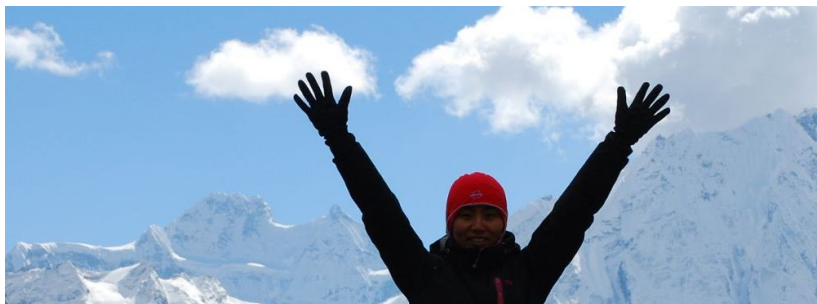


PEAK CLIMBING

Manaslu Circuit Trekking & Larke Peak Climb

‘An adventure around Manaslu with exciting climb on top of Larke Peak’



Overview

ACCOMODATION

HOTELS IN
KATHMANDU AND IN
LOCAL LODGES ON
TREKS WITH TENTED
CAMP ON CLIMB.

HIGHEST POINT

ON TOP LARKE-LA
PASS AT 5,106 M / 16,
752 FEET.

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT TO
MANANG AREA.

TOTAL DURATION

19

TREKKING DURATION

17 NIGHTS & 18 DAYS
WITH DRIVES BOTH
WAYS

DURATION

19 DAYS, 18 NIGHTS

Manaslu Circuit Trekking & Larke Peak Climb, an adventure on the back of the massif Manaslu range of peaks. The trek around Manaslu since it was opened for visitors in 1992, slowly gaining popularity among trekkers and adventurers.

Larke Peak at 6,249 m and 20,621 feet high is the least climbed trekking peak in Nepal Himalayas. A great opportunity for adventurers and climbers to enjoy the thrill on one of the most technical peaks.

Larke Peak is listed as trekking peak of Nepal with a standard of TD grade, which means 'Technical Difficile'. The grading systems come from popular French and Swiss Alpine Climbing Classification, which is widely used all over the world.

Larke Peak stands high close above the Larke-La Pass at 5,106 m / 16,752 feet. The climb and route to the summit are done from the base of the pass at Larke Phedi or Dharmasala.

MCT has designed the adventure with a combination of both exciting Manaslu Circuit trek with a climb of Larke Peak.

Perfect Himalayan adrenaline activity for keen adventurers, climbers, and mountaineers as an introduction, before planning for major peaks climb.

An exciting long overland journey from Kathmandu leads you to Nepal Mid-West Himalayan low warm areas of Gorkha district. Walk follows the raging

Buri-Gandaki River right up to its near glacial source around Upper Manaslu valley.

In between lovely walk at a time gets quite strenuous, climbing on cooler green hills covered in tall rhododendron and pine trees. Where route leads from the low warm sub-tropical country towards alpine climate, walking through a number of nice typical hill villages.

After days of continuous walks exploring lovely farm villages of Jagat, Philim, Deng, and Namrung. Then enter the scenic valley of Manaslu at Lo-Gaon, tucked beneath the majestic Mt. Manaslu and a range of adjoining peaks.

Spending a pleasant time at Lo-Gaon, then head towards the main village of Upper Manaslu at Sama-Gaon. Enjoy the full rest day to explore its beautiful surroundings and villages adorned with age-old Buddhism heritage culture.

Sama Gaon is also a door to various adventures around Manaslu valley, and for a short day hikes. Sama Gaon is a gateway to Mt. Manaslu base camp, Birendra Tal / Lake. Including our destination towards Larke-La and Larke Peak, as well on route to the Tibet border.

From Sama-Gaon journey continues heading due north-west, past the last village of Manaslu at Samdo. The walk finally leads to the foot of Larke-La Pass and Larke Peak at Dharmasala, where our real adventure begins.

Dharmasala will be the base camp for Larke Peak climb, having time for preparation and getting organized. Then towards our main goal and target for the challenging climb to the summit of Larke Peak.

