

MOUNTAINEERING, SKI

MANASLU 8,163M SKI EXPEDITION

Includes preparation and training for Manaslu.
Ski expedition option available.



B4Experience

NEPAL



Manaslu expedition (8,163 m), the world's eighth-highest and the "Mountain of the Spirits." Optional ski descent. We assess, train, and coach you. Led by Jordi Tosas (30+ years in the Himalaya), our team designs a tailored plan with maximum safety for your first 8,000er.

[View Web Program](#)

<https://b4experience.com/manaslu-8163m-ski-expedition>



RECOMMENDED MONTHS

SEPTEMBER



PRICE

From 29.500€ /person

Group discounts

Mountaineering

info@b4experience.com / +34 613 03 77 00





Highlights

- CLIMB AN 8000M MOUNTAIN
- PREPARATION AND TRAINING CAMPUS
- SKIING FROM 8163M
- PERSONAL TRAINING PLAN AND ADVICE

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
2	Standard	01 Sep 2026 - 30 Sep 2026	34	29.500€
1	Standard	01 Sep 2026 - 30 Sep 2026	34	Check

Travel only with your family or friends.

*Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

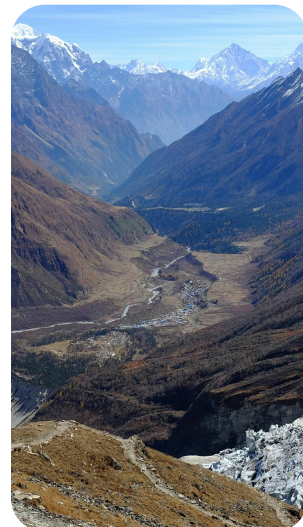


Included

- Experienced UIAGM mountain guide for full expedition coordination and preparation (Jordi Tosas).
- Training camp.
- Personalized training program with weekly follow-up and monthly activity tracking.
- Pickup and return services for domestic and international flights as per itinerary.
- 4 nights in a 4-star hotel in Kathmandu (2 before and 2 after expedition, with breakfast).
- Welcome dinner at a traditional Nepali restaurant in Kathmandu.
- All transportation costs for the expedition crew.
- Helicopter from Saama Gaon to Arkhet after the expedition and private transport to Kathmandu.
- Expedition permits and fees required by the Government of Nepal for the Manaslu route.
- Fixing charges and waste disposal fees.
- Three meals per day including tea/coffee.
- Freshly prepared meals (continental, Nepali, Indian, Chinese) at base camp.
- Government liaison officer.
- One experienced climbing Sherpa per client.
- Base camp cook and assistants.
- Porters to/from base camp (maximum 45 kg per member).
- Three oxygen bottles per client and two per Sherpa.
- Mask and regulator for client and Sherpa.
- Individual tent, mattress and pillow at base camp.
- Common equipment at base camp: dining tent, kitchen, communication tent, shower, toilet, heaters, etc.
- High-altitude services: tents, gas, food, etc.
- Walkie-talkies for communication.
- Satellite phone for emergencies (3 \$/minute).
- Weather forecasting throughout the expedition.
- Backup oxygen regulators available at base camp (charged per use).
- Accident, rescue and medical insurance for Nepali staff.
- First aid kits.
- Duffel bag (if needed).
- Farewell dinner with the team at a traditional Nepali restaurant.
- Government taxes and company service charges.
- Summit certificate upon successful ascent of Manaslu.

Not Included

- Not included:
- International flight tickets (we can arrange them)
- Nepal entry visa fee
- Bank transfer fees (if applicable)
- Lunch and dinner during your stay in Kathmandu
- Personal travel insurance and high-altitude insurance (accidents, medical, and emergency evacuation) (we can help arrange it)
- Personal trekking and climbing equipment
- Phone calls, internet, battery charging, laundry, alcoholic drinks, bottled and canned beverages, specialty coffee or espresso, etc.
- Drone and special filming permit
- Summit bonus for high-altitude Sherpa/porter: US\$ 1200
- Tips for cook and kitchen helpers: US\$ 300
- Any other service costs not included in the “Included” section
- Anything not mentioned under the “Included” section



Itinerary

Step 1 : First analysis & test

We conduct an in-depth interview to assess your technical and physical level in order to adjust the best strategy based on your budget and availability. We'll validate these skills through a short 1- or 2-day activity in the Alps or the Pyrenees.

Step 2 : Training Camp

We will carry out a 3-day specific training camp to learn all the technical skills needed to climb an 8,000-meter peak: crevasse crossing, fixed rope climbing, use of crampons and ice axe on icy terrain, managing clothing and footwear in extreme cold, and setting up high-altitude camps...

