

arnoldcoster expeditions

MANASLU

Autumn Exped 2026

5th September 2027
Fixed Arrival in Kathmandu

8163M
Max. Elevation

35 DAYS
Exped. Duration



Expedition

OVERVIEW

Manaslu is the eighth highest mountain in the world and, even though it is regarded as one of the more technically straightforward 8000m peak, its altitude is a serious undertaking and requires careful preparation and a high level of fitness. Situated in western Nepal, we climb the classic North East face via four camps utilising the support of regular team of climbing Sherpa's. The climbing route is fairly direct without being too steep or having any major technical difficulties beyond the ice cliffs/Seracs we weave through towards camp 2, on the approach to camp 4 and the final snow arête to the summit.

Basic Service:	**$ 9,500 USD**
Full Service:	**$ 18,500 USD**

ARNOLD COSTER

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Known for his calm, approachable leadership style & has led over 100 successful expeditions

Join Arnold Coster on his Manaslu expedition. His experience is amongst the best in the world, combined with a very high success rate. Where there is a will, I will aim to provide a way!

Participation

STATEMENT

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.



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Trip ITINERARY

Phase 1

Arrival

Day 01
Arrival in Kathmandu and transfer to the Hotel (1,400m)

Day 02
Expedition briefing in the Ministry of Tourism and free time to enjoying the ‘bombardment of the senses’ that is Kathmandu. (H,B).

Day 03
Drive to Besisahar 760m

Day 04
Jeep from Besisahar to Dharapani (1,860)

Phase 2

Departure to Trek

Day 05
Trek from Dharapani to Tilije (2,300m)

Day 06
Trek from Tilije to Bhimthang (3,720m)

Day 07
Acclimatization at Bhimthang (rest day)

Day 08
Trek from Bhimthan to Samdo (3,872m) via Larke Pass(5,160m)

Day 09
Trek from Samdo to Sama Gaun (3,541m)

Day 10
Trek from Sama Gaun to Manaslu Basecamp (4700m)

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Phase 1

Arrival

Day 11
Samagaon Village To Manaslu base camp 4800m

Day 12-30
Climbing Period for Manaslu 8163m.

Day 32
Base camp - Samagaon village

Day 33
Samagaon Village to Kathmandu flight by Helicopter

Day 34
At leisure in Kathmandu. (H,B).

Day 35
Fly home. (H,B)



This is a suggested ideal itinerary, changes may well be necessary according to weather, client fitness and rate of acclimatisation as well as difficulties with transportation.
A number of rest days are programmed and these are an important part of our structured acclimatisation programme.

Trek into

BASE CAMP

Day 3-11

we start our journey. We drive to Besisahar followed by a jeep drive to Dharapani where we start trekking. The trek is a remarkable journey crossing the famed Larkya La (5140m) giving valuable acclimatization before the challenges ahead…a great way to start an expedition. Those with limited time can take a helicopter but time still needs to be set aside for acclimatization. Base camp is at 4800m



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Base Camp to

CAMP I

5700M

The route involves climbing initially over grassy slopes, rock slabs and moraine to reach the glacier. We follow the glacier crevassed in certain sections with the occasional small ice step. 3-5hrs

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Camp 1 to

CAMP II

6200M

The route between camp 1 and 2 goes up through a couloir and an icefall giving the mountain its crux as you weave through the wall of seracs with crevasses underfoot. Fixed lines and ladders may be used. Obviously in sections like this there is the added danger of a serac collapse. To minimise the risk you must move through as efficiently and quickly as possible and accept the inherent risk. (4- 6hrs with approx. 2hrs in the icefall)



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Camp 2 to

CAMP III

6900M

A relatively straightforward day with some fixed lines on the steeper sections (3-5hrs)

