



Manaslu Expedition



EXPEDITION OVERVIEW



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!

Arnold Coster is a relaxed, considerate and thoughtful person; an expert leader and a highly-skilled professional who specializes in getting people to the summit and back down in 100 percent safety. He is a good communicator, a great motivator, and has a positive attitude. Arnold is at home in any terrain, with any kind of group.

Arnold Coster, has a decade of experience in the Himalaya's and led over sixteen 8000m expeditions and as many 7000m. His Sherpa's are some of the strongest in Nepal!

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 on the approach to camp 4 and the final snow arête to the summit.

The expedition is a professionally-led non-guided expedition for experienced mountaineers who want to work as part of a team to tackle the mountain. We say non guided because our leaders and Sherpa team working with you will not be able to protect your every move and you should have suitable experience to enable you to be relatively self-sufficient and willing to move between camps unsupervised but with the support of our leaders and Sherpa team.

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.

Adventure Travel, Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.



OUTLINE ITINERARY

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. In Pakistan it might occur that it's not possible to travel by road to Skardu and that flights to Skardu are not available at the same day. Any delay out of the below mentioned itinerary is for the clients own expense.

ITINERARY

KEY to inclusions (H-hotel, T-teahouse/lodge, C-Camping, B-breakfast, L-lunch, D-dinner/evening meal)

Day 1: International flights.

Day 2: Arrive Kathmandu, transfer to hotel, close to the famous, bustling Thamel district of Kathmandu. (H,B).

Day 3: Expedition briefing in the Ministry of Tourism and free time to enjoying the 'bombardment of the senses' that is Kathmandu. (H,B).

Day 04: Drive Arughat via Dhading

Day 05: Arughat - Sotikhola 6 hours

Day 06: Sotikhola - Machhakhola 6/7 hours

Day 07 Machhakhola - Jagat

Day 08: Jagat - Ukawa

Day 09: Ukawa - Ngyak 5/6 hours

Day 10: Nyak - Namrung 5/6 hours

Day 11: Namrung - Syalla village

Day 12 Syalla - Samagaon village

Day 13: Samagaon Village To Manaslu base camp 4800m

Day 14: Lower camp to high camp

Day 15- 40: Climbing Period for Manaslu 8163m.

Day 41: Base camp - Samagaon village

Day 42: Samagaon Village to Kathmandu flight by MI 17 Helicopter

Day 4-13 Trek into Base Camp We start our journey



with a 50km road journey to the remote Arughat Bazaar town from where we begin our trek the next morning. The initial part of the trek is quite gentle as it winds its way through fields and forest to Sotikhola. The trek continues through the villages and settlements of Machhakhola (890m), Jagat, Ukawa, Namrung (2900m), Syalla (3500m) before arriving at Sama (3900m) the last village before base camp. 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

Base Camp to Camp 1 (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



Camp 1 to Camp 2 (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)



Camp 2 to Camp 3 (6900m)

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

Camp 3 to Camp 4 (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!

Summit Day

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

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

Day 43: At leisure in Kathmandu. (H,B).

Day 44: Fly home. (H,B).

PREVIOUS EXPERIENCE/FITNESS

Ideally you will 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.

Although Manaslu is described as a straightforward climb, any 8000m peak is extremely demanding both physically and mentally. The ascent of Manaslu is not technically difficult but there are steep sections with some serac dangers.

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. All past members of his expeditions (successful or not) have been extremely pleased with the organisation and services provided and particularly liked the team philosophy he established.

Many members returned for other expeditions with Arnold including Makalu, Gasherbrum I&II etc. Safety, Quality, enjoyment and success are his aim.

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.

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 dining 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!

Finally when it comes to food; our master cook, who always has a warming smile and can produce some of the best food on the mountain.

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

CATERING ARRANGEMENTS

Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes 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. Dessert is usually fresh or tinned fruit and tea.



The evening meal always starts with 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 are equally appealing and include apple pie, cake, custard etc. You will not be hungry!

Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of freeze dried food, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks. For special interest and to keep the taste buds going we ask each member to bring a small 'luxury' item of desire to share at some point with the rest of the group.

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.

COMMUNICATIONS

Arnold Coster issues every member and Sherpa's 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 High speed Satellite Data Connection.



Arnold Coster expeditions communications are supplied by:



Never Beyond Reach

www.xtra-link.com

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. Two 4L Poisk Oxygen bottles are included, additional Oxygen is available for 400USD per bottle. Mask + Regulators are provided free of charge with your Oxygen bottles. The Oxygen will be carried by our Sherpa's to the high camp.

