

Mount Manaslu Expedition in Nepal

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

Mount Manaslu the world's 8th highest peak at an altitude of 8,163 meters (26,781 feet) is one of the most thrilling and adventurous climbs to do in this spring of 2026. The expeditions which include the safety, expert guidance, and well-planned itinerary along with the favourable weather is for you to create a memorable experience in Nepal Mansiri Himalayan range.

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 Annapurna 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.

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.

Expert-Led Summit Attempts

As there are many national and international agency in Nepal you might get confused about which one to choose for you summit. Well, when you climbing a peak you shall only climb it with the help of the expert teams who can guide you and make your journey successful.

As we are sherpa and we know mountains we have the highly experienced teams who known mountains very well. Our expert climbing guides will help you step by step navigations, risk assessment, and decision making along with the setting up the high-altitude camps, fixing ropes, and managing the whole logistics for you.

In case of emergency, our team will do the high-altitude rescue, and monitor you and take care of your physical and mental health.

Favourable Spring Climbing Conditions

Mostly the expeditions in Nepal happens in the month of the spring due to its favourable weather which is in the month of the March to May. 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 spring you will have the perfect opportunity to explore the mountains and make your dream come true.

Detailed Itinerary

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

Arrive at Tribhuvan International Airport in Kathmandu and meet our team for your transfer to the hotel. After check-in, you can rest or take a short walk around Thamel. In the evening, there will be a trek and expedition briefing to discuss the journey ahead.

Accommodation: 1400

Meals: Welcome Dinner



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

After breakfast, enjoy a scenic 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.

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

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