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Camp 3 to

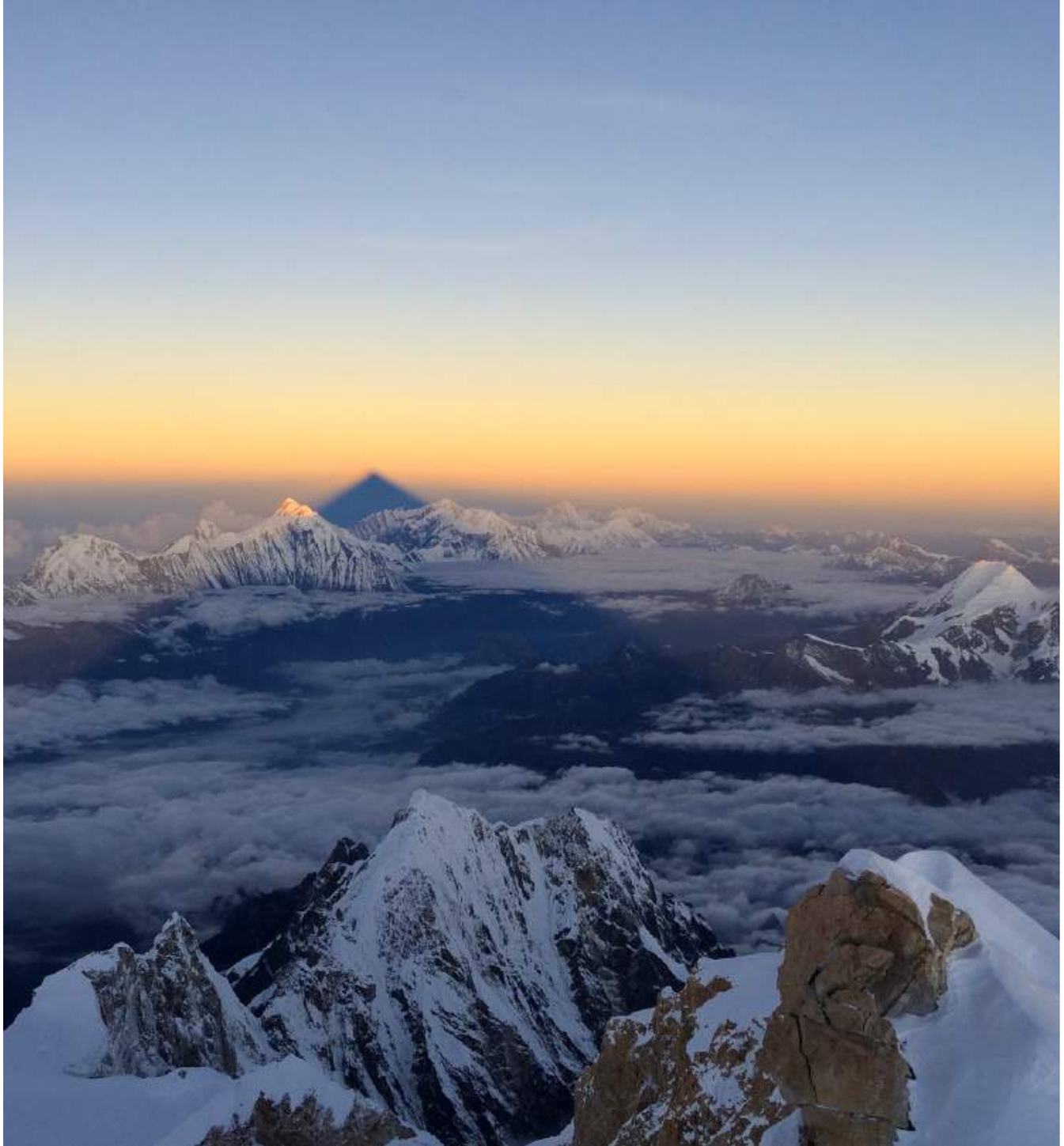
CAMP IV

7400M

The climbing is quite steep and strenuous, so our extra camp will help you arrive at the high camp stronger in readiness for the summit day!



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SUMMIT

8163M

As normal in the high mountains summit day starts very early and should take about 6-8hrs. The climbing starts quite easily before steepening where fixed lines need to be utilised. The climb passes the false summit and finishes on an exposed ridge that takes you to the true summit a journey of 150m with a mere fifty metre height gain…but an important last step to enjoy the vista of this the eighth highest mountain in the world! The descent back to high camp takes about four hours

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Helicopter to

KATHMANDU

A day is spent packing up base camp before returning to Samagaon from where we get a helicopter flight back to the warmth of Kathmandu for a well-earned celebration. Please be aware the flight is weather dependant and delay can occur. Also, because the weight restriction for a helicopter at altitude we usually fly 3 people from Samagoan to Arugat where we change the Helicopter and fly 5 people onwards to Kathmandu to be more efficient.