A stunning Larke Peak towers high at 6,249 m, adventure leads to a straight-forward climb, with some technical sections to tackle. Following the lead

guide on leaving the high camp, climb over ice, glaciers, and rocky moraine.

The climb gets quite strenuous, we have reserved two days for the final ascent bid due to its technical difficulties. After a short rest and then climb on ice and rocks over a 45° angle ledge. Taking slow and steady with a last big haul up then reaching on top Larke Peak summit.

All the hard effort rewards you with a breathtaking panorama of the whole Manaslu Himalaya range. Includes views of Annapurna Mountains and as far as Ganesh Himal on the Far East horizon. Enjoying mind-blowing moments on top, a safe descent to base camp at Dharmasala, after a tough and long day climb.

The next morning another hard effort to accomplish, but much easier than the technical climb. A slow long up to the top of Larke-La Pass, the highest point of the walk beside Larke Peak. Enjoy the glorious panorama of the Himalayan range of Snow Mountains, and head downhill to the other side of Larke-La.

A long descent takes you around the Manang area at Bhimthang, a small lovely settlement amidst forest surroundings. Slowly the adventurous walk finally comes to an end on reaching Dharapani village in the comfort of a nice lodge.

Enjoy the last overnight around the high hills of Manaslu and Annapurna Himalaya region having a grand party among fellow members.

Next early morning an exciting long drive brings you to Kathmandu.

After a great marvelous time and experience on Manaslu Circuit and Larke Peak Climb.

Why Choose Manaslu Circuit Trek & Larke Peak Climb?

Manaslu Circuit Trek & Larke Peak Climb, understands that no trip is the same and is open to adapting accordingly. Traveling could be a headache if you do not understand the local regulations.

Utilizing our expertise and connections to all the local bodies that control traveling and touring in Nepal, we guarantee safe and sound trek and climbing in Nepal accompanied by professional guides with well over 10 years of guiding experience.

Therefore, we welcome you to Nepal. Book with us now to enjoy a lifetime experience that is bound to fill you with joy and fulfillment. We are always open for inquiries if any please feel free to contact us.

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Day 01: Arrival in Kathmandu.

Altitude: 1,350 m/ 4,428 feet. Overnight Tourist Standard Hotel in Kathmandu.

Day 02: Trek and Climb Preparation day & Sightseeing in Kathmandu Durbar Square, Swayambhunath Stupa.

Altitude: 1,350 m/ 4,428 ft. (Kathmandu) **Meals:** Breakfast only.

Overnight at Hotel in Kathmandu.

Day 03: Drive from Kathmandu to Soti Khola.

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 04: Trek to Machha Khola.

Altitude: 930 m/ 350 ft. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner

Day 05: Trek to Jagat.

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 06: Jagat to Pewa.

Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included:Breakfast. Lunch & Dinner.

Day 07: Trek to Namrung.

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included:Breakfast. Lunch & Dinner

Day 08: Trek to Lho-Gaon.

Altitude: 2,957 m / 9,698 ft. Approx.4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 09: Trek to Sama Gaon.

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 10: Acclimatization Day at Sama Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner

Day Hike either Manaslu Base Camp, Bhirendra Tal or Pungyen Gompa.

Day 11: Trek to Samdo.

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner

Day 12: Trek to Dharmasala.

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 13: At Larke Phedi / Dharmasala as Base Camp for the climb.

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 14: Trek and climb establish High Camp at 5,050 m – 04 hrs.

Altitude: 5,050 m / 16, 568 feet. Approx. 4 hours walk and climb.

Overnight in Tented Camping. Meal Included: Breakfast, Lunch & Dinner.

Day 15-16: Climbing Days to the summit of Larke Peak.

Altitude: 6,249 m / 20, 621 feet on top Larke Peak summit.

Approx. 8 hours climb and descent.

Overnight in Tented Camping. Meal Included: Breakfast, Lunch & Dinner.

Day 17: Reserved and contingency day in case of unfavorable weather.

Day 18: Trek to Bhimthang via Larke-La Pass.

Altitude: 5,106 m / 16, 752 feet at Larke-La. Bhimthang at 3, 700 m/ 12,201 feet.

Approx. 8 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 19: Trek to Dharapani.

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 20: Drive from Dharapani to Kathmandu via Besisar.

Altitude: 1,350 m. / 4,428 feet at Kathmandu. Drive approx. 8-9 hour sharing jeep or Bus. Overnight in Hotel at Kathmandu.

Meal Included: Breakfast and Lunch.

Day 21: In Kathmandu free day for individual activities.

Overnight in Hotel at Kathmandu on Bed and Breakfast only.

Day 22: Final International Flight Departure for Homeward Bound.

Meals: Breakfast only

Trip Highlights

- An exciting adventure around Mt. Manaslu and thrills of climbing Larke Peak
- Enjoy the grand vista of Mid-Western Himalayan peaks on daily scenic walk
- Explore the quant mountain villages adorned with ancient heritage and culture
- Amazing scenery of diversity from low warm to cooler hills and at arctic zone
- A great feat traverse of Larke-La and exciting adventure climb on top Larke Peak

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Altitude: 1,350 m/ 4,428 feet.

Overnight at Tourist standard hotel in Kathmandu.

Meal Included: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02

**TREKKING PREPARATION DAY AND SIGHTSEEING IN
KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA**

Meal Included: Breakfast only.

Overnight at Hotel in Kathmandu.

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Manaslu Circuit Trek and Larke Peak Climb.

DAY 03**DRIVE FROM KATHMANDU TO SOTI-KHOLA**

Altitude: 930 m/ 3,050 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Depart for wonderful adventure Manaslu Circuit Trek and Larke Peak Climb, taking a private car, comfortable tourist standard bus, or coach. As per the size of a group, a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Machha Khola for an overnight halt.

DAY 04

TREK TO JAGAT FROM MACCHA KHOLA

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 05 TREK TO DENG FROM JAGAT

Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Upper Manaslu.

Where all foreign visitors need to obtain a special permit to enter Upper Manaslu till Dharapani villages if reached. The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area.

As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng.

From here onwards into strong Buddhism culture, as walk follows higher past the village of Deng. Slowly the long day trek comes to an end on reaching a small village of Pewa, for an overnight stop.

DAY 06

TREK TO NAMRUNG FROM DENG

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

From the small village of Pawa, the climb leads to a forested ridge lined with tall rhododendron, pine, and fir trees.

A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung. After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

DAY 07**TREK TO LO-GAON FROM NAMRUNG**

Altitude: 2,957 m / 9,698 ft. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included: Breakfast. Lunch & Dinner.

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having goof breakfast, then setting off for the long enjoyable scenic trek to Lo-Gaon. As walk follows to a slow gradual climb, and within cool shade of forest lined with pine and rhododendron trees.

Trek heads high above the Buri Gandaki River, and then on winding up past few summer settlements of cattle herder. Then finally ending the enjoyable pleasant day walk on reaching at nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks.

DAY 08**TREK TO SAMA GAON FROM LO-GAON**

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Enjoy the morning picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Adventure follows on gradual uphill trail around Upper Manaslu through a number of farm villages and Yak herder camps. An interesting walk on high Manaslu valley, enclosed by high rocky cliff and snow peaks.

The view of Mt. Manaslu and Sringi Himal remains constant for some hours as walk finally comes to an end on reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

DAY 09**ACCLIMATIZATION DAY AT SAMA-GAON**

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Day Hike either Manaslu Base Camp, Bhirendra Tal, or Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a day hike to Manaslu Base Camp.

A long full day walk of more than 6 hours both ways, the best hike is to Bhirendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu.

One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

DAY 10**TREK TO SAMDO FROM SAMA-GAON**

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Adventure gets more exciting on reaching the high scenic Manaslu valley, from Sama-Gaon walk get interesting.

The route follows windswept terrain where tree lines disappear for high-altitude shrubs and bushes.

The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas.

The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Rest of the afternoon explore this last village of Samdo located on route Larke-La Pass and to the Tibet border.

DAY 11 TREK TO LARKE PHEDI / DHARMASALA AS BASE CAMP

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Walk today a short and pleasant day reaching the highest overnight stop.

The route leads to the end of Manaslu valley and the last of the Gorkha district at Dharmasala or Larke Phedi. The base of Larke-La pass from the Manaslu side of the valley, a place with few huts that serve as lodge and guest-house.