WHAT TO CARRY

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.

I suggest a 50L sac to enable you to carry your personal equipment up to the higher camps on the mountain, also a smaller pack will be too short for the 4l oxygen bottles. The Sherpa's will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt. Sherpa's will also help carrying personal equipment like; down suits, sleeping bags etc.



IMPORTANT–The small print

Please note, if for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. In this situation you should claim back any cost through your insurance

CHANGE OF INTERNATIONAL FLIGHTS

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.

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.

RESPONSIBLE TOURISM

We employ Nepalese Sherpa's and cooks as well as a local cook boy who all work alongside our own group leader giving employment beyond farming. We will have our power shower setup at BC, but if you would like a bowl of hot water to wash in, then just ask the cook. Wet wipes also work really well as an alternative. We recommend you take items such as batteries back to Islamabad for recycling.

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.



USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are impossible to replace.

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).

BAGGAGE

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. Some European airlines only allow 20kg on economy flights and charge huge money for excess baggage (specially the cheapest flights). Most airlines offer a 30kg allowance for sports equipment, but this has to be obtained when you buy the ticket in advance. Some items can be left at the hotel for your return. Suitable kit bags must be bought and important items should also be packed in plastic bags. A 27-35 litre day sac is needed to carry a fleece, rain gear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.

VISAS AND PERMITS

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 COSTS

Most meals are inclusive, please see the key above. 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 10\$; 3-course dinner 20\$



CURRENCY

Nepalese Rupee; Euros, UK Sterling, and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order, but usually you can find one that works within the same area.

TIPPING

It is traditional to tip the local staff including the porters and cook staff. These folk work incredibly hard and will do almost anything to help you throughout the expedition. 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 \$1000 for this per Sherpa that stands on the Summit. This can be shared between members, but it can happen that you summit with a Sherpa alone.

MODE OF PAYMENT

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

Refundable Deposit payable with booking 2500\$

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

What is Included

All permits, charges, importation taxes and levies payable to Nepal in connection with the expedition. All hotel and other accommodation up 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, website, 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. 2 4L Poisk Oxygen+ Mask & Reg



What is not included

Air travel to Kathmandu. Personal climbing clothes and equipment. Personal insurance, visas and inoculations, food whilst the team is in Kathmandu. Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tec equipment). Personal medical supplies and personal use of communication equipment. Tips and Sherpa Bonus.

WHY BOOK WITH ARNOLD COSTER?

Our price is not the cheapest available but we are exceptionally competitive and provide a very high level of service for a little extra cost. Until you have been to these altitudes it is difficult to fully appreciate that extra value. We provide: Strong Leadership and Support. The expedition will be lead by Arnold Coster himself, who led nineteen 8000m expeditions and as many 7000m. He will be supported by our strong team of Sherpa's, who have also been to the summit many times. Dawa and Mingma our senior Sherpa's climbed all fourteen 8000m peaks!

To cater every 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
- 2 nights Shared room in midrange Hotel in Kathmandu.

Full Service: Basically this includes everything for an experienced climber.

- All high altitude equipment; tents, fuel, stoves, food and snacks are provided.
- There will be one Nepalese Sherpa for 2 member to assist during summit days.
- 2 Nights Single room in Midrange Hotel in Kathmandu.



Very strong communication equipment

All members and Sherpa's 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!

Although the following may appear to be a luxury we have found they add to your overall comfort and relaxation allowing you to be physically more able at critical times. Only those who have been to these altitudes for long periods will fully appreciate the subtle differences. We have not added this to your expedition cost. The extra costs we absorb are for: Sherpa's, Weather and quality equipment. BC Shower tent, Gas Heaters for your comfort, Comfortable seating, LCD TV & DVD, Laptop Computer

Staffing

We have good cooks and Sherpa; staff who regularly work for us. We have a cook and cook assistant at both BC to ensure you are well looked after wherever you are. At least 1 climbing Sherpa to every 2 client. These are Nepalese climbing Sherpa's not HAP's.

Medical

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

All those Little Luxuries; Showers, mess tent heaters, high quality tents and comfortable seating don't add to the cost of your expedition but can add to your potential summit success. You will be more



relaxed and rested which in turn allows you to retain your strength or regain it if you suffer a bout of illness.

Arnold Coster wants to thank his sponsors for all their years off support!