PREVIOUS EXPERIENCE/FITNESS

Although Manaslu is described as a straightforward climb, any 8000m peak is extremely demanding both physically and mentally. Thus, we recommend you to have previous altitude experience to at least 6000m and be comfortable on Scottish grade II winter routes and European Alpine AD Summit success will require a high level of aerobic and mountain fitness. You should have suitable experience to enable you to be relatively self-sufficient, capable and willing to move between camps unsupervised.

A Typical

TREKKING DAY

Starts around seven a.m. (not a problem as it's usual to go to bed early!). As you get up its easy enough to pack all your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail, again a pleasant relaxed affair that will help your acclimatisation programme. Another couple of hours trekking after lunch and, most days, you will be arriving at our overnight camp ready for a well-earned drink.



If you are unsure or wish to be provided with a preparation program, please drop Arnold Coster an email to discuss the options. Arnold Coster has a great success rate in helping people develop the appropriate skills and experience. Many members returned for other expeditions with Arnold including Makalu, Gasherbrum I&II etc. Safety, Quality, enjoyment and success are his aim.

BASE CAMP

The time spent at base camp is important both for acclimatisation and preparations. You will be given training in the use of Oxygen, Gammo Bag and HAPE/HACE, Communication Equipment and movement on fixed lines. Our base camp setup is very comfortable; it's not a matter of over comfort you sometimes hear about in the press but a vital part of our provision. If you are rested and can recoup; then you will be stronger for your summit bid. Our dinning tents will be warm double wall tents, with comfortable tables and chairs. There is a power supply for charging and In the evening we will have a movie setup for entertainment. We also have a power shower to maintain friendships!

Each Member will have a spacious personal Base Camp tent with comfortable padding.



CATERING ARRANGEMENTS



Breakfast

porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with either bread or chapattis with jam, honey, peanut butter etc.



Lunch

starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat



Dinner

Soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by pompadours, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momos etc. to western style – yak burgers, chips, pasta, even pizza!



Desserts

usually fresh or tinned fruit and tea, apple pie, cake, custard etc

ESSENTIALS

WEATHER FORCAST

We get regular weather forecasts direct to our laptop at base camp, which can be relayed up the mountain and further ones as a back up to our Satellite phone.

COMMUNICATION

Arnold Coster issues every member and Sherpas with a handheld VHF radio, supported by high powered base sets at BC and Advanced BC. Base Camp is equipped with a Laptop and a Satellite Data Connection. Nowadays a third-party internet provider provides WIFI service in BC. Data packages can be bought in BC at extra cost.

BAGGAGE

On the trek you should aim to carry a light rucksack (around 30L) containing 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves. The rest of your gear can go in your kit bag to be carried by the yaks or porters.

MISCELLANEOUS

We allow extra days in the itinerary for bad weather. If you do summit or come back early additional costs may be incurred. When obtaining your flights, be sure to book alterable, refundable flights.

OXYGEN

Climbing with Oxygen will increase your chances for success significantly. Also the chances for frostbite and other cold related injuries are a lot less. Three 4L Oxygen bottles are included, additional Oxygen is available for 650USD per bottle. Mask + Regulators are provided free of charge with your Oxygen bottles. The Oxygen will be carried by our Sherpas to the high camp.

INSURANCE

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please contact me if you need an insurance advice.

ALTITUDE

You should already be familiar with the effects of altitude from your previous experience. However, if you are new to extreme altitude you may still have concerns about the effects. Don't worry; our itinerary allows sufficient time to acclimatise. The best way to avoid such symptoms is to do everything slowly, walk at a steady pace and drink plenty of fluid.

EQUIPMENT

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets/suits can be hired also (limited availability).

