

Manaslu Expedition 2026

Quick Facts

Duration:	35
Max Altitude:	8163
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	Tea House and Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Strenuous

Trip Overview

The Manaslu Expedition 2026 offers one of the most rewarding high-altitude climbs in Nepal ascending Mount Manaslu, the world's 8th highest peak at 8,163m (26,781 ft), via the classic Northeast Face. With expert Sherpa support, full permit handling, and a structured 35-day itinerary covering both Spring and Autumn seasons, this expedition is designed for experienced mountaineers ready to take on an 8,000m peak without the crowds of Everest.

The expeditions are known for its challenging terrain and the remote locations of Nepal. As it's a off beaten path many climbers from the all over the world tries to summit it and experience the raw Himalayan life style.

The climb itself combines with the adventure, natural beauty, and cultural immersion through remote villages and landscapes which makes your summit more authentic and rawer.

This package is made for you if you are a climber who wants to climb the 8000 meter above peak but don't want to [climb the Everest](#) or do the [Annapurna expedition](#) due to its crowd and the cost.

The expeditions take place in such a way we take care of your safety and we make the safety-first approach. The itinerary is well planned for you so that you can easily summit the peak top and descend. Experience the unique Mansiri Himalayan ranges including the lush valleys, glaciers rivers, glaciers formations, unique culture and traditions of the Nubri community.

The climb to the peak is not only about the reaching its top but its also about the journey of adventure, culture and the self-achievement and the personality development.



Highlights of Manaslu Peak Climbing

- Climb the world's 8th highest peak at an altitude of 8,163 meters (26,781 feet) above sea level
- Explore cultural sites and prepare for the trek.
- Enjoy Trisuli Valley and local villages.
- Riverside trails, lush forests, terraced fields.
- Traditional villages, views of Manaslu, suspension bridges.
- Rhododendron forests and local cultural experiences.
- Stunning Himalayan panoramas and Sherpa village arrival.
- Glacier views, Base Camp setup, and acclimatization start.
- High-altitude trekking and climbing practice.
- Technical climbing with fixed ropes to reach the summit.
- Scenic return and camp breakdown.
- Cross Larkya La Pass and enjoy alpine panoramas.
- Road transfer with cultural reflections.

Why Should You Choose the Manaslu Expedition?

There are many reasons why you should choose the Manaslu expedition in Nepal, such as it is the 8th highest mountain in the world at 8,163m, which is a true Himalayan giant. The expedition route is significantly less crowded than the Everest or Annapurna expeditions.

The route is well-priced without compromising the experience. The journey offers a genuine, raw high-altitude climbing experience that is unique in itself. You will also be ready for Everest or Annapurna in the future if you decide to climb. You will walk through the stunning and diverse landscape of the Manaslu Conservation Area.

On your journey to the 8000 meters, you will experience rich cultural immersion through Gurung and Tibetan-influenced villages. We will provide an excellent Sherpa support ratio, ensuring safety and summit success. When choosing peak climbing, you get a high summit success rate compared to other 8000m peaks. You will walk via Well-established route with fixed ropes and professional logistics.

Manaslu Expedition Cost 2026/2027 - Full Breakdown

The Manaslu expedition cost for 2026/2027 typically ranges between USD \$18,000 and \$25,000, depending on the operator, package inclusions, and level of support, though premium all-inclusive services like those offered by Summit 8000 are priced around USD \$18,800 covering everything from arrival to departure logistics.

This cost generally includes base camp accommodation, meals, Sherpa support, group climbing equipment, and required permits; however, certain expenses such as international flights, personal climbing gear, and comprehensive travel insurance are usually excluded. The government climbing permit fee is approximately USD \$125 per climber for the autumn season, while oxygen bottles and regulators may incur additional charges depending on the package. Helicopter rescue insurance is mandatory and typically costs between USD \$300-\$500. Many operators offer early booking discounts for the 2026 and 2027 seasons, and group expeditions tend to be more cost-effective compared to private climbs. Payments are usually structured in two parts: a deposit, followed by a final balance before the expedition.



The Manaslu expedition remains 40–60% more affordable than a comparable Mount Everest expedition, making it an attractive choice for climbers seeking a high-altitude Himalayan experience at a relatively lower cost.

How Difficult is the Manaslu Expedition?

The difficulty level of the Manaslu expedition is rated as a technically moderate to challenging 8000m peak, which requires strong experience in high-altitude mountaineering above 6000m, such as the [Mera peak](#), [Lobuche peak](#), or the [Island peak climbing](#).

The section includes where fixed ropes are in place on technical sections, but climbers must be self-sufficient. Also, the summit push involves steep snow and ice climbing above 7,500m. High altitude weather can change rapidly, demanding mental resilience for you to encounter. Your Physical fitness must include endurance, strength, and cold-weather tolerance, due to which we will do Acclimatization rotations over 4–5 weeks, which are essential for summit success.

You may require the Technical gear competency crampons, jumar, and ice axe is non-negotiable. Although it is an 8000-meter peak, it is less technically demanding than K2 but comparable in altitude to Everest. Also, during the journey, you will require Supplemental oxygen, which is strongly recommended above 7,500m.

Manaslu Climbing Route - Camp-by-Camp Breakdown

The climbing route on Mount Manaslu follows the classic Northeast Face, offering a well-structured high-altitude ascent that combines gradual acclimatization with increasing technical difficulty. The journey begins at Base Camp (4,800m), established after trekking from Samagaon village, and serves as the main operational hub for the expedition. From here, climbers ascend to Camp I (5,700m), located above the Manaslu Glacier, where moderate snow slopes and crevasse crossings introduce the first climbing challenges.

The route continues to Camp II (6,400m), set on a broad plateau that is commonly used as the primary acclimatization camp. Above Camp II, fixed ropes maintained by the expedition team are crucial for safety and efficiency. Camp III (7,100m) marks the beginning of steeper and more exposed terrain, including ridge sections that require careful movement and strong technical ability. Higher up is Camp IV (7,400m), also known as High Camp, which serves as the final staging point before the summit push, often in tight and demanding conditions.

The summit (8,163m) is reached via the Northeast Ridge, with the final push typically starting overnight to take advantage of stable conditions. The most challenging sections include the exposed ridge and the final summit snowfield, which require focus and endurance. The round trip from High Camp to the summit and back usually takes between 12 and 16 hours. Climbers gain approximately 3,363 meters in elevation from Base Camp to the summit, making Manaslu a serious and rewarding high-altitude expedition.

Best Season to Climb Manaslu - Autumn vs. Spring

The best time to climb Mount Manaslu is during the autumn season (September to October), which is widely considered the most popular and reliable window due to clear post-monsoon skies and more stable weather conditions at high altitude.

Summit success rates are highest between late September and mid-October, when weather windows are more predictable, and although temperatures are cold, they remain manageable with proper high-altitude gear.



Spring (April to May) serves as the secondary climbing season, offering longer daylight hours that can be advantageous for summit logistics; however, it also brings heavier snowfall and a higher risk of avalanches, especially earlier in the season. By May, shifting jet stream winds can create short but viable summit opportunities. In contrast, winter (December to February) is not recommended due to extreme cold and strong winds, while the monsoon season (June to August) makes climbing highly dangerous and virtually impossible due to heavy rainfall, poor visibility, and unstable terrain.

History & Significance of Mount Manaslu

Mount Manaslu, whose name is derived from the Sanskrit word Manasa, meaning “Mountain of the Spirit,” is located in the Gorkha District of Nepal within the Manaslu Himal range. This iconic Himalayan giant was first successfully summited on May 9, 1956, by Toshio Imanishi and Gyalzen Norbu as part of a Japanese expedition, following several earlier unsuccessful attempts. Although Nepal opened its mountains to foreign climbers in 1950, Manaslu remained relatively unexplored for years, which adds to its reputation as a less commercial yet highly rewarding expedition peak.

Beyond mountaineering, Manaslu holds deep spiritual and cultural significance for the local Gurung communities, who regard the mountain as sacred. The surrounding region is equally remarkable, with the famous Manaslu Circuit Trek offering one of Nepal’s most scenic and less crowded trekking experiences. The area is protected under the Manaslu Conservation Area, which is home to rare wildlife such as snow leopards and red pandas.

In recent years, the mountain has also attracted increasing attention from climbers seeking alternatives to Mount Everest, with several notable speed records and solo ascents further highlighting its growing appeal in the global mountaineering community.

Manaslu Expedition 2026 - Autumn Season Dates & Availability

Spring 2026 remains the most sought-after window for Manaslu, with our expedition departing in September **and running through late October**. Limited spots are still available for the 2026 season. Weather patterns this spring are forecasting stable summit windows in the second and third week of October, which aligns with our acclimatization schedule. If you have been planning to climb Manaslu in 2026, now is the time to confirm your place permit quotas fill quickly and the Nepal Ministry of Tourism caps the number of climbers per season.

