

# Climb Mt. Manaslu 2026

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

**Nepal**

## ACTIVITY

**Mountaineering**

## ACCOMMODATION

**Hotel/Lodge/Tent**

## WALKING

**5-7 hours**

## MAX ALTITUDE

**8,163**

m

## DURATION

**36**

Days

## DIFFICULTY

**Hard**

Difficult

## GROUP SIZE

**15**

People

## Expedition Overview

Mount Manaslu, the 8th highest mountain in the world at 8,163m, is located on the border between Gorkha and Manang districts in Nepal. This majestic peak offers a captivating blend of sub-tropical foothills and Trans-Himalayan high pastures bordering Tibet. Known as the "Mountain of the Spirit," it holds a significant place in mountaineering history, being first summited by a Japanese expedition.

The climbing route spans 12.2km from the Base Camp, situated at 4,700m. Samagaun serves as the nearest settlement to the peak. Join us at **14 Peaks Expedition** for unforgettable expeditions to Mount Manaslu, as we embark on thrilling adventures year after year.

## INCLUDES

## EXCLUDES

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival In Kathmandu(1,400m)	B/L/D	HOTEL	
2	Rest Day	B/L/D	HOTEL	
3	Besisahar (760m)	B/L/D	LODGE	
4	Dharapani (1,860)	B/L/D	LODGE	
5	Gowa (2,530m)	B/L/D	LODGE	
6	Bhimthang (3,720m)	B/L/D	LODGE	
7	Acclimatization Day	B/L/D	LODGE	
8	Samdo (3,872m)	B/L/D	LODGE	
9	Sama Gaun (3,541m)	B/L/D	LODGE	
10	Manaslu Basecamp (4700m)	B/L/D	LODGE	
11-22	Rotation	B/L/D	TENT	
23-29	Summit Push	B/L/D	TENT	

Days	Program	Meals	Accommodation	Description
30	Sama Gaun (3,541m)	B/L/D	LODGE	
31	Namrung (2,670m)	B/L/D	LODGE	
32	Philim (1,606m)	B/L/D	LODGE	
33	Machha Khola (883m)	B/L/D	LODGE	
34	Kathmandu	B/L/D	TENT	
35	Leisure Day	B/L/D	HOTEL	
36	Back to home	B/L/D	HOTEL	

## Trekking Gear List

### Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

### Medicine / First Aid Kits

Paracetamole

### Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

### Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

### Foot Wear

Summit Boot - 8000m   Sport Shoes

### Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

### Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

### Eating & Drinking

Water bottle   Thermos

### Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

### Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker