

Manaslu Expedition

Autumn 2026

Quick Facts

Duration:	35
Max Altitude:	8163
Best Season:	Sept - Nov
Group Size:	15
Accommodation:	4 Star Hotel, Tea House & Tent
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

There are mountains that sit on a list, and there are mountains that sit in your chest for years before you finally say yes. Manaslu is the second kind.

At 8,163 metres, Manaslu is the eighth-highest mountain in the world rising from the remote Mansiri Himal range of west-central Nepal. Its name comes from the Sanskrit word *manasa*, meaning soul or intellect. Locals have always called it what it truly is the Mountain of the Spirit. Stand at its base on a clear October morning and you will feel exactly why.

Autumn is the best window to climb it. From mid-September through October, the monsoon has cleared, the skies are sharp, and the mountain settles into its most stable, climbable state. Historically, autumn delivers a summit success rate of 75 to 80 percent on Manaslu. The snow firms up. The route fixes cleanly. The weather gives you a fighting chance.

The approach follows the ancient Budi Gandaki valley nine days through Tibetan-influenced villages, past monasteries, prayer flags, and communities that feel genuinely untouched. Places like Samagaun and Lho are not tourist stops. They are living mountain villages, and arriving during the Dashain festival season makes the cultural experience as memorable as the climb itself.



Above base camp at 4,750 metres, the Northeast Face route climbs through four high camps to the death zone and beyond. Summit day begins at 1:00 am. Six to ten hours of climbing with your dedicated Sherpa beside you fixed ropes, supplemental oxygen, exposed ridges, and steep snow until the Himalaya opens up beneath you at 8,163 metres.

Manaslu is demanding. It rewards climbers with real experience at 6,000 to 7,000 metres who are ready to step into the 8,000 m world for the first time. It is where Everest stops being a dream and starts being a plan.

We handle every permit, all logistics, route fixing, meals, oxygen, and a 1:1 Sherpa ratio on summit day. You bring the determination. We handle everything else.

Autumn 2026 bookings are open. If Manaslu has been waiting in the back of your mind this is the season to say yes.

Why Autumn Is the Best Season to Climb Manaslu?

Autumn is not just a good time to climb Manaslu it is the right time. From mid-September through October, the monsoon has cleared, and what follows is some of the most stable, clearest weather the Himalaya offers all year. The skies open up, the upper slopes firm up nicely for climbing, and the summit window sits right in the sweet spot between the last of the rains and the first serious cold of winter. Less wind than spring, better visibility than any other season, and a historical summit success rate of 75–80%. If you are serious about standing on top of the world's eighth-highest mountain, autumn 2026 is your season.

Manaslu Expedition Overview — Route, Camps & Altitude

The standard route on Manaslu follows the Northeast Face the same line opened by the first successful ascent back in 1956 and it remains the most logical, well-established path to the summit. From Manaslu Base Camp at 4,750 m, the route climbs through four high camps: Camp I at 5,700 m, Camp II at 6,400 m, Camp III at 6,800 m, and the final high camp at 7,400 m.

The lower section moves across the Manaslu Glacier, crossing crevasses on fixed ropes before the terrain steepens significantly above Camp II. Above Camp III, you are in the death zone. Summit day begins around 1:00 am and takes six to ten hours of focused climbing on exposed ridges and steep snow before the mountain finally gives way beneath you.

Manaslu as Your Gateway to Everest — The Perfect First 8,000 m Climb

If Everest is where you are heading, Manaslu is where you need to go first. It sits at exactly the right level of challenge serious enough to test everything you have, structured enough to give you a realistic summit chance if you arrive prepared.

The altitude, the acclimatisation demands, the technical sections above the upper camps, the summit day commitment all of it mirrors what [Everest](#) will ask of you, at a scale where the margin for error is slightly wider and the logistics are far more manageable. Climbers who have done Manaslu arrive at [Everest Base Camp](#) knowing what



8,000 metres actually feels like. That is an advantage that no amount of lower-altitude training can replicate.

Manaslu Expedition Itinerary — Day-by-Day Autumn 2026 Schedule

The full expedition runs approximately 38 to 45 days from arrival in Kathmandu to your return flight home. The first phase is the approach trek, nine to ten days walking the Budi Gandaki valley to reach base camp, with acclimatisation built in at key villages along the way. From base camp, you run a series of rotation climbs to progressively higher camps, allowing your body to adapt before the real push begins.

The summit window typically falls in the first two weeks of October, with a weather-dependent final push from high camp. Every itinerary has flexibility built in, in case bad weather happens, and your safety and summit chances depend on being able to wait for the right conditions rather than forcing a timeline. A full day-by-day itinerary is available on request.

Who Can Climb Manaslu? Experience & Fitness Requirements

Manaslu is not an entry-level expedition. To climb safely and give yourself a real chance of summiting, you should have prior high-altitude experience on peaks between 6,000 and 7,000 metres peaks like Island Peak, Mera Peak, or ideally something in the 7,000 m range.

You need to be comfortable with technical glacier travel, confident on fixed ropes, and experienced with crampons and ice axe in steep terrain. Physically, you need the endurance to sustain high-output effort across multiple weeks at altitude, not just a single hard day.

If you have that background and you are ready to take the next step up, Manaslu is exactly the right mountain. If you are unsure whether your experience qualifies, get in touch we will give you an honest answer.

Manaslu Expedition Permits — Everything You Need for Autumn 2026

Climbing Manaslu requires several permits, and all of them need to be arranged through a registered expedition agency which means we handle this entirely on your behalf. You will need the Nepal government climbing permit, the Restricted Area Permit covering the section from Jagat to Samagaun, the Manaslu Conservation Area permit, and the Annapurna Conservation Area permit if your exit route passes through Dharapani.

Permit costs are set by the Nepal government and are non-negotiable. What varies between companies is how smoothly the paperwork gets done. With us, it is sorted before you land in Kathmandu. No chasing, no last-minute stress.

Trekking Through Living Culture — Budi Gandaki Valley & Tibetan Villages

The walk to Manaslu Base Camp is not a formality it is one of the finest treks in Nepal, and most climbers say it stays with them just as long as the summit does. The Budi Gandaki valley corridor is remote, restricted, and almost entirely free of the trekking crowds you find elsewhere in Nepal.

You pass through villages that have existed in the same rhythm for centuries, Tibetan-influenced communities with working monasteries, prayer wheels turning at valley junctions, and a way of life that feels genuinely unhurried.



Samagaun in particular, your last major village before base camp, sits in a wide open valley beneath the mountain and gives you a few days of acclimatisation wrapped in some of the most spectacular scenery on earth. The autumn timing also means you are walking through Nepal during Dashain, the country's most important festival, and the warmth you receive in villages along the way is something no itinerary can fully prepare you for.

Safety, Sherpa Support & Emergency Protocols on Manaslu

Every decision we make on this expedition, from itinerary design to team selection to turnaround protocols, is built around getting you to the summit and back safely. On summit day, every climber has a dedicated Sherpa alongside them. No shared guides, no compromise on ratio.

Our Sherpa team is experienced, high-altitude climbers in their own right, with multiple Manaslu summits between them; they know this mountain's moods better than anyone. Base camp is equipped with satellite communication, and we maintain contact with weather forecasting services throughout the climbing period.

Supplemental oxygen is provided from the upper camps, and helicopter evacuation cover is mandatory for all team members. If conditions deteriorate at any point, we turn back with no discussion. The mountain will be here next season. You need to be, too.

Why Choose Summit 8000 for Climbing Manaslu?

You have options when it comes to Manaslu. Plenty of companies run expeditions to this mountain. What sets Summit 8000 apart is not the brochure. It is what happens when things do not go to plan. Our team has years of high-altitude expedition experience in Nepal, a Sherpa team that has built their careers on these routes, and a genuine commitment to small group sizes that means you are never just a number on a roster.

We are based in Kathmandu. We know the permits, the logistics, the weather patterns, and the mountain. When you climb with us, you have a team that is as invested in your summit as you are and equally invested in making sure you come home. If you are ready to talk about Manaslu in autumn 2026, we are ready to listen.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Your expedition begins the moment you land at Tribhuvan International Airport. Our team receives you at the arrivals and transfers you directly to your hotel in Thamel. The rest of the day is yours to rest, settle in, and get your first feel for Kathmandu. In the evening, we sit together for a welcome dinner, you meet your lead guide, your Sherpa team leader, and your fellow climbers, and we walk through what the next 40 days will look like.

Accommodation: 1350

Meals: Welcome Dinner

Day 2: Drive from Kathmandu to Jagat

An early departure from Kathmandu heading northwest. The drive follows the Budi Gandaki valley road, passing through Arughat before reaching Jagat the gateway to the restricted Manaslu corridor. Your permits are checked at



the checkpoint here and the real expedition begins. The road gets rougher and more remote as the city falls away behind you, and by the time you reach Jagat you are already deep in a Nepal that most visitors never see. Overnight in a tea house.