In high times, of trekking season this place is crowded with trekkers.

Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products.

At Dharmasala arriving at lunchtime, and for an overnight stop. Rest of the afternoon relax and prepare for the adventure climb to Larke Peak.

DAY 12 ACCLIMATIZATION DAY AND CLIMB PREPARATION

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

A free day for acclimatization and preparation for the climb a short walk around and to scout the area of climbing routes, with time to explore this un-explored areas with stunning views of mountains of Manaslu.

DAY 13 TREK TO HIGH CAMP FROM DHARMASALA AS BASE CAMP

Altitude: 5,050 m / 16, 568 feet. Approx. 4 hours walk and climb.

Overnight in Tented Camping. Meal Included: Breakfast, Lunch & Dinner.

From the Base Camp at Larke Phedi, adventure starts with short morning climb across the base of Nike Peak. Walk follows crossing few icy streams and then heading south, where our first overnight camps is set. A High Camp with tented camping, where our expert cook and kitchen staff will provide all meals from our camping kitchen. The High Camp is places right beneath towering Larke Peak, the camp is set at approx. 5,050 m high. With time here for enough preparation for the climb, our expert climbing guide will make all necessary arrangement for the climb, fixing ropes and pitching snow bars where necessary on technical section of the climb.

DAY 14**CLIMBING DAY TO THE PEAK AT LARKE PEAK**

Altitude: 6,249 m / 20, 621 feet on top Larke Peak summit.

Approx. 8 hours climb and descent.

Overnight in Tented Camping. Meal Included: Breakfast, Lunch & Dinner.

As Larke Peak is least visited and climbed, requires a day to scout the safe accessible route for safe and successful climb.

Thus we have reserved two days for the adventurous exciting climb to the top of Larke Peak summit. First day our guide will check the possible and safe route, as well other members can have practice on rocks and ice climbing exercise.

After making full survey of the route, start the climb early morning before dawn, and follow the lead guide. The first phase of climb can be quite strenuous encountering some technical sections. After using all strength and effort on steep ridges of ice, rock and snow. The last push leads you on top of Larke Peak summit at 6,249 m / 20,621 feet high. Having rest and feeling in high spirit enjoy the mind-blowing panorama of all Manaslu Himalaya range of peaks.

Includes Annapurna and Ganesh Himal in the Far East, with some peaks of Manang looking at Himlung and Chulu's peaks.

Enjoy more close views of North Peak 7,154 m and Boudha, Manaslu and Himal Chuli peaks, after a wonderful and tough morning climb. Descend safely back to High Camp, and then towards the base camp at Dharmasala for overnight stop and rest.

DAY 15**RESERVE ND CONGITENCY DAY IN CASEOF
UNFAVOURABLE WEATHER**

We have spared a reserve day as contingency, in case of bad unfavorable weather condition. The Himalayan weather can be unpredictable sometimes even in best time of the year. The spare day allows you with complete rest after a great technical climb, if not necessary can enjoy the extra day on route to Dharapani making the walk much shorter than actual itinerary days.

DAY 16**TREK TO BHIMTHANG VIA LARKE-LA PASS**

Altitude: 5,106 m / 16, 752 feet at Larke-La 3, 700 m/ 12,201 feet at Bhimthang Approx. 8-hour walk. Overnight at Guesthouse / Lodge-Tea House.

The last final highlight of the adventure, after an early breakfast, and carrying pack lunch for the long day's walk. Start the climb before break of dawn, heading towards a high slope on rocky gravel path above the lodge of Dharmasala.

Climb contours on winding steep uphill path, after hours of strenuous walk reaching on top of Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

Every hard effort rewards you with an astonishing panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

DAY 17**TREK TO DHARAPANI FROM BHIMTHANG**

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Enjoy the last final trek of the Manaslu Circuit adventure, although a long walk to end the trek at Dharapani village. But an easy pleasant downhill trek compared to the previous tough day, start early having a good breakfast.

Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River.

Stopping at Tilje for a possible lunch break, the last phase of the walk with a short climb over a bridge. Afternoon walk to a bridge and then a short climb to our final overnight destination at Dharapani village. Located on the famous and popular Annapurna and Manaslu Circuit route, a lovely village for the last day.

