven't used for a while and determining when is the optimum time for you to summit. Each of these factors form but a small part of our individualised ascent strategy.

What route will we be taking?

As noted on the itinerary page this route is the north-east ridge route. It is the standard route to ascend Manaslu.

How long is a typical day on the mountain?

The lengths of the days during the climbing phase of the expedition vary. Some camps are closer together or the conditions may be slower going. At the beginning of the expedition, the days will seem longer but as you get more acclimatised and adjusted to the regime, the days go quicker. Average days can be 6–10 hours long. Summit day can be up to 20 hours long. A good break will be had after every big day out to allow you to adjust to the altitude, rest, eat and to rehydrate properly.

How long is summit day?

A typical summit day is 6 to 8 hours for the ascent from C4 to the summit and about 4 to 6 hours to return. These times vary enormously from team to team and between team members and varies according to individual fitness and progress made to get to C4. The summit departure time will be determined by the team leader and climbing Sherpas based on these factors as well as movements of other teams on the mountain.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What is a typical ascent profile of a mountain this calibre?

We work closely with each individual team member to determine their own unique ascent profile. Generally speaking though a typical ascent profile is as follows:

- Arrive at base camp, rest for a few days, followed by days of short acclimatisation walks and skills training
- Climb to C1 and descend to base camp
- Climb to C1 and remain for 2 nights
- Climb through icefall and touch C2
- Return to BC
- Climb to C1 one night then C2 and stay for 2 nights
- Climb to C3 and return to C2
- Several rest days at BC
- Summit bid. Climb to C1 and sleep here, continue to C2 next day and spend a night there, climb to C3 and spend night there, climb to C4 and spend a few hours there, switch to oxygen and depart for summit.
- By this stage you will be fit, well rested, fully nourished, fully hydrated, properly acclimatised and have developed a good mountain sense. You are ready for the climb of your life!
- Descend to BC.

What is the ascent profile for climbing Manaslu? Part 1.

The journey to Samagon has been well described on the [360 Manaslu trekking page](#) and the itinerary page of this expedition.

The information below follows the route above BC to the summit.

After several days rest in Samagon we climb through the forest to BC. In comparison to other 8,000-meter peaks this camp is relatively low at 4,800 meters but it's location nevertheless serves well for a camp from which to tackle the peak. We spend several days adjusting to this new altitude and familiarise ourselves with our surroundings and say hello to other teams on the mountain. Your expedition leader will run several re-training courses for those not familiar with glacier travel, oxygen apparatus, fixed line and avalanche transceivers during the time the climbing Sherpas start the process of fixing line to the camp one (C1) and above.

Once C1, 5,700 meters, has been established we climb up the Manaslu glacier for our first acclimatisation sortie. Directly above BC there are several rock steps which are fixed with safety line and we stay well above the glacier until we reach crampon point (5,100meters) where we don our ice-tools and begin to climb up the broad icy surface. The entire route from crampon point to C1 is fixed with safety rope. Several crevasses have to be jumped or skirted and a few short icy steps climbed before this camp is reached. The total walking time to reach this camp is between 5 to 7 hours. This time will be reduced on subsequent climbs to C1 as we get fitter and used to the terrain.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What is the ascent profile for climbing Manaslu? Part 2.

The crux of the climb is the short ice-fall above C1. Here the terrain becomes complex as the route weaves its way around ice-blocks, over narrow crevasses and up 50-degree snow slopes and gullies. The entire route is fixed and the time taken to reach C2, at 6,400 meters is between 4 and 6 hours. We ascend this route before the sun rises when conditions are most stable.

The incline of the terrain eases for the climb from C2 to C3 at 6,800 meters. Heading for a broad col we climb several 30-degree snow-slopes and skirt several wide crevasses to reach the edge of the broad Manaslu plateau. This stage is relatively short and takes between 2 and 4 hours but can be exposed to high winds or be extremely hot when climbed during the daytime. The views expand around us to include incredible lesser known summits of this rarely visited part of the Himalaya.

The climb to C4 at 7,450 meters is a tough one. Initially we cross the plateau to reach sustained steep snow slopes and skirt around a massive hanging serac. This section is followed by a long traverse to C4. The total time taken to reach C4 is between 5 and 7 hours. C4 is situated in a small col behind a prominent rock pinnacle and offers mind-blowing views. Our stay here is brief as we melt liquids, have some food and grab a quick nap before the summit bid.

What is the ascent profile for climbing Manaslu? Part 3.

It usually takes between 4 to 6 hours to reach the true summit of this incredible mountain. This is a relatively short ascent for an 8,000-meter peak but we use all available daytime hours to descend as low as we can once the summit has been reached.

The Expedition leader and Climbing Sherpa will determine a time of departure based on the amount of rest you have had and how long the previous day has taken you. Despite the high altitude of C4 some climbers manage to rest quite well before the summit attempt. The day begins with brewing up sufficient liquid to last us for the day and to have a breakfast. We adjust our O2 systems and set up the fixed lines leading to the north-east ridge. We follow this ridge to the initial false summit where we switch O2 cylinders before climbing the spectacular pinnacle which defines the true summit of the mountain. The summit itself is one lifted from the pages of a fairy tale and is just big enough to accommodate one climber at the time. Safely secured by fixed line we stand on the world's eight highest summit as our entire ascent route falls below us and we enjoy one of the most stunning vistas found in the Himalaya. Surrounding us is thick tropical rainforest from which several 6,000-meter peaks abruptly rise and steep glaciers tumble. Looking across to the west the incredible summits of the Annapurna region and Dhaulagiri are clearly visible and to the east the familiar peaks of the Everest region become obvious. To be rewarded for all our efforts by such a thrilling summit climb is simply what high altitude mountaineering is all about.

The descend back to C4 is typically 3 -4 hours and further C1 can be reached by descending another 5 -7 hours.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What are the pros and cons for climbing Manaslu in spring or autumn?