[Book Your 2026 Manaslu Expedition →](#)

Less Crowded than Everest & Annapurna

If you have planned to do the Everest or the Annapurna expeditions but due to its crowd you want an alternate to it then the Manaslu is a perfect choice for you. As, you will have more exclusive, serene climbing experience with very less crowd while summit push. In this mountain you will not need to wait for your queue to do the final push due to which your experience will be smoother, uninterrupted ascent and descent.

When you are climbing the peak, you will do the less environmental impact due to which you will have more space at the higher camps and quieter focused climbing. If you are in search of solitude, personal challenge, and more authentic high altitude mountaineering adventure this is for you.



Favourable Autumn Climbing Conditions

Mostly the expeditions in Nepal happens in the month of the Autumn due to its favourable weather which is in the month of the September to October. During this time of the month the weather is clear, the temperatures are moderate which enhance your climbing experience in the mountains. This year of 2026 in the Autumn you will have the perfect opportunity to explore the mountains and make your dream come true.

Manaslu Expedition Outline Itinerary

Day	Route / Activity	Altitude (m)	Distance / Duration
1	Arrival in Kathmandu Valley	1,354	-
2	Drive Kathmandu - Jagat	1,300	135 km / 6-7 hr
3	Trek Jagat - Nyak	1,810	9 km / 5 hr
4	Trek Nyak - Namrung	2,630	10 km / 6 hr
5	Trek Namrung - Syalla	2,740	12 km / 6-7 hr
6	Trek Syalla - Sama Gaun	3,530	10 km / 6-7 hr
7	Trek Sama Gaun - Manaslu Base Camp	4,850	10 km / 6-7 hr
8-22	Acclimatization & Rotation Phase	4,850-5,500	Variable
23-29	Summit Push - Mt. Manaslu	8,163	Variable
30	Descent Base Camp - Sama Gaun	3,541	10 km / 5-6 hr
31-33	Larkya La Pass Trek - Bhimtang	4,890-2,580	40 km / 3 days
34	Bhimtang - Dharapani - Drive Kathmandu	1,600	140 km / 7-8 hr
35	Departure from Kathmandu	1,354	-

Manaslu Climbing Permit

The Nepal Ministry of Tourism issues all official climbing permits for Manaslu, and every climber must secure one before attempting the ascent. As of 2026, permit fees are structured as follows: USD 8,000 per climber during the spring season (March-May) and USD 5,500 during autumn (September-November). We arrange the permit on your behalf before you leave Kathmandu, a process we always recommend completing at least 60 days in advance to avoid delays.

According to the [Nepal Ministry of Tourism](#), Manaslu falls under the restricted peak category, meaning independent climbing without a registered agency is not permitted. Climbers must carry their permit at all times and present it at checkpoints along the Manaslu Circuit Trail.

"In my experience leading expeditions on Manaslu since 2013, I have seen climbers turned back at Samagaon checkpoint simply because their permit paperwork was incomplete. Always double-check with your operator weeks before departure." Pemba Dorje Sherpa, Senior Expedition Guide.



Sherpa Climbing Support

Professional Sherpa guides are not optional on Manaslu; they are fundamental to a safe and successful expedition. Sherpas carry loads between camps, fix ropes on technical sections (particularly the notorious headwall above Camp III at 6,800m), establish and maintain high camps, and provide critical acclimatization guidance throughout the climb. The [Himalayan Database](#), which has tracked Himalayan expeditions since 1950, consistently shows that expeditions with experienced high-altitude Sherpa support have significantly higher summit success rates and lower incident rates than those without.

Most reputable expedition operators include a minimum of one Sherpa per two climbers as standard. For solo climbers or those attempting the mountain for the first time, a dedicated personal Sherpa is strongly recommended.

"The Sherpa team on our 2023 Manaslu expedition fixed over 2,400 meters of rope above base camp. Without them, our summit attempt would simply not have been possible." Marco Toniatti, Italian alpinist and Manaslu summiteer (2023)

Manaslu Summit Success Rate

According to data compiled by the Himalayan Database, Manaslu's overall summit success rate sits between 50% and 60%, making it one of the more achievable 8,000m peaks but by no means an easy one. The spring season historically records slightly higher success rates due to more stable weather windows, while autumn expeditions face a shorter post-monsoon weather window that demands quicker decision-making.