VISA & PERMIT

US, UK citizens and most EU nationals can get the Nepal Visas on arrival. All other nationals should check with their local embassy and/or www.immi.gov.np. Passports must be valid for at least six months after the end date of the trip.

LOCAL COST

Individuals are responsible for drinks and hotel meals throughout whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid-range) may vary:
Tea/coffee 1.5$; Beer 4$; Soft drink 1.5$; Local lunch 15$; 2-course dinner 30$

TIPPING

It is traditional to tip the local staff including the porters and cook staff. You will probably want to make a reasonably generous tip at the end of the trek and we recommend allowing about $250 for this. Climbing Sherpa's usually get a "summit Bonus" for a job well done, expect to pay $1500 for this per Sherpa that stands on the Summit.

INCLUDED

- All permits, charges, importation taxes and levies payable to the Nepalese Government in connection with the expedition.
- Hotel nights in Kathmandu with breakfast as mentioned on the itinerary.
- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies.
- Communication equipment (each member will have a radio on the hill), satellite telephone and e-mail facilities, weather forecasts.
- All food, fuel and cooking equipment.
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Nepalese Climbing Sherpa support on the mountain; 1 member: 1 Sherpa. 3 4L Poisk Oxygen+ Mask & Reg

EXCLUDED

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu and “extra’s” that are bought besides the group meals during travel.
- Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tech equipment).
- Personal medical supplies and personal use of communication equipment.
- Tips and Sherpa Bonus.

Mode of PAYMENT

The mode of payment below is suggested, however it may be possible through discussion to agree an alternative arrangement.

Refundable Deposit payable with booking **$ 4500 USD**

Final payment 2 months before departure

Please Note – The final Payment is non-refundable and you are advised, therefore to take out adequate cancellation insurance when you book.

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SERVICE CATEGORY

The expedition will be led by Arnold Coster himself, who let almost fifty 8000m expeditions and as many 7000m. He will be supported by our strong loyal team of Sherpa's, who have also been to the summit many times. Good leadership will make the difference in critical times and can be the difference between failure and success, but also having a worriless quiet summit day or standing in line with other teams!

To cater all climbers need you can choose from two different service levels:

Basic Service:
This includes all cost to, from and in Base Camp. Only for members who join as a group of 2 or more. If you need additional services; these can be added for additional cost.

- All logistical cost during the trek to and from base camp are included, also all accommodation and food during the trek.
- Comfortable base camp setup with all facilities.
- Fixed rope, weather report and communications with Base Camp
- 4 nights single room in midrange Hotel in Kathmandu.

Full Service:
Basically, this includes all the above and everything on the mountain. The full-service package is designed for an individual to safely climb Manaslu.

- All high-altitude equipment; tents, fuel, stoves, food and snacks are provided.
- There will be one Nepalese Sherpa for one member to assist during summit days.
- 4 Nights Single room in Midrange Hotel in Kathmandu.

We PROVIDE

COMMUNICATION EQUIPMENT

All members and Sherpas are given a radio for the duration of the expedition and we have quality base sets at BC and ABC. Satellite telephone backup. Satellite telephones at Base Camp and Advance Base Camp; essential for weather forecasts. You can take the phone to use in the privacy of your own tent.

E-MAIL FACILITIES

We receive our own weather forecast direct to our own e-mail on a regular basis and do not rely on a third party.

QUALITY MOUNTAIN EQUIPMENT

We use expedition tested equipment, a good supply of stoves, shovels etc Quality Base Camp & Advance Base Camp. We do not use agency tents and equipment and as a result we can guarantee the quality. Our Mess tents and base camp facilities are among the most comfortable ones in Base Camp!

STAFFING

We normally manage to have a doctor on the team but this is not guaranteed. Our Leader is trained and has a lot of experience in treating and recognizing High Altitude Sickness. The expedition has his own: Medical supplies, Gammo Bag Emergency equipment, spare oxygen, stretcher etc

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BOOKING

At Arnold Coster, we would like to talk to the climber personally before we finalize any applications for the expeditions. We want to make sure that we understand each other completely before we ask for any commitments.

If you would like to book a place on this expedition, you can do so securely by requesting our application form, over the phone or by sending an email on

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