The weather conditions and hence conditions on the mountain change not only with the seasons but also due to the current effects of climate change. Only broad terms can be used when describing what conditions can be expected when choosing between the 2 optimal seasons, spring and autumn to climb the mountain.

Generally spring has more snow and avalanche danger. In general terms spring time in the western Himalaya can be described as being warmer but wetter. The autumn often brings about more stable weather systems as it is generally drier but colder, but equally if big snow-fall is experienced you might experience long delays waiting for the avalanche conditions to become safe.

Once the jet-stream moves over the mountain it rapidly gets cold and windy around early October.

360 expeditions have lead expeditions to Manaslu in the autumn during late September/early October before it gets too cold, and the monsoon storms arrive.

There are more expeditions to Manaslu in the Autumn, because the weather can be more predictable and stable and because many expedition companies are on Everest in the Spring and Sherpas can earn more money working on Everest.

What experience should I have before I attempt this climb?

You will need to be thoroughly familiar with all the necessary skills needed to climb a mountain of this magnitude. Appropriate time spent on high altitude mountains as well as several technical alpine routes prior to coming to Manaslu are a basic requirement to join the expedition. Alpine climbing techniques should not be learned for the first time on the mountain.

How fit do I need to be for this expedition?

To climb Manaslu you will need to be in the best physical shape of your life. By the time you book and are accepted onto an expedition you will have a good understanding of your level of fitness and how you cope with altitude and with the discomforts of an expedition of this nature as a whole. This expedition is gruelling and will be physically demanding. We have rated it as P7, T5 for level of fitness needed. Please check our fitness chart.

Manaslu Summit

Nepal | 8,156m

FAQ'S

How many climbers are on this expedition?

The price for this expedition is based on a group of 4. However, the price is variable and the expedition can be run with 1, 2 or 6 clients comfortably. We keep our groups small as we feel that our teams benefit enormously from the tight-knit bonding and enhanced team spirit which develops on a complete expedition of around 10-12 members (including guides and Sherpas). Getting to know each other personally and climbing together during the course of an expedition helps team members understand each other better and allows a measure of internal support for each other to develop. This coupled with receiving a much closer level of support from the guides and Sherpas significantly enhances the expedition experience and hence increases an individual climber's chances of standing on the summit.

Who will be my other team members?

Your fellow team members will have similar experience and ambitions to you. Our criteria for joining this expedition is that you have been to altitude before and have sufficient technical ability to cope with the terrain encountered on the mountain. Your teammates may come from a wide variety of backgrounds and will have different interests but the common ground is that you have all got what it takes to be on this expedition. In the past a great cast of characters have led to our expeditions being made all the more enjoyable. Life-long friendships have always developed by this shared experience.

Is there a possibility for family or friends to come along on the trek to BC?

The trek to Manaslu BC via Samagon constitutes one of the best trekking experiences in Nepal. It is entirely possible for friends and family to join the expedition for this phase and then to continue the trek with our experienced trekking team back to Pokara and Kathmandu. Joining the initial trek of this expedition will allow your friends and family to get a feel of what an expedition is all about and to get a rare insight into this utterly unique region of the Himalaya.

What is a Summit Bonus?

This is the bonus tip that the client gives to his 1:1 Sherpa guide for reaching the summit. It is set at a minimum of \$500 – \$750. You will need to have this money with you in cash to give to your Sherpa after your climb.

What is included whilst in Kathmandu?

Four nights' accommodation in Kathmandu including breakfast. Dinner will be included on the first night.

Once the expedition departs Kathmandu **all** accommodation and meal costs are included in this itinerary.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Health and Safety

What is the risk in climbing this peak? Part 1.

The very nature of climbing an 8,000m peak is risky. Although there are risks associated with climbing any mountain whether it is Kilimanjaro, Mont Blanc or Aconcagua, the risks on an 8,000m peak are considerably greater primarily due to extreme altitude and weather conditions.

Manaslu is prone to receiving heavy snowfall in spring and on occasion in the autumn season. This can create dangerous avalanche conditions between camps 2 and 4. Our long ascent strategy allows for plenty of time for conditions to become favourable for the ascent. No unnecessary risk is taken at any stage during the climb and all the camps are located in safe places.

A short but active ice-fall similar in nature to the Khumbu icefall on Everest has to be climbed above C1. We tackle this section before sun-rise when conditions are stable. Ladders and safety line are fixed throughout the icefall making progress fast and it generally takes about 2-4 hours to climb to the top and onto camp 2.

Safety line known as fixed rope is fixed from crampon point above BC to the summit.

What is the risk in climbing this peak? Part 2.

Proper acclimatisation, physical, mental and technical preparation will allow you to move quickly and efficiently between camps and for the summit bid and go a long way towards a safe ascent.

Furthermore, our Western guides and climbing Sherpas know the mountain intimately and are trained in the use of medical oxygen, Gamow bags and specialized wilderness first aid equipment and medicine which we take on all our itineraries.

We also carry satellite phones and radios to ensure proper communications with the outside world and between camps. In fact, we are often the first port of call when other teams have an emergency on the mountain!

What happens if there is a problem on the mountain?

All our leaders are in communication with each other by phone and radio. (VHS and/or Motorola) In the majority of cases of emergency rescue the problems can be attributed to slow acclimatisation or altitude and if so the solution is immediate descent to lower altitudes. Our 360 Nepal crew is very experienced in dealing with any problems that may arise. Our leaders have the highest standard of wilderness first aid qualifications and can handle emergencies to the highest level of competency.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Do we use oxygen for this expedition?

We provide 3 cylinders of oxygen for every team member which is above the average needed for the ascent. The delivery regulator system we use is MAX OX simply the best delivery system currently on the market.

Besides the personally allocated cylinders, there will be emergency oxygen cylinders at each camp and taken by the guide and Sherpa on the summit bid.