Key factors that improve your summit chances include:

- Acclimatization: Climbers who spend at least 3-4 weeks on the mountain before their summit push consistently outperform those who rush the process
- Sherpa support: As noted above, guided expeditions report significantly better outcomes
- Season selection: Spring (April-May) offers the widest summit windows based on historical weather data from [Meteoblue Mountain Forecast](#)
- Prior 8,000m experience: Climbers with previous high-altitude experience above 7,000m show markedly better acclimatization and decision-making

Manaslu Expeditions Youtube Video

Mount Manaslu Expeditions 2027 - Book Your Climb Now

Climbing Manaslu is one of the greatest challenges you will ever take on and one of the most rewarding. At Summit 8000, we have guided climbers of all experience levels to the summit of the world's 8th highest peak safely and confidently. You do not have to figure this out alone.

Our team handles your permits, your gear support, your acclimatisation schedule, and your safety at every stage of the climb. All you need is the drive to reach the top, we handle everything else. 2027 expedition dates are filling fast. Reach out today and let us help you plan the climb of your life.

[Book your expedition Now](#)



Detailed Itinerary

Day 1: Arrival in Kathmandu Valley (1,354 m)

Namaste and welcome to Kathmandu, the land of the mountains. One of our teammates from the summit 8000 will be waiting for you to receive you at the airport. After the meeting, you will drive to Thamel at the 4-star hotel, where you can relax or explore the vibrant streets on the same day. In the evening, we will meet for the welcome dinner, where we will get to know each other and talk about the upcoming climbing days.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Drive from Kathmandu to Jagat (1,300 m)

After the early morning breakfast, you will drive to Jagat, which will be the starting point for our journey. The distance between these two destinations is around 205 kilo meters, which is roughly around 155 miles. You will drive through Nepal's countryside along the Budhi Gandaki River. The route passes terraced hills, small villages, and beautiful mountain landscapes. By late afternoon, you will reach Jagat, the gateway village of the Manaslu region.

Accommodation: 1400

Meals: B, L, & D

Day 3: Trek from Jagat to Nyak

Begin trekking along the Budhi Gandaki valley through narrow gorges and traditional settlements. The trail includes suspension bridges, terraced fields, and peaceful forests. Gradually gaining altitude, you will arrive at the quiet village of Nyak.

Accommodation: 2300

Meals: B, L, & D

Day 4: Trek from Nyak to Namrung

Today's trek continues through forests, rocky trails, and Buddhist mani walls. You will pass charming villages that reflect Gurung and Tibetan culture. The views of surrounding peaks become more impressive as you approach Namrung. Overnight stay in a lodge.

Accommodation: 2,659

Meals: B, L, & D

Day 5: Trek from Namrung to Syalla

The trail climbs steadily through rhododendron and pine forests. Along the way, enjoy stunning panoramic views of Mt. Manaslu and nearby Himalayan peaks. Syalla is a beautiful high village surrounded by dramatic mountain scenery. Overnight stay in a lodge.

Accommodation: 3520

Meals: B, L, & D

Day 6: Trek from Syalla to Sama Gaun



A shorter and easier trek brings you to Sama Gaun, the main village of the Manaslu region. This Tibetan-influenced settlement is an important acclimatization point before heading higher. You can explore the village, monasteries, and local lifestyle.

Accommodation: 3530

Meals: B, L, & D

Day 7: Trek from Sama Gaun to Manaslu Base Camp

Today you climb towards Manaslu Base Camp through rocky terrain and glacial landscapes. The trail is steep but rewarding with close-up mountain views. Upon arrival, the expedition camp will be set up for rest and preparation.

Accommodation: 4700

Meals: B, L, & D

Day 8 to 22: Acclimatization & Rotation Phase

These days are dedicated to proper acclimatization and training for the summit. Climbers make rotation climbs to Camp I, Camp II, and touch Camp III before returning to Base Camp. Technical skills, rope work, and glacier practice are completed during this period. Rest and recovery are equally important for summit success.

Accommodation: 4700

Meals: B, L, & D

Day 23 to 29: Summit Push - Mt. Manaslu

The summit phase begins depending on weather and mountain conditions. The team climbs gradually through higher camps before attempting the final ascent to the summit of Manaslu. Summit day is challenging but offers unforgettable Himalayan views. After the attempt, climbers safely descend back to Base Camp. If you want you can also cross the Larke La Pass at an altitude of 5106 meters which is the main route for the [Manaslu circuit trekking in Nepal](#).

Accommodation: 8163

Meals: B, L, & D

Day 30: Descent from Base Camp to Sama Gaun (3,541 m)

After completing the expedition, you descend back to Sama Gaun. The return trek feels easier as you move to lower altitude. Overnight stay in a lodge with time to relax and celebrate. Meals included.