Dharapani offers many good lodges with nice rooms, having a comprehensive food menu to enjoy the last day party.

DAY 18 DRIVE FROM DHARAPANITO KATHMANDU VIA BESISAR

Altitude: 1,350 m. / 4,428 feet at Kathmandu.

Drive approx. 8-9 hour sharing jeep or Bus. Overnight in Hotel at Kathmandu.

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long overland journey but interesting winding downhill to low warm farm areas of Lamjung district. As drive stops for short while at Besisar, the headquarters town of Lamjung. From Besisar on a good road, then joining on the main Pokhara and Kathmandu highway at Dumre town.

Drive more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Manaslu Circuit Trek and Larke Peak Climb.

**DAY 19 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMeward BOUND**

Last day in Kathmandu and Nepal, after a great memorable adventure on Manaslu Circuit Trek and Larke Peak Climb. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound

Cost Includes

- Airport pick-up, and drop by private vehicles.
- 03 nights standard twin-sharing accommodation in a 3 starts hotel in Kathmandu.
- 13 nights of twin-sharing accommodation during the trek.
- 02 nights Tented camp during the Larkya Peak climb.
- Guided sightseeing tours with private vehicles in Kathmandu.
- Local Transportation Jeep/ Bus Kathmandu –Soti Khola & returning to Kathmandu (If you want both ways private vehicle is also available at an additional cost).
- Three meals a day, Breakfast, Lunch, and Dinner. Tea/ Coffee in during meal time.
- MACP, ACAP, Manaslu special trekking permit & Larkya Peak permit as well.
- One highly experienced, helpful, and friendly license holder Climbing guide. Porter. His food, accommodation, salary, equipment, and accident insurance for all staff.
- Group Climbing Equipment such as ice axe, helmets, crampons, two mean tents , Dining tent , Kitchen Tent, Toilet Tent, Table chairs & Mattresses.
- Welcoming Dinner in a traditional Nepali restaurant with a cultural performance.
- Four seasonal sleeping bags. (if necessary).
- Company Duffle Bag, T-shirt.

- A self-sufficient medical first aid Kit containing vital medications.
- Company branded 01 water bottle.
- Climbing peak certificate
- Local taxes.

Cost Excludes

- All kinds of beverage.
- Dinner and Lunch in Kathmandu.
- Personal travel and health insurance, insurance for helicopter evacuation.
- Tipping to staff.
- Personal mountaineering gears.
- Optional trips if extended.
- International airfare.
- Visa fee, you obtain a visa easily upon your arrival at
- Tribhuvan International Airport Kathmandu.
- Extra expenses due to flight delays, strikes, weather conditions, or any event out of our control.

Major Information

Best Seasons:

The best seasons for Manaslu Circuit Trekking & Larke Peak Climb, is in spring and autumn, spring begins from March to May. Autumn starts from September to November, the spring season with longer days due to much

sunlight hours.

Days are mostly bright with sunshine for clear views and pleasant walking can get cloudy in the late afternoon. Chances of light rains and snowfall around higher elevations sometimes, the temperature drops in the early morning and night times.

During springtime, the hills are bright with wild flowers in bloom especially the rhododendron, the national flower of Nepal.

The next best season is autumn from September to November, days are much clear for views and walks. But days are much short due to sunlight hours, pleasant and peak times for trekking around the Himalayas.

Much colder morning and late afternoon till night time, chances of snowfall on higher elevation sometimes.

Culture, Religion & History:

The lower warm areas of the Gorkha district where Manaslu high valley is located, are of mixed tribes of hill people. Gurung, Magar, Hindu Bharamins, Chettries, and Newars with some Bhot migrated from high Manaslu and Tsum areas.

The culture and religions are mixed with Hinduism and Buddhism around low land to mid-hills till Jagat and Philim villages.

But from Jagat village onwards the native of higher Manaslu valley till Dharapani in Manang are interwoven to strong Buddhism religion. Follows the ancient heritage and culture similar to its Tibetan predecessor, as the border to Tibet is at a mere distance.

The people of higher Manaslu are known as the Bhotia people, which means descendent from Tibet. Most villages around higher Manaslu from Namrung onwards have a monastery, with many rows of prayer walls and spinning wheels.