Is there Helicopter rescue on Manaslu?

There is frequent helicopter traffic between Samagon and Kathmandu. An option exists to return to Kathmandu after the expedition has finished using helicopter transport. Ask about updated prices from the 360 office about this option.

In the past several helicopter evacuations have been performed to as high as C3 at 6,800 meters on the mountain. Although not common and not without significant risk to the pilot and machine this possibility exists if weather conditions are perfect.

If weather and logistics permits, the helicopters will take over from the guide and Sherpa teams making the rescues and evacs far quicker and seamless but we always plan and continue to plan to be self-sufficient if outside help is unavailable due to logistics and bad weather.

We take state of the art medical and rescue equipment with us and ensure all our staff on the mountain have current first aid and/or medical qualifications and have our own expedition medical specialist on standby for the duration of this expedition.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What medical/emergency equipment do you bring on this expedition?

All our Guides, Expedition leaders and Climbing Sherpas have attained the highest necessary qualifications and training needed to deal with not only emergencies but also to maintain a healthy expedition from day one. For this expedition we will be bringing comprehensively supplied medical kits, emergency oxygen and Gamow bags as well as state of the art communication equipment. On the mountain our Expedition leaders carry sufficient medical equipment to deal with localised first aid scenarios and at the basecamp we have sufficient supplies to deal with longer lasting medical problems such as antibiotics to treat infections.

You advocate taking a small first aid kit, what should it have in it?

We advocate a little bit of self-help on the climb. If you have a blister developing, for example, then please stop, take off your boot and treat it before it becomes a problem.

We would recommend your own first aid kit should contain:

Diamox, or other high-altitude drug, enough for the duration of the expedition; a basic blister kit, plasters, antiseptic, sun protection, your own personal medication (your luggage might not get to camp before you and so you may not be able to take your medicine according to the regime you are used to), basic pain relief (paracetamol/aspirin/ibuprofen,) and a personal course of antibiotics – two different types are preferable, as back up. Foot powder in your socks every morning is great for preventing blisters.

Generally, the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 Leader and/or Climbing Sherpa will carry a very comprehensive first aid kit that contains a wide range of supplies and medications. They are fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own first aid kit as compact and light as possible.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Am I likely to suffer from altitude sickness on this expedition?

The likelihood of getting altitude related problems are dramatically reduced on this expedition due to our carefully designed acclimatisation strategy. We have years of experience in dealing with altitude and its related problems and have devised an ascent strategy which caters for a broad spectrum of individual altitude adaptation. Still it is important to understand there are different types of altitude sickness and that at times altitude related problems can happen and to recognise the symptoms if they occur.

The most common of these is high altitude sickness or AMS (Acute Mountain Sickness). If you have a mild case, you may experience: dizziness, headache, muscle aches, insomnia, nausea and vomiting, irritability, loss of appetite, swelling of the hands, feet, and face, rapid heartbeat and shortness of breath with physical exertion.

For our guides this is all part and parcel of ascending an 8,000m peak and, although we assess each client's personal situation carefully, we also further consider the compounding effects of dehydration brought on by excessive vomiting and loss of appetite. AMS might sound frightening but our guides are fully trained (and highly experienced) in helping relieve your personal symptoms and providing advice on how to best proceed.

What can I do to help prevent AMS?

To help avoid AMS, following the below rules can be simple but effective:

Pay attention to the advice given to you by your expedition leader

- Drink lots of water
- Walk slowly
- Stay warm
- Eat well

We recommend that you familiarise yourself with the various affects that altitude can cause. During your pre-climb briefing, we describe altitude sickness to you in detail, and advise you how to cope with it. The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your leaders how you feel.

Is there a risk of getting HACE (High Altitude Cerebral Oedema) and HAPE (High Altitude Pulmonary Oedema) on the mountain?

The severe forms of altitude sickness, HACE and high altitude pulmonary HAPE are extremely unlikely to occur on this expedition. Our leaders and Sherpa team are fully trained in recognition of the onset of these problems and will deal with them at the first sign of their development and will not let them develop to a dangerous level.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Should I bring Diamox on the expedition with me?

Although we recommend you come armed with a course of Diamox or other high-altitude drug on this expedition, we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

We pride ourselves on designing all our itineraries with acclimatisation very much front and centre and this expedition itinerary has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or expedition medic will recommend the correct course of action regarding taking Diamox.

For the mountain phase, it is highly recommended to carry your own treatment dose of high altitude drugs such as Nifedipine, Dexamethasone or Diamox. We advocate that each team member carries these drugs in the same place (i.e. top LH pocket of your down-suit) so that if an emergency should arise the Expedition leader, climbing Sherpa or fellow team member can locate them easily.

Should I take Diamox?

It is far preferable to take Diamox if and when needed during the course of the expedition. If you are already taking it and then start having altitude related problems you are left with few options but to descend to a more comfortable altitude which sadly often means that the summit is not attainable.

Furthermore, Diamox is a diuretic, meaning you will have to drink a lot of fluid to prevent dehydration. Of course, the upshot of this is you'll have to pee more which means you'll probably be having to get up more in the night and take cover behind rocks during the day. Another quite common side-effect is that it can cause your extremities to "buzz and tingle" including your fingers, toes and lips which can feel quite unsettling. Other side-effects can include dizziness and light headedness with loss of appetite, nausea, vomiting and diarrhoea. Although all these side-effects are manageable when you have symptoms of altitude sickness, we personally believe it is counter-intuitive to take it unless necessary.

Of course, it is totally up to you, this is just our recommendation and we're not doctors. If you do decide to take Diamox on the advice of your doctor then please do let your leader know in situ so they are aware of this. We also suggest you take the drug for a couple of days a few weeks before travelling so you can experience the symptoms before taking them during the trek.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What type of communication is available on the expedition?