Step 3: Define the strategy

Together, and based on the precise assessment of your abilities after the training camp, we will propose a training plan along with challenges and climbs to help you reach the expedition in the best possible condition. We'll conduct weekly follow-ups on your training and monthly reviews of your activities. If we determine that you do not yet meet the minimum level required to safely take on the expedition, we will suggest prior activities to improve your physical, technical, and mental preparation to face an 8,000-meter peak.

DAY 1 : Arrival in Kathmandu

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: we can visit the Swayambhu Stupa (Monkey Temple), wander through the streets of Thamel, or enjoy our first Dal Bhat (the most traditional dish of Nepali cuisine).

Accommodation: 4-star hotel

DAY 2: Shopping and official paperwork in Kathmandu

Free day in Kathmandu to handle permit formalities and make final purchases for the expedition.

Accommodation: 4-star hotel

Meal: breakfast

DAY 3: Drive from Kathmandu to Dharapani (1,865 m)

We will drive from Kathmandu to Dharapani (approximately 8–9 hours).

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 4: Trek to Tilje (2,300 m)

Today we begin our trek by crossing a beautiful river and climbing through dense sal forests. We'll ascend an exciting ridge above the Budhi Gandaki River.

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 5 : Trek to Bhimthang (3,725m)

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 6 : Acclimatization Day

Today we've set aside a day for acclimatization and exploration.

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 7 : Trek to Samdo (3600m), via Larkey pass (5100m)

We'll start the trek early in the morning with a steady uphill climb along a rocky trail to reach Larkya La Pass. Once at the top, we'll enjoy magnificent views of Larkya Peak, Manaslu, Ratna Chuli, and others.

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 8 : Trek to Samagaon (3,540m)

From Samdo, we descend to Samagaon.

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 9 : Rest and Acclimatization Day

Today we've set aside a day to acclimatize and explore Sama Gaon. We can hike to the Manaslu Base Camp, where we'll enjoy breathtaking views of Manaslu, Nagdi Chuli, the icefall, and the Manaslu glacier, among others.

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 10 : Trek to Manaslu Base Camp (4,750m)

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 11-13 : Manaslu Base Camp

Manaslu Base Camp – Puja Ceremony – Climbing Preparation/Training

Accommodation: Tent

Meals: Breakfast + Lunch + Dinner

DAY 14-29 : Climbing period of Manaslu (8,163m)

The party begins! We'll do several rotations between base camp and the high camps to acclimatize properly. Once all camps are set up, we're well-acclimatized, and we have a good weather window, we'll go for the summit push.

Accommodation: Tent

Meals: Breakfast + Lunch + Dinner

DAY 30 : Trek to Samagaon

Cleaning of Manaslu Base Camp, trek back to Samagaon

Accommodation: Teahouse

Meals: Breakfast + Lunch + Dinner

DAY 31 : Arkhet by Helicopter and drive to Kathmandu

Return flight to Arkhet by helicopter and same-day transfer to Kathmandu in a private jeep, with shared accommodation. Overnight stay at the hotel.

Accommodation: 4-star hotel

Meals: Breakfast

DAY 32 : Free Day in Kathmandu

Accommodation: 3-star hotel

Meal: breakfast

DAY 33 : Final Departure

Accommodation: 4-star hotel

Meal: breakfast

DAY 33-34 : Extra days

Extra days in case of bad weather, etc. (Contingency)

Accommodation: 4-star hotel

Meals: Breakfast

Extra Services :

All our tours to Nepal can be extended and personalized. These are the most popular add-on services:

- Morning flight to Everest: approximately 1-hour flight to see/touch Mount Everest (we'll fly just 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 a.m., return in time for breakfast)
- KTM Cultural Tour 1: 1-day tour to visit 3 UNESCO World Heritage Sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Cultural guide included—English, Spanish...—extra hotel night and meals not included)
- KTM Cultural Tour 2: 1-day tour to visit 3 UNESCO World Heritage Sites: Patan City + Kathmandu Durbar Square + Swoyambhu Nath Stupa. (Cultural guide included—English, Spanish...—extra hotel night and meals not included)
- Extra night: One additional night in KTM (includes breakfast in shared or private room)

You can book additional services when reserving your trip or later on.

Payment and Cancellation Policy

Initial Booking: To secure your spot, a 30% deposit of the total trip cost is required at the time of booking.

Final Payment: The remaining 70% must be paid no later than 120 days before the departure date.

Extras: Additional travel costs such as insurance, flights or optional services must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase travel cancellation insurance in order to recover the full amount paid (subject to the insurance conditions).

The final user may withdraw from the booked trip and is entitled to a refund of the amounts paid, minus the penalties indicated below. They must also pay the Agency the amounts stated below once the trip is confirmed. If the trip is cancelled due to not reaching the minimum number of participants, the client may keep the credit for future trips or request a full refund.

Cancellation Policy 5:

- Full refund up to 24 hours after purchase.
- Up to 120 days before the trip: 100% refund of the trip cost.
- Up to 90 days before the trip: 50% refund of the trip cost.
- For shorter notice periods: no refund of the amount paid.

*A management fee of €350 will apply.

*No refund will be given for cancellation of already issued bookings. Any other non-refundable issued expenses will also not be refunded and will be deducted from the refund amount.

*The cancellation cost for issued flights is 100% of the flight price.

Packing List

We will review all the gear together in detail well in advance of the expedition.

Ski Equipment (Optional)

- Your ski gear: skis/splitboard, poles, helmet (if desired)
- Ski crampons
- Ski touring boots (must be broken in to avoid blisters!)
- Warm camp shoes (moon boots)
- Ski skins with new glue (1x) or 2 sets
- Climbing harness
- Slings (1x)
- Carabiners (1x)
- Crampones
- Crampons for ice axe (mandatory for splitboards)
- Ski bag and boot bag (mandatory)
- Avalanche gear in backpack: shovel, probe, beacon/DVA (mandatory)

Other recommended or necessary items:

- Warm hat (e.g. wool)
- Balaclava or thick scarf (preferably wool, 1x)
- Ski socks (preferably wool, 2x)
- Thick thermal socks (preferably wool, 2x)
- Base layers (preferably wool, 2x)
- Insulating mid-layers (e.g. wool sweater, fleece pants)
- Windproof and waterproof shell jacket and pants
- Insulated, waterproof mittens (not gloves)
- Mittens or gloves for ski touring
- Warm down parka
- Backpack (~35 L) with ski-carry straps
- Neck gaiter
- Headlamp
- Water bottle or thermos, at least 1 L. Camelbaks may freeze — bring a spare bottle
- Sunscreen and lip balm
- Snacks (bars, gels, nuts...)
- Personal plate, fork, spoon, knife, and cup
- Personal toiletries, medication, hand sanitizer
- Optional: extra batteries, camera, power bank, first aid kit
- Winter sleeping bag (-20 to -30 °C) available to rent

Recommended:

- Ski touring helmet
- Camera and extra batteries (cold drains batteries fast)
- Power bank for electronics
- Hand and foot warmers
- Thin liner gloves

*Peso máximo de equipo por persona, incluidos los esquís: 45 kg.

FAQs

Why is your project not just another “local logistics” service?

Because before booking, we assess you, design a multi-year training plan, and Jordi Tosas —with 30 years of experience in the Himalayas— leads both the preparation phase and the mountain strategy, rather than simply outsourcing camps and porters like a mere intermediary would.

How will you prepare me before the trip?

After an initial interview, we schedule a technical training camp (fixed ropes, crevasse rescue, self-rescue, and steep skiing), review your gear, and create a training and preparation ascent calendar that we follow weekly until departure for Nepal.

What is the best time to attempt Manaslu on skis?

Our preferred window is autumn, from mid-September to mid-January, when the weather is more stable and the temperatures allow for more consistent snow for the descent.

What route and camps do you use?

We set up four camps above Base Camp: C1 ~ 5,700m (at the glacier's edge), C2 ~ 6,300m, C3 ~ 6,900m, and C4 ~ 7,450m at the col. The ascent route continues over increasingly steep slopes leading to the final ridge that takes you to the summit.

What are the steepest sections of the descent, and what level of skiing do they require?

The normal route features moderate slopes (25–35°) up to C2, but between C2 and C3 there is a 150–200m ice ramp that reaches 45°; the final section along the summit ridge occasionally exceeds 50°. A solid command of turns on 40–45° slopes is required.

How much continuous vertical drop is skied from the summit, and where does the actual descent usually begin?

If weather and ridge conditions allow, we start skiing from 8,163m; the continuous vertical drop down to C1 is around 2,450 m and, in good conditions, it can be skied almost entirely down to the glacier.

Is supplemental oxygen used while skiing, and what logistics does it involve?

Each climber has 3 bottles of O₂ (4L), and their sherpa has 2; during the descent we usually maintain a low flow rate (1–1.5L/min) down to C3 to improve focus and reduce fatigue, changing bottles at C4 if needed. Spare regulators are kept at Base Camp in case of emergency.



Contact us!

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[View web Program](#)