The Manaslu region, where the ancient Trans Himalaya Salt Trade Route passed to and from Nepal / Tibet. Yaks and pack animals laden with goods from the good side of the country.

The base of Larke-La pass at present known as Dharmasala or Phedi in the early days was called Larke Bazaar. Where traders, merchants from Tibet, Gorkha, and Manaslu as far from Manang use to visit on the market day.

The Manaslu comes from the Sanskrit word meaning Soul or mind of the god or holy spirits. For Manaslu natives calls Kutang means land that has been blessed, to raise livestock and a good farm field.

Mt. Manaslu stands as the world's 8th highest peak at 8,163 m and 26, 781 feet, the first ascent by Japanese Expeditions. Which was conquered on May 9th, 1956 with the support of Nepalese guide Gyalzen Norbu Sherpa.

Since then it remained closed for outside visitors and flung its door open from 1991 onwards. Trekkers can enter and enjoy the walk around Manaslu, on obtaining a special permit, as Manaslu is a restricted region.

Due to its close border with Tibet / China, as well as to control the main flow of trekkers. As well to retain and preserve the country's pristine environment, the area is under the protection of the Manaslu Conservation Area Project.

Frequently Asked Questions

Why is the Manaslu Area a restricted region for foreign trekkers?

There are several regions in Nepal listed as Restricted Areas like Manaslu, due to its close frontier with Tibet / China.

Where trekkers require a special permit to enter the Restricted Areas, which should be accompanied by Government Registered local company guides. The other reason is to control the mass flow of tourists and to protect its fragile environment.

How hard and tough is the climb and trekking?

The only tough day is long hours of walk for someday, the trail are well established for safe trekking. The hardest part of trekking is a long climb to Larke-La pass, and then long stretch of downhill.

The climb of Larke Peak is mentioned of TD grade, which means a climb of some technical difficulty. But possible taking much time and following the expert guide, the climb is straightforward like any other alpine peak climb.

Are there electricity on route trekking in the lodges?

Most large villages like Jagat, Namrung, Sama-Gaon, and Samdo do have hydroelectricity power. Some villages and lodges have their own private solar power as well so that you can charge your electronic gadgets and items.

Do we have to pay extra for showers and charging our electronic items?

Yes, for using hot/cold showers as for charging electronic items one needs to pay a fee. The price differs from one village lodge to another, first ask your guide if the cost is reasonable.

How many nights to spend in tent?

From the base camp at Dharmasala or Larke Phedi onwards for minimum of 3 nights, not adding the reserve or contingency days. Where two men tents will be supplied by Core treks, along with separate kitchen unit of cook and kitchen staff.

All meals cooked and served by our expert cook and kitchen hands, meals are set on a dining tents depending upon the size of a group.

How much extra money to carry on the treks?

Depending upon own expenses for extra snacks, soft drinks or having a beer as well buying local souvenirs on treks. Average of US \$ 300 to 500 per person, the money required for tipping the guide, staff, and porters also at the end of the trek.

What happens when someone is very sick on trek?

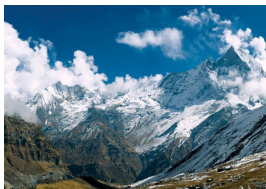
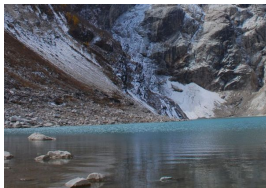
For mild sickness, our guide carries First Aid and a comprehensive medical kit, for serious unfortunate accidents and illness. Immediate evacuation by fastest means of transport to nearest medical center or hospitals.

The best and fastest means is using Helicopter Services that is why all trekkers have to purchase Medical and Travel Insurance in case of emergency situations.

Is Larke peak a popular trekking peaks of Nepal?

Larke Peak is not as popular then other famous trekking peaks like Island, Lobuche and Mera in Everest. As well Chulu East, Pisang Peak and Tent Peaks are the most popular peaks. However Larke Peak is slowly gaining popularity with few groups of interested adventurers nearly all good seasons of the year.

Photos



Bookings

For all trekking enquiries and bookings

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