Telephone and internet coverage is available from Kathmandu to Samagon. Above this the Expedition leader will have a satellite phone and this is kept charged using solar power. For a small fee you can use them for calls home.

On the mountain all team members will be provided with a small lightweight Motorola radio to stay in communication with other team members. Mobile phones will only work for a small period of time on the beginning of the trek in but some villages have WIFI available.

Additionally, our Expedition and Sherpa crew carry VHS radios to communicate with each other and the Basecamp.

What happens if I need to leave the expedition early?

If a climber needs to leave early for whichever reason, medical or personal the Expedition leader and Sherpa team will deal with the matter with utmost competency and discretion. Further arrangements will be made with the assistance of our 360 team in Kathmandu and Europe to arrange every detail of the journey back of the mountain. Additional costs (transport, hotels, flights etc.) might be incurred by the climber but our 360 team will be able to assist in every detail of your departure.

Do I need to take Malarial drugs?

A significant portion of the trek in to basecamp is through the low-lying regions of the western Himalaya where a conceivable risk of malaria exists and the use of the appropriate medicine recommended. Please seek out advice from your local health care clinic about if and when to take the malarial prophylactics. Although contracting malaria is highly unlikely during the trek in phase of this expedition the chances of contracting malaria can be reduced by standard precautions such as sleeping under mosquito nets, applying insect repellent and wearing long sleeve shirts and trousers.

The Malaria protozoa generally do not survive over an altitude of 1,500m so once we have started the climb malaria poses no threat.

We recommend that you visit your local doctor before departure to get the latest advice. Alternatively visit MASTA Travel Health clinics or any of the other larger local hospitals that have travel clinics.

Accommodation

What hotels do we stay at in Kathmandu?

We stay at a centrally located hotel such as the Kathmandu Guest house. This modern, comfortable hotel offers, classy on-site restaurants and quiet tropical gardens just a stone throw away from the bustle of the exotic Thamel market and many of the cultural sites which feature on any visitor's list of things to see list.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What is the accommodation like on the route to Samagon and Basecamp?

The route to the basecamp of Manaslu is becoming one of the most popular trekking itineraries in Nepal. This is a largely due to the sunning scenery, fantastic hospitality of the local Gurung people and the rare insight into a part of Nepal still a little off the beaten track. Facilities in the region are not as developed as the nearby Annapurna or Everest regions but they are not far behind. Several purpose based trekking lodges have been built in some of the village we pass on the trek in to BC and they are similar in style to those found on the more popular treks in Nepal and offer the same basic facilities.

What if I arrive early or depart late? Can you arrange extra night lodging? Is there a single room option for this expedition?

We are happy to make any arrangements scheduled outside of the trek dates; these might include personalised tours, extra hotel rooms, private airport pick-ups or arranging private rooms. Please indicate your requirements on your booking form and we will contact you with the relevant arrangements.

Can you describe Base Camp facilities? Part 1

Base camp will be your home away from home. The Expedition leader and Sherpa team strive to make you as comfortable as possible whilst we are here during the acclimatising process or waiting for conditions to become safe. Our spacious double walled mess tents are heated with gas heaters. A small generator or solar panels provide power for light and recharging electrical appliances. The chairs are comfortable and you will find everything you need to snack or to make unlimited hot-drinks on the large central table.

For entertainment various board and card games are brought up to BC. Also, a sound system is brought up and a TV to play DVD's. This might sound extravagant but this provides fun alternative entertainment when sitting out the inevitable storm.

Further camp facilities include a private, hygienic toilet tent and a hot shower tent. You are invited to pop into the large kitchen tent at any time should you wish to have a hot-drink, meal or to chat with our kitchen team. Our kitchen tent is provided with all the modern necessities to cook delicious, fresh and varied meals and our chef is a world class expedition chef. Further our Basecamps are equipped with VHS radio communication systems and satellite phones to receive regular weather and condition updates.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Can you describe Base Camp facilities? Part 2.

Our central dining tent is not only used for meals but also as a space for relaxation and entertainment. We encourage you to take along books, personal music systems, and your own favourite games. There are other teams sharing the BC and route with us and great friendships can be made by hosting them for drinks or a meal in our tent.

The dining tent also doubles up as a classroom; we'll further your expedition knowledge by showing you how to use the oxygen systems and for informal lectures on acclimatisation, expedition health and to keep everyone abreast of the day to day logistical decisions and weather forecast.

The area around the Base Camp also becomes a classroom as your Expedition leader will find an appropriate area to refresh your knowledge on how to climb fixed rope, cross ladders, abseil, how to use the stoves (easy) and avalanche transceivers.

And of course, as a member of team 360 you will be intimately involved in all the planning and strategy of climbing this incredible mountain.

Will I have to share a tent on this expedition?

At Base Camp each expedition member will have their own tent so they can enjoy a their own space, store their own equipment and relax.

Tent sharing will become necessary from Camp 1 and above. You will be sharing a tent with one of your team members. The primary reason for this is that most altitude related symptoms manifest themselves at night, therefore having a tent buddy to keep an eye on you is hugely reassuring.

Tent share is always organised according to similar sex and where possible age groups. Obviously if climbing this mountain with a friend or partner then you will be able to share tents, and if you're a group we'll ask you your preference.

If you have joined the team by yourself then it is highly likely that you will be sharing a tent with your preassigned lodge/hotel room buddy unless prior arrangements have been made. We use high quality 3-man tents to be shared between 2 people to provide extra space for your comfort.

What about showers?

There are hot showers at Base Camp. Our Sherpa team set up a permanent private shower tent nearby our collective campsite. Although there is no running water our kitchen crew will be able to heat sufficient water for you to enjoy a 5 minute shower.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Will my kit be safe in BC when I climb?

Yes, your kit is safe in your tent but we do advise to bring locks for your kit bags when flying which can be used on your bags in your tents to be doubly sure.

What happens to toilet waste?

Sanitary toilet facilities will be provided at both BC. The waste is carried out by porters and disposed of according to current sanitation and health regulations.

Above BC basic toilet facilities are provided. Fortunately, your need to use the toilet will be less frequent at altitude. You will need to bring up sufficient toilet paper from BC to cater for your individual requirements.

What weather report service do you use?

Our team has access to sophisticated weather forecasting services. We use Bracknell and Swiss forecasts for daily forecasts received from HQ in Europe. Our summit bid is aided enormously by totally up to date reliable forecasts.

Food and Water

What food is available at the base camps and once on the mountain? How about snacks? Part 1.

All meals on the mountain are of the highest possible standards. Considering that our cooks have to produce the best possible meals in a wilderness setting the meals they produce are nothing short of a miracle. The meals are always delicious, fresh, nutritious and varied. We ensure that dietary preferences are always met and that the best local ingredients are used. We provide a variety of western foods including many of the food items which you are familiar with to keep up your appetites. We pride ourselves in having base camp cooks that provide restaurant quality meals for every meal.

Snacks such as chocolate, fruit or biscuits are available throughout the day when in camp and are usually found on the dining table. If you can't find what you're looking for pop your head into the kitchen tent and our kitchen staff will be happy to help.

On the mountain we usually have a wide variety of MRE meals, these are significantly tastier than freeze dried, as they are real food vacuum-sealed and ready to heat and eat. The underlying aim is to provide balanced nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Manaslu Summit

Nepal | 8,156m

FAQ'S

What food is available at the base camps and once on the mountain? How about snacks? Part 2.

When setting out from the camp for a day's activity your Kitchen crew will provide you with a snack pack containing sweets, chocolate bars, cake, boiled egg, cheese and biscuits or a local bread known as chapati.

Often your Expedition leader or Climbing Sherpa will get to camp before you and get the stoves roaring to welcome you into camp with coffee, tea and snacks upon arrival from a day's climb or acclimatisation trek.

Clients are invited to bring along any of their favourite snacks and goodie bags from home as they are expensive to buy once on the trek. Concentrate on high energy foodstuff such as Jelly Babies etc. to give you that little boost on an arduous day.

How often is fresh water available for refilling during a typical trekking and climbing day?

Ample water is continuously available at BC as are hot-drinks, soups and the occasional canned beverage. You will be able to refill at any time from the water supply provided in both the kitchen tent and the dining tent (hot water flasks- 24 hours per day).

Once at camp one and above for the rotations or summit bid you will begin the re-hydration process immediately upon arrival into camp. Your Guide and Sherpa team will assist you with this. Equally you will begin to make (from ice) all the water you will need for the following days activity before you leave the tent that day. On summit day your Guide and Sherpa team will carry extra flasks of hot tea in addition to your own water supply. The use of stoves and cooking equipment will be demonstrated to you by your Guide and Sherpa team.

Manaslu Summit

Nepal | 8,156m

FAQ'S

Where does the drinking water come from? On the trek and in camps?

For your stay in towns and cities and for the road journey to Basecamp bottled water will be used. At the higher camps we will use locally sourced drinking water from streams, springs or nearby glacier. These are usually fresh being topped up from meltwater above or by rainfall but we also increase their purity by treating the water with purification chemicals or by boiling it. We ensure the water is as pure as possible.

At the camps there is a continuous supply of hot water for you to make hot-drinks and lunches and dinners usually commence with a soup. Further on the road trips ample soft drinks are available at hotels and restaurants.

What meals are provided above ABC?

We have a great cook and modern kitchen facilities at BC. Above this camp C1 you will be provided with lots of snacks but will be expected to use gas stoves to boil water to cook the "boil in the bag" meals and melt sufficient ice to serve as drinking water for the following day. The ready meals are of the highest standard and come in a huge variety of flavours. Appetite is likely to be reduced as we ascend higher but we aim to cater for every personal taste with a variety of meals to encourage essential fuel loading!

Training

Any tips on how a climber can maximise their chances of success?

The 360 expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle. Additionally, ask our team about pre-acclimatisation on smaller mountains prior to your departure for Manaslu.

Further several excellent training plans can be found online to prepare you for this ascent.

Check the thorough advice offered by high altitude specialists Steve House and Scott Johnston on their website: [Uphill Athlete](#)

Manaslu Summit

Nepal | 8,156m

FAQ'S

Tips on how a climber can maximise their chances of success – Part 1.

The 360 expedition training programs have been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to incorporate the best fitness program with your own lifestyle.

High altitude mountaineering is about slack days of low activity followed by long days where every grain of stamina you have is called upon and every ounce of determination you possess is necessary to reach your goal.

The essential idea in order to prepare for a mountain such as Manaslu is to increase the intensity of the exercise you do by small increments over 8 – 12 months before you leave for the expedition.

Concentrate on cardiovascular workouts during the initial weeks by taking short runs when time allows and try to spend at least 2 weekends a month going on long duration walks (longer than 8 hrs) carrying a rucksack of around 15kg and aiming for 800-1000 meters of ascent. As you get stronger increase this rate of exercise and the duration by walking every weekend and running 5km every second day, for example.

Since this is a mountaineering expedition we further encourage you to increase your climbing efficiency and use of climbing equipment (crampons, ice-axes) by undertaking winter walks / climbs in the Scottish Highlands, Pyrenees or Alps. This will increase your body's ability to cope with the extra demands of these activities and also allows you to get familiar with the equipment you will be using on the mountain.

Tips on how a climber can maximise their chances of success – Part 2.

A focused regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the mountain itself. In addition, the weekend walks will help break in your boots and get you used to your equipment for the trekking stage of the expedition. In combination this will pay dividends when you reach base camp because even though you can't train for altitude your body will be ready for arduous days and you will be familiar with how to best use your equipment, both adding to you being able to enjoy and appreciate the mountain all the more.

Furthermore, being familiar with moving over ice and glaciated ground will be beneficial when joining this expedition. Contact the office for further details and to discuss your individual background. This helps us to formulate a training strategy that best suits the demands of your daily life.

Kit

What gear will I need?

Please review the equipment list. While all items are required there may be times when some of the items on the gear list may not be used (such as warm weather or changing conditions). The gear lists are created by the guides so that climbers are prepared to summit in any conditions.

Manaslu Summit

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FAQ'S

Can I rent equipment for this expedition?

The cost of equipment, particularly at this level, can be a major deterrent for people coming onto trips in the first place. However, we advocate the use of personal equipment whenever possible. This is particularly important for the use of boots and high-altitude clothing.

Alternatively, things you don't currently have can be hired cost effectively from our partners at [Outdoor Hire](#) or sourced cheaply through our reliable contacts in Kathmandu.

What clothing should I wear on at the start of the expedition?

Our leaders usually start the trek wearing long, lightweight trekking trousers and wicking (non-cotton) shirts. Long trousers are recommended to act as sun protection. Shorts can also be worn on the trek to Samagon and for walks around BC and as the temperature can be warm. Ensure that you apply sun protection frequently. Sunglasses are worn for most of the trek into BC as well as sunhats.

The prevailing conditions on the trek will dictate what you will wear: if it is cold when you leave the camp in the morning for the trek to BC or when setting off for C1 then wear your base layer plus soft-shell. As things warm up take advantage of the zipper system which most trekking clothing have and open and/or close the zips to adjust to your own preferred temperature. If you get too warm then take a layer off.

Waterproofs are needed on hand especially during the trek in and the acclimatisation phase of the expedition. Manaslu creates its own weather system. It is not unusual to be caught out in an afternoon rainstorm low down on the mountain. Waterproofs should be Gortex material or similar and be carried with you at all times below BC.

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FAQ'S

What do your guides and climbing Sherpa wear on summit day?

On summit day it gets cold and temperatures of -30C are not unusual. Typically, our guides wear 2 sets of base layers (long johns), a fleece mid layer (top and bottom) and thin down jacket on the torso. Over the top of this they wear a one piece down suit. To further ward of the wind chill a wind suit (thin Gortex shell) could be considered.

On their hands they'll wear a thin layer of fleece or silk gloves over which a thicker set of gloves are worn. Over the top of these two layers a large set of mittens (down recommended) is worn. Hand warmers inside the mittens are also recommended.

Their heads are covered by a thermal "beanie" hat or a thick balaclava and the hood of their down jackets. On their feet the guides wear one thin pair of socks and one thick pair of socks. Foot warmers are recommended.

Over the top of your clothing you will wear a climbing harness and you will be attached to a rope for high passes/summit day.

On summit day your guides will also wear snow goggles.

What is the best type of footwear that I can use for the various phases on this expedition?

There are two distinct types of footwear on this trek. The boots used for the trekking phase to BC should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support (B1 boots). In addition, it is highly recommended that your boots are well worn in to prevent the formation of blisters. A range of suitable boots are on the market and further advice as to which brand names are available and their relative pros and cons can be found online or at your local gear store. If still stuck then please don't hesitate to get in touch with our 360 office for advice.

Double boots are essential for climbing 8,000m peaks. You will only be using your double boots for the entire mountain phase on this expedition. These boots should have a soft insulating inner bootie and a hard plastic exterior outer boot with a high insulated exterior gaiter covering both. The standard model would be Scarpa Phantom 8000, La Sportiva Mont or the Millet Everest equivalent. Temperatures high on the mountain are usually well below -30C and only double boots can withstand such conditions. Ensure that you have tried the boots on before you leave home and that you can wear a thin and a thick pair of socks in them and still be able to freely move your toes.

Crampons are worn for the majority of the time you spend above BC and for the actual summit day itself. Your crampons should preferably be of the easy "heel clip" variety (rather than the strap systems which are fiddly). It is not necessary to use specialist technical climbing crampons as standard 12 point all round crampons such as those from Grivel will do the job very well.

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FAQ'S

What specialised kit is needed?

Please see our comprehensive kit list for the equipment and clothing systems you will need for this ascent. You might be familiar with some of the high altitude clothing and equipment needed for climbing Manaslu from having previously been to high altitude on other mountains.

The use of specialised equipment such as oxygen delivery systems, climbing and cooking equipment will be demonstrated and retaught to you at BC should you be in need of a refreshment course or want to be updated on current techniques.

If you have specific questions about equipment or clothing than don't hesitate to contact the office prior to leaving on the expedition, our dedicated team of professionals are always on hand to give you specific advice on any of the specialised equipment you will need for this ascent.

What type of rucksack should I use for the trekking phase of this expedition?

For the trek to BC and a smaller (around 40 litre capacity) rucksack can be used. The content of the rucksack for the trekking phase should include: a fleece or light down jacket (for when taking breaks or weather changes) a full set (top and bottom) of waterproofs, sufficient water for the day, snacks, camera equipment, personal medication and a head torch. Your day-to-day rucksack will weigh no more than 4 – 6 kg.

All your camping equipment, toiletries and change of clothes for this phase of the expedition will be carried by the local porters to each nights accommodation.

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FAQ'S

What type of rucksack should I use for the climbing phase of the expedition?

A good all-round size for this phase of this expedition is around 70-80 litres capacity. An enormous array of rucksack types and models exist on the market today. It is worth considering expedition specific rucksacks rather than travel rucksacks. Expedition rucksacks tend to have fewer frills and are of more durable construction and are lighter in weight. It is important that your rucksack has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that the strongest muscles do most of the carrying and that the shoulder straps are sufficiently padded for extra comfort. Another handy feature would be a compartment in which to fit a Camelbak or water bladder.