Accommodation: 1300

Meals: B, L, & D

Day 3: Trek from Jagat to Nyak

Your first full day on foot through the Budi Gandaki valley. The trail moves through dense forest, across suspension bridges, and along the churning river. The landscape is raw and largely untouched. The Tibetan cultural influence begins to appear in the villages you pass through, with prayer wheels and mani walls lining the trail. A steady, manageable day that eases you into the rhythm of expedition trekking. Overnight in a tea house.

Accommodation: 2272

Meals: B, L, & D

Day 4: Trek from Nyak to Namrung

The valley narrows, and the altitude begins to climb more noticeably today. Namrung sits at a higher elevation with wide open views of the surrounding peaks and marks your entry into the true high Himalayan zone. The trail passes through rhododendron and pine forest before opening up into the broader landscape above. The air is noticeably thinner here, and the pace naturally slows, which is exactly as it should be. Overnight in a tea house.

Accommodation: 2630

Meals: B, L, & D

Day 5: Trek from Namrung to Syalla

A shorter but meaningful day as the altitude continues to rise. The trail moves through increasingly dramatic terrain fewer trees, more rock, bigger sky. The Tibetan-influenced villages along this section have a timeless quality to them, with ancient monasteries sitting above the trail and the sound of prayer flags in the wind. Your body is working hard at this altitude even on a rest day, so the pace stays deliberate and unhurried. Overnight in a tea house.

Accommodation: 3500

Meals: B, L, & D

Day 6: Trek from Syalla to Sama Gaun

One of the great days of the approach. As the trail rounds a ridge above Lho village, Manaslu comes into full view for the first time the entire Northeast Face rising above the valley in a way that stops people mid-step. It is a moment most climbers remember for the rest of their lives. From Lho the path descends into the wide open bowl of Sama Gaun, a Tibetan farming village that will serve as your final rest stop before base camp. Spend the evening slowly eat well, hydrate, and absorb where you are. Overnight in a lodge.

Accommodation: 3530



Meals: B, L, & D

Day 7: Trek from Sama Gaun to Manaslu Base Camp

The final approach. The trail climbs steadily from Sama Gaun through increasingly barren and glaciated terrain, following the lateral moraine as the mountain grows larger with every step. Manaslu Base Camp sits at 4,750 metres on a rocky platform above the glacier your home for the weeks of climbing ahead. The afternoon is spent settling into camp and meeting the full team. The traditional Puja ceremony is held at base camp before any climbing begins a blessing from the mountain led by a local lama, and one of the most memorable moments of the entire expedition. Overnight at base camp.

Accommodation: 4750

Meals: B, L, & D

Day 8 TO 22: Acclimatisation & Rotation Phase

This is the engine of the expedition the phase that determines whether you summit safely or not. Over these fifteen days, we run a structured series of rotation climbs progressively higher on the mountain, allowing your body to adapt to extreme altitude before the final push. The schedule follows a proven high-low-high pattern: climb high, sleep low, repeat. The first rotation takes you to Camp I at 5,700 m and back to base camp the same day your first time on the Manaslu Glacier, navigating crevasse fields on fixed ropes laid by our Sherpa team. The second rotation pushes to Camp II at 6,400 m, the most technically demanding section of the lower mountain, with a night spent above 6,000 metres for the first time. A third rotation may extend to Camp III at 6,800 m, depending on conditions and how your acclimatisation is progressing. Between rotations, you return to base camp to rest and recover. This is where acclimatisation actually consolidates not on the mountain, but in the recovery days below it. Meals are freshly prepared at base camp throughout, and our team monitors every climber's health and progress daily. Rest days are not optional. They are part of the plan. By Day 22 your body has been to altitude, returned to recover, and gone back up again. You are as ready as the mountain will allow you to be.

Accommodation: 6400

Meals: B, L, & D

Day 23 TO 29: Summit Push — Mt. Manaslu

This is what everything has been building toward. The summit push is a seven-day window that begins with a final departure from base camp and ends if the weather and your body cooperate on the highest point in the Mansiri Himal. You move through the camps methodically: base camp to Camp I, Camp I to Camp II, Camp II to Camp III, Camp III to Camp IV at 7,400 m, your final resting point before the summit. Each move is made with a full kit, supplemental oxygen in use from the upper camps, and your dedicated Sherpa alongside you at every step. The section from Camp III to Camp IV involves the steepest and most physically demanding terrain of the entire climb, a sustained push on a 50 to 55 degree slope that brings you to the edge of the death zone. Summit day itself begins around 1:00 am from high camp. Six to ten hours of focused, deliberate climbing through the dark and then the



dawn, up through the exposed ridges and final snow slopes of the Northeast Face. When the mountain gives way beneath you, and you are standing at 8,163 metres, the Himalaya spreads out in every direction: Himalchuli, Ngadi Chuli, the full Annapurna massif, the Tibetan plateau stretching north without end. Your Sherpa is beside you. Take a moment. Then we descend back through the camps and down to base camp, where the team is waiting. The seven-day window exists because the summit does not happen on a fixed schedule. Weather holds, weather breaks, windows open and close. We wait for the right conditions rather than force a timeline. Your safety and your summit chance depend on patience as much as fitness.

