

# 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

### 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

Trowser 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

### 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