For the mountain phase the basic content of the trekking rucksack is rearranged to be compatible with the demands of the next phase. It will include additional items such as sleeping bags, down clothing and personal climbing equipment which are to be carried between camps both on the ascent and descent. By this stage your ruck sack will weigh around the 10-12 kg mark. Our climbing Sherpa will assist you in carrying some items to the higher camps.

Your rucksack can be filled to the brim with extra stuff (socks, down jackets etc.) before checking in at the airport to save weight and space in your hold luggage.

Our main expedition luggage will be carried to BC by porters and some assistance will be given by your climbing Sherpas in the carrying of personal equipment above BC.

How heavy will my backpack be on the mountain?

The weight of your pack will usually not exceed 12 -15 kg. We carefully scrutinise every item carried on "carry days" between camps and encourage a minimalist approach. Our porters and climbing Sherpa's will be moving camping, kitchen and group equipment between camps.

What day to day stuff should I carry in my rucksack on the trek to BC and the acclimatisation treks around BC?

Your daysack must contain the following items at all times. Waterproof top and bottoms, warm layer (thick fleece or light down jacket) gloves, beanie hat, head torch, personal first aid kit, sufficient water and snacks and of course a camera.

What luxuries should I take with me?

Most modern luxuries can be found in Kathmandu. Bring books as well as a Kindle as these can be shared more easily with the group once you finished reading them. (Kathmandu has a great selection of books to save plane weight). Furthermore, bring your iPads stuffed with as much variety of music and films as you can handle.

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FAQ'S

Will my kit be safe in BC and ABC when I climb?

Yes, your kit is safe in your tent but we do advise to bring locks for your kit bags when flying which can be used on your bags in your tents to be doubly sure.

How is equipment moved to BC or carried between camps?

All expedition equipment is brought to the start of the trek by a large two tonne truck. Above this local Gurung porters are used to transport all equipment to BC. Above BC the climbing Sherpa will be carrying the bulk of the necessary camping and climbing equipment and team members will carry their personal climbing luggage necessary for the ascent.

Your Porter bags should be of a soft material "duffel bag" or rucksack variety and should not be a suitcase or hard bodied metal case. It is important to try to limit your equipment at this stage to around 18-20 kg per bag. This is plenty to keep you going!

Bear in mind that most of your mountain hardware which is not needed before BC will already have been brought up to BC before you arrive and is stored there in a safe place.

How warm does my sleeping bag need to be?

Sleeping bags should be rated within the -40 C comfort rating. From around Base Camp upwards it is not unusual to experience frosty nights. A good night's sleep is important to giving you the best chance to climb this mountain. Ensure you get a sleeping bag that has this temperature rating at this comfort rating rather than its extreme rating.

Our leaders take sleeping bags rated to well below -40C to ensure that they are warm at night. A 5-season sleeping bag can be enhanced by using an inner silk or fleece liner (or similar). The idea is to be as comfortable and warm as possible for the night and henceforth to ensure plenty of sleep for the arduous days ahead. Some clients have found the use of a "Bivouac bag" to increase the warmth of their bag.

For this expedition it is worthwhile to consider bringing two sleeping bags. One to leave at ABC and one to leave at the higher camps. This method is used by some to minimise the need to carry their sleeping bags back down to BC after an acclimatisation rotation to the higher camps.

It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed up the bag the down will retain the heat and ensure that you sleep at a temperature that's your own body temperature.

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FAQ'S

What clothing is suitable for when we come back from the mountain?

Casual dress is recommended for Kathmandu. Daytime temperatures are usually warm and shorts and t-shirts are fine. Evenings are generally cooler and a light fleece is recommended. A bag containing fresh clothes can be left in the hotel storage ready for your return.

The Weather

What is the best time of year to climb Manaslu?

The best time to climb in the Himalayas is March to May and September to November. The later time frame is generally clear but colder with snowy conditions that are more stable. The usual weather patterns that previously occurred with great predictability are now changing and it is not unusual to experience short spells of weather that is unprecedented.

What weather report service do you use?

Our team has access to sophisticated weather forecasting services. We use Bracknell and Swiss forecasts for daily forecasts received from HQ in Europe. Our summit bid is aided enormously by totally up-to-date reliable forecasts.

Travel

Where do I meet my leader?

Your expedition leader will most likely be in Kathmandu before you arrive. But he will be waiting for you at arrivals at Kathmandu airport and be with you for the entire expedition from there. Most will have been on an expedition with our leaders before. Their professionalism as well as personality seem to be the reason why we have such a high return rate. For an expedition of this nature we will be holding a pre-expedition meeting where you will not only get a chance to meet your fellow team members but also your leaders. This meeting is usually held over a weekend and will be an informal way to ask questions and sort out expedition equipment details. Naturally, you'll be having a beer or two with your expedition team.

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FAQ'S

What is the best air route to my destination?

Detailed flight information will be sent to you upon registration. We are ATOL bonded and ensure the most direct route with a reputable airline. 360 Expeditions carefully consider weight restrictions imposed by various airlines for an 8,000m peak expedition such as Manaslu.

On some occasions climbers prefer to organise their own flights. If this is the case than we are more than willing to assist you with every detail of the journey to Nepal. We will for example be able to advise you of the weight restrictions imposed by various airlines and recommend quality airlines.

Booking your own airline allows you to have the flexibility to use frequent flyer miles as well as manage your luggage weight. For example, it can be more cost effective booking a business class flight than paying excess baggage.

What if I arrive early or depart late? Can you arrange extra night lodging? Is there a single room option for this expedition?

We are happy to make any arrangements scheduled outside of the trek dates: these might include personalised tours, extra hotels rooms, private airport pickups or arranging private rooms. Please indicate your requirements on your booking form and we will contact you with the relevant arrangements.

What happens if the expedition overruns? Or finishes early?

Your permit and costs cover 60 days therefore you will have ample leeway regarding the mountain logistic costs. We managed to summit with our teams in the past in around 30 -40 days from the onset of the expedition.

The itinerary is designed to accommodate bad weather delays and sufficient acclimatisation to summit but If the expedition overruns and you choose to stay out on the expedition your flights will be changed accordingly. The 360 office will help with this. There could be a charge imposed by the airline, we will invoice you for this on return to the UK.

You have two scheduled nights in Kathmandu on your return after the expedition.

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FAQ'S

Insurance

What travel insurance should I take for an expedition of this nature?

Copy of own travel insurance details. And relevant contact numbers are required. Comprehensive expedition insurance is now available from various insurers. We recommend looking into deals offered by [True Traveller](#), the BMC (although the BMC will only cover you for the summit phase if you have a history with them), Austrian Alpine Club or similar insurers.

Team members should take out private insurance that covers you against cancellation due to medical or personal reasons and it is important that the insurance contains coverage for medical evacuations.

Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip. Please contact the office if you have any queries regarding insurance for this expedition. We will be happy to help.

Past climbers have often used a combination of insurances, one of which covers you for the trip into Base Camp and another for the climbing phase.

Visas

Are there any entry or Visa requirements?

Visas are compulsory for entry into Nepal for all foreign nationals. You can either apply for your visa on arrival in Nepal, or in the UK before you travel.

If you decide to apply before you go, you may be selected to attend the Nepalese Embassy to collect your visa. If this is the case, you'll be given a set day and time when you have to do this. If this happens and you can't make it to the embassy, there are a couple of options:

1. you can nominate someone to go on your behalf.
2. you can ignore the request to go to the embassy and sort your visa on arrival. There will be no issues getting your visa on arrival even if you've already started the process in the UK.

It is very easy to get your visa on arrival in Kathmandu and there are now electronic visa booths at the airport which take your photo, allow you to fill in all the relevant information and spit you out the completed visa application. You then just queue to pay your fee!

A 90 day visa costs US\$125.

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FAQ'S

Finance

When is the money due for this expedition?

Generally, deposits are due when you book as we need in turn to book the international flights and permits well in advance. The full amount should be paid four months prior to departure. However, having said that, our aim is to get you to the top of this mountain and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan should you find raising the funds to be difficult. We have been in your shoes after all and go by the motto of where there's a will there's a way.

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to our own salaries, tipping will seem the least they can do to say thank you. As a general rule we suggest around \$400 – \$500 per client for the entire local crew to be shared amongst them.

Alongside this tip for the local crew you will also need to give a summit bonus tip. This tip is for your Sherpa support for reaching the summit. It is set at a minimum of \$500 – \$750. You will need to have this money with you in cash to give to your Sherpa after your climb.

Tipping the 360 Leader is entirely at your discretion.

Manaslu Summit

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FAQ'S

Money - am I correct in thinking we only need to take American dollars with us?

American dollars are readily recognised and are easily converted to the local currency. Upon arrival there will always be a bureau the change at the airport or land border. Generally, these provide a better rate of exchange than your hotel. For most situations when buying gifts or small goods such as drinks or snacks etc. the use of small denomination US dollars is not a problem. Getting change for a \$20 bill when buying a \$1 coke will be a problem. Larger bills are good for tipping your 360 team at the end of the expedition and a sufficient amount should be carried with you. Your 360 leader will advise you in the pre-expedition brief as to what is the correct amount to take on the trip with you.

What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or if you want to purchase soft drinks on the trek. As a basic rule of thumb \$200 should be more than adequate for any expedition spending.

Nepal is a relatively cheap place and when indulging in the local custom of haggling, goods can be bought for excellent value for money. Your 360 leader will be happy to point out the relative bargains, suitable prices and where to get the best value for money. The only other cash you'll need to consider taking with you on this expedition is the local crew tips.

Communications and Electronics

Can I contact the others on the climb? How about the leader?

You can always call our office and if none of our leaders are available due to being on expedition, they can contact you as soon as they are back.

For this expedition we will be holding a pre-expedition meeting in plenty of time before the expedition is due to take place. This is to aid you with any questions you may have and to meet your team members. We feel it is important that you have already struck up a friendship with your team before leaving rather than setting off from the airport as total strangers.

Is there electricity at Base Camp?

Electricity is generated by small generators and solar panels. A ready power supply is available in both the kitchen and dining tent to keep cameras, iPod, Kindles and suchlike charged. However, charging laptops can be a problem to charge so to keep your personal equipment simple.

What is phone coverage like?

Base Camp normally benefits from sporadic mobile coverage. Beyond that we rely on satellite phones which will be available for your use, but will have a charge attached to them.

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FAQ'S

Long shot but is there internet access at Base Camp?

Wifi is intermittent on the trek into BC. You can get 3G in certain areas of Base Camp too.

What type of communication is available on the expedition?

Telephone and internet coverage is available from Kathmandu to BC. Above this the Expedition leader will have a satellite phone and this is kept charged using solar power. For a small fee you can use them for calls home.

On the mountain all team members will be provided with a small lightweight Motorola radio to stay in communication with other team members. Mobile phones will only work for a small period of time on the beginning of the trek in.

Additionally, our Expedition and Sherpa crew carry VHS radios to communicate with each other and the Basecamps.

What is your point of contact? How can my family follow my progress?

Your 360 Leader will be sending regular updates to the 360 offices to allow your family and friends to track your progress on social media.

The best place to reach a loved one is through our main 360 office. We try to organise a daily satellite call with the 360 Leader on the mountain to allow communication between the outside world and to keep our team updated with important developments occurring at home.

Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

The round three pin plugs are used in Nepal. The hotels used on this expedition will have modern European plug fittings. An adaptor can be purchased at the airport if you've forgotten it.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360[°] EXPEDITIONS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.