



Manaslu Larke Pass Trek

15 Days / 14 Nights | Government-licensed trekking company | Local expert guides

DURATION 15 days, 14 nights	HIGHEST POINT Larkya La, 5,106 m	BEST SEASONS Mar-May and Sep-Nov	FROM \$1,430 per adult
--------------------------------	-------------------------------------	-------------------------------------	---------------------------

Trek Overview

A challenging yet rewarding adventure through the heart of Nepal's untamed wilderness, in a region largely untouched by mass tourism. The route climbs from terraced fields and rhododendron forest through alpine meadows to glacial terrain, passing Tibetan-influenced villages, monasteries, mani walls and prayer wheels, before crossing Larkya La Pass for panoramic views of the Manaslu massif and neighbouring Himalayan giants.

Accommodation: hotels in Kathmandu; the best available local lodges on the trek.

Permits (Manaslu Restricted Area, Manaslu Conservation Area and Annapurna Conservation Area) are arranged by the company after booking. A minimum of two trekkers is required for the restricted area permit.

Detailed Itinerary

DAY

01

Arrival in Kathmandu

You will arrive in Kathmandu, be greeted by a guide, and stay at a hotel in the city. There will be a welcome dinner and a briefing about the upcoming trek.

DAY

02

Trek Preparation & Sightseeing in Kathmandu Valley

After breakfast, you'll visit Durbar Square, a UNESCO World Heritage Site known for its ancient palaces and temples. Afterward, you'll explore Swayambhunath Stupa, one of the oldest Buddhist monuments in Nepal, offering panoramic views of Kathmandu. The day concludes with a return to the hotel to prepare for the trek.

DAY

03

Drive from Kathmandu to Machha Khola

An early morning drive from Kathmandu to Machha Khola, a village in the Gorkha District, takes approximately 9 hours. You will spend the night in a lodge or guesthouse in Machha Khola, the starting point for the trek.

DAY

04

Trek to Jagat

Trek from Machha Khola to Jagat (approx. 6 hours). You'll leave the low, subtropical farmland and ascend to cooler hills. Highlights include a natural hot spring at Tatopani and the chance to explore Hindu and Buddhist cultures in Jagat. Overnight in a lodge or guesthouse.

DAY

05

Trek to Pawa

Trek from Jagat to Pawa (approx. 6 hours). You'll enter the restricted Upper Manaslu area, which requires a special permit. The route passes through farmlands, crosses a bridge, and goes through the village of Deng, with a stronger Buddhist influence as you ascend towards Pawa.

DAY

06

Trek to Namrung

Trek from Pawa to Namrung (approx. 6 hours). You'll hike through a forested ridge before descending to Bhi Bazaar. The trail continues through farmlands to Namrung, with stunning views of the north face of Mount Manaslu and other peaks.

DAY

07

Namrung to Lho Gaon

Trek from Namrung to Lho Gaon (approx. 4 hours), ascending gradually through pine and rhododendron forest with views of the Buri Gandaki River. Lho Gaon is a picturesque village with a backdrop of Mount Manaslu.

DAY

08

Lho Gaon to Sama Gaon

Trek from Lho Gaon to Sama Gaon (approx. 5 hours), passing farm villages and yak herder camps amid stunning mountain scenery. Sama Gaon is a significant village in the Manaslu region, offering opportunities to explore local Buddhist culture.

DAY

09

Acclimatization in Sama Gaon

A rest day for acclimatization with several options: a full-day hike to Manaslu Base Camp for experienced trekkers; a shorter hike to Birendra Tal, a glacial lake with impressive mountain vistas; or a leisurely exploration of the village and Pungyen Gompa, its ancient monastery.

DAY

10

Sama Gaon to Samdo

Trek from Sama Gaon to Samdo (approx. 5 hours). You'll leave the tree line behind and ascend through a rugged, high-altitude landscape. Samdo is the last village before crossing Larkya La Pass and offers a glimpse into Tibetan culture.

DAY

11

Trek to Dharmasala

Trek to Dharmasala (also known as Larke Phedi), the base camp for Larke La Pass. It's a relatively short hike, but the altitude is increasing. The rest of the day is spent resting and preparing for the challenging ascent tomorrow.

DAY

12

Trek to Bhimthang via Larkya La Pass (5,106 m)

The most challenging day of the trek. An early morning ascent of Larke La Pass, the highest point of the trek, rewards you with a breathtaking panorama of the Manaslu and Annapurna Himalayan ranges. After descending, you'll reach Bhimthang (3,700 m) for the night.

DAY

13

Bhimthang to Dharapani

A 7-hour downhill walk from Bhimthang to Dharapani. The trail passes through forested areas and villages such as Gho and Tilje. Dharapani is a popular trekking destination with a variety of accommodation and dining options.

DAY

14

Drive to Kathmandu via Besisahar

An approximately 8-hour drive back to Kathmandu through the Lamjung district and along the Pokhara-Kathmandu highway, passing diverse landscapes from low farmland to the Kathmandu valley.

DAY

15

Departure

Your adventure concludes with breakfast in Kathmandu. You'll be transferred to the airport by your guide and staff for your departure flight home.

Contact & Booking

Address

Manaslu Circuit Treks
P.O. Box 3763, Thamel
Kathmandu, Nepal
Office: Sun to Fri, 8:00 AM to 5:00 PM

Phone / WhatsApp

+977 9851179975

Email

info@manaslucircuittreks.com
manaslucircuittreks@gmail.com

Web manaslucircuittreks.com