Accommodation: 8163

Meals: B, L, & D

Day 30: Descent from Base Camp to Sama Gaun

The mountain is behind you. The walk back down from base camp to Sama Gaun takes four to five hours and carries with it a particular kind of lightness the pressure of the expedition lifted, the altitude dropping with every step, the warmth of the valley rising to meet you. Sama Gaun feels like a different world after weeks on the glacier. Overnight in a lodge.

Accommodation: 3541

Meals: B, L, & D

Day 31 TO 33: Larkya La Pass Trek to Bhimtang

Rather than retracing the approach route south through the Budi Gandaki valley, the expedition exits via the Larkya La Pass a high mountain pass at 5,106 m that connects the Manaslu region to the Annapurna Circuit. It is a spectacular finale to the expedition. The crossing takes you through remote high-altitude terrain with sweeping views across the Himalaya before descending steeply to Bhimtang in the lush valley below. Three days of trekking through some of the finest mountain scenery in Nepal a reward that most expeditions ending in a drive back the same way never get to offer. Overnight in tea houses along the route.

Accommodation: 5106

Meals: B, L, & D

Day 34: Bhimtang to Dharapani – Drive Back to Kathmandu

From Bhimtang, the trail descends to Dharapani, where the road begins again. A vehicle meets the team here for the drive back to Kathmandu several hours on mountain roads that gradually give way to the valley highway and eventually the familiar chaos of the city. By evening you are back in Thamel, in a proper hotel, with a hot shower, a good meal, and 34 days of the Himalaya sitting quietly behind your eyes. Celebration dinner with the full team tonight. Overnight in Kathmandu hotel.

Accommodation: 1350

Meals: B, L, & D

Day 35: Departure from Kathmandu



Your expedition ends. Our team transfers you to Tribhuvan International Airport for your onward flight home. You leave Nepal as a different climber than the one who arrived 40 days ago with an 8,000 metre summit in your legs, in your lungs, and permanently in your story.

Accommodation: 1350

Meals:

Gears Lists

Manaslu Expedition Packing List — Autumn 2026

Everything below is your personal responsibility. Group equipment, high camp tents, cooking gear, and route fixing equipment are provided by our team.

Climbing Boots & Footwear

- Double plastic or insulated mountaineering boots (8,000 m rated)
- Trekking boots for the approach
- Camp sandals or lightweight shoes for base camp
- Neoprene overboots or supergaiters
- Trekking socks (4 to 5 pairs)
- Mountaineering socks (3 to 4 pairs)

Crampons & Ice Axe

- 12-point crampons (compatible with your boots)
- One technical ice axe
- Ice axe leash

Harness & Rope Equipment

- Climbing harness (adjustable for use over a down suit)
- Jumar / ascender (one)
- Belay device (ATC or similar)
- Locking carabiners (4 to 5)
- Non-locking carabiners (2 to 3)
- Prusik cords (2)
- Personal anchor system or sling



Helmet

- Certified mountaineering helmet

Base Layers

- Lightweight thermal top (2 to 3)
- Heavyweight thermal top (1 to 2)
- Thermal bottoms lightweight (2)
- Thermal bottoms heavyweight (1)
- Trekking shirts (3 to 4)
- Trekking trousers (2)

Mid Layers

- Fleece jacket or softshell (1 to 2)
- Insulated jacket (mid-weight, for base camp and lower camps)
- Fleece or softshell trousers

Outer Layers

- Hardshell waterproof jacket (Gore-Tex or equivalent)
- Hardshell waterproof trousers
- 8,000 m rated down suit (one-piece, for high camps and summit day)
- Down trousers (backup or layering option)

Gloves

- Lightweight liner gloves (2 pairs)
- Trekking gloves mid-weight (1 pair)
- Heavy insulated mountaineering gloves (1 pair)
- Expedition mitts over-gloves for summit day (1 pair)

Headwear & Face Protection

- Warm fleece or wool hat (2)
- Balaclava (1 to 2)
- Sun hat or cap for the trek
- Buff or neck gaiter (2)
- Glacier sunglasses (Category 4, essential)
- Ski goggles for high camps and summit day



Sleeping Gear

- Four-season sleeping bag rated to at least -40°C for high camps
- Sleeping bag liner (adds warmth and keeps bag clean)
- Inflatable sleeping mat for high camps

Backpacks & Bags

- Large expedition duffel bag (120 litres, for porter loads)
- Summit pack / climbing daypack (30 to 40 litres)
- Trekking daypack (25 to 30 litres)
- Dry bags or pack liners for waterproofing

Trekking Poles

- Adjustable trekking poles with interchangeable baskets (1 pair)

Headlamp & Batteries

- Primary headlamp (with spare bulb if applicable)
- Backup headlamp
- Spare batteries (lithium recommended for cold weather)

Sun & Skin Protection

- High SPF sunscreen (SPF 50 or above) multiple tubes
- Lip balm with SPF (multiple)
- Moisturiser for face and hands
- Glacier glasses and goggles (already listed above)

Hydration

- Insulated water bottles (2 x 1 litre wide mouth for filling with snow)
- Thermos flask for summit day
- Water purification tablets or filter as backup

Personal First Aid & Medical

- Diamox (acetazolamide) for altitude sickness prevention consult your doctor
- Personal prescription medications (sufficient supply plus extra)



- Blister treatment (compeed or moleskin)
- Ibuprofen and paracetamol
- Antiseptic cream and plasters
- Rehydration sachets
- Throat lozenges (the dry air at altitude is brutal on your throat)
- Hand sanitiser
- Personal pulse oximeter (highly recommended)

Hygiene & Personal Care

- Biodegradable soap and shampoo
- Toothbrush and toothpaste
- Wet wipes (essential at high camps where washing is not possible)
- Toilet paper
- Small travel towel
- Nail clippers
- Earplugs (base camp can be noisy)

Electronics & Communication

- Mobile phone and charger
- Power bank (large capacity charging opportunities are limited)
- Universal travel adaptor
- Camera and spare batteries or memory cards
- E-reader or tablet for base camp downtime
- Earphones

Documents & Money

- Valid passport (minimum 6 months validity beyond your return date)
- Travel insurance documents (physical copy)
- Emergency contact details (physical copy)
- USD cash for visa on arrival and personal expenses
- Credit or debit card as backup

Miscellaneous

- Lightweight camp towel
- Stuff sacks for organising gear inside your duffel
- Duct tape (invaluable for gear repairs at altitude)
- Zip lock bags (multiple sizes)
- Small padlocks for duffel bags



- Snacks and personal energy food for the trek and high camps (energy gels, bars, nuts, chocolate)
- Personal hand warmers for summit day

Cost Includes

1. Manaslu climbing permit (Nepal government)
2. Restricted Area Permit (RAP)
3. Manaslu Conservation Area Permit (MCAP)
4. Annapurna Conservation Area Permit (ACAP)
5. Government liaison officer fee
6. 2 nights hotel in Kathmandu (breakfast included)
7. Tea house accommodation throughout the trek (twin sharing)
8. Full-tented camp at base camp and all high camps
9. All meals from Day 1 to Day 35 (breakfast, lunch & dinner)
10. Fresh cooked meals at base camp Nepali, Continental, Indian & Chinese
11. Hot drinks, tea & coffee throughout
12. One experienced, licensed climbing guide
13. One dedicated Sherpa per member on summit day (1:1 ratio)
14. Base camp Sirdar, cook & kitchen helpers.
15. All staff wages, insurance & equipment
16. 3 bottles of supplemental oxygen per member
17. 2 bottles of supplemental oxygen per Sherpa
18. Summit mask & regulator for each member and Sherpa
19. Pulse oximeters at base camp and high camps Fixing
20. All fixing ropes, ice screws, snow pickets & anchors
21. Garbage management & disposal fees
22. All porter wages, insurance & equipment
23. Summit certificates for all summiteers

Cost Excludes

1. International airfare to/from Kathmandu
2. Nepal entry visa fee (USD 50 for 30 days)
3. Personal travel & expedition insurance (mandatory, must cover helicopter evacuation up to 8,163 m)
4. All personal climbing equipment boots, crampons, ice axe, harness, helmet, down suit, sleeping bag, trekking poles
5. Hotel beyond the 2 included nights on arrival
6. Lunch & dinner in Kathmandu on arrival and departure day
7. Personal porter (available on request, extra cost)
8. Personal satellite phone or communication device
9. Alcoholic & soft drinks (hot drinks included)
10. Battery charging at tea houses on the trek
11. Tips for Sherpa team, guides, kitchen staff & porters (customary & appreciated)
12. Personal shopping & souvenirs



13. Laundry costs

14. Any services beyond the stated itinerary

