TREKKING & HIKING

Manaslu Larkya La – Pass Camping Trek

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



Manaslu Larkya La Pass Camping Trek Quick Facts

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

ACTIVITY REGION
GORKHA DISTRICT (MANASLU) TO MANANG DISTRICT, GANDAKI PROVINCE, NEPAL

TOTAL DURATION
17 DAYS, 16 NIGHTS

TREKKING DURATION	DURATION	GRADE
12 DAYS (DAY 4 TO DAY 15), INCLUDING 1 ACCLIMATIZATION DAY AT SAMA GAUN	17 DAYS, 16 NIGHTS	HARD

Trip Highlights

- Experience harmonious Tibetan culture of Manaslu region
- Rich vegetation, pristine ecosystem, and rhododendron forests
- Spectacular mountain views including Himalchuli, Manaslu, Ganesh Himal, and Ngadi Chuli
- Endangered wild animals like Snow Leopard and Musk Deer
- The Larkya-La Pass (5,106m)

Overview

Manaslu is a relatively new trekking region in Nepal. Among different regional routes, Larkya La Pass Trekking is a rare opportunity to explore the spectacular views along the Nepal and China border. In the west of Kathmandu in the Manaslu region, Larkya La Pass is situated at an elevation of 5