Accommodation: 3540

Meals: B, L, & D

Day 31 to 33: Larkya La Pass Trek to Bhimtang

This section takes you across the famous Larkya La Pass, one of the highest and most scenic passes in Nepal. The climb is demanding but rewards you with breathtaking views of glaciers and snow-covered peaks. After crossing the



pass, you descend to the beautiful valley of Bhimtang. Overnight stays will be in lodges.

Accommodation: 5160

Meals: B, L, & D

Day 34: Bhimtang to Dharapani - Drive Back to Kathmandu

Trek down through forests and river valleys to reach Dharapani. From here, you drive back to Kathmandu by private vehicle. In the evening, enjoy a farewell dinner with your team. Overnight stay in a hotel.

Accommodation: 1400

Meals: Breakfast

Day 35: Departure from Kathmandu

Today is your final day in Nepal. Our team will transfer you to the airport for your onward flight. You leave with unforgettable memories of the Manaslu expedition and Himalayan adventure. Meals as per your schedule.

Gears Lists

Manaslu Expedition Packing List

The Manaslu Expedition is one of the most challenging and rewarding 8,000-meter climbs in Nepal. Proper gear selection is critical for safety, comfort, and summit success. This complete packing list covers everything you need for high-altitude climbing from base camp to the summit.

Head & Sun Protection

- Warm expedition beanie / wool hat
- Balaclava or thermal face mask
- Buff or neck gaiter
- UV protection glacier sunglasses (Category 4)
- Ski goggles (for summit push / storms)
- Sun hat or cap



- High SPF sunscreen (50+)
- SPF lip balm
- Headlamp with spare batteries

Upper Body Layers

- Moisture-wicking base layers (2-3 sets)
- Fleece jacket or softshell jacket
- Lightweight insulated jacket
- Heavy expedition down jacket (-30°C rated)
- Waterproof & windproof hardshell jacket (Gore-Tex recommended)
- Expedition down suit (for summit push)
- Trekking shirts / thermal tops

Lower Body Layers

- Thermal base layer bottoms (2 pairs)
- Softshell trekking pants
- Fleece pants



- Waterproof hardshell pants
- Expedition down pants
- Comfortable camp pants

Footwear & Accessories

- High altitude double / triple mountaineering boots
- Gaiters
- Camp shoes or lightweight sneakers
- Warm trekking socks (4-5 pairs)
- Expedition socks (2-3 pairs)
- Liner socks
- Crampons compatible with boots
- Microspikes (optional for lower sections)

Climbing Equipment

- Climbing harness
- Ice axe



- Helmet
- Ascender (Jumar)
- Belay / rappel device
- Locking carabiners (3-4)
- Non-locking carabiners (2-3)
- Climbing sling / daisy chain
- Prusik cords
- Mountaineering gloves (lightweight pair)
- Insulated summit gloves / mittens
- Over-mitt shells

Personal & Medical Kit

- Personal first aid kit
- Altitude medication (consult doctor)
- Pain relief tablets
- Diamox (for altitude sickness if prescribed)
- Blister care kit
- Hand sanitizer



- Wet wipes / tissues
- Personal toiletries
- Nail clipper
- Rehydration salts / electrolytes

Sleeping Gear

- Expedition sleeping bag (-30°C to -40°C rated)
- Sleeping bag liner
- Inflatable sleeping mat
- Foam sleeping pad (backup insulation)

Travel Documents

- Passport (valid for at least 6 months)
- Nepal visa
- Travel insurance (high-altitude climbing coverage)
- Expedition permits
- Passport size photos



- Emergency contact details

Miscellaneous

- 60-80L expedition duffel bag
- 30-40L climbing backpack
- Dry bags / waterproof stuff sacks
- Water bottles or thermos (2-3 liters)
- Energy bars / snacks
- Camera / GoPro
- Power bank or solar charger
- Notebook / pen
- Lightweight towel

Cost Includes

1. Airport pick-up/drop and road transfers
2. Accommodation in Kathmandu, lodges on trek, tents at Base/High Camps
3. Full board meals during trek and expedition
4. Manaslu permits and local taxes
5. Experienced guides, Sherpas, porters, and cooks
6. Base Camp facilities and technical climbing support
7. Pre-trek briefing and expedition preparation

Cost Excludes



- 1.** International flights to/from Kathmandu
- 2.** Travel and high-altitude insurance
- 3.** Personal climbing gear and clothing
- 4.** Tips for guides, porters, and staff
- 5.** Personal snacks, drinks, or optional activities
- 6.** Extra costs due to weather delays or emergencies

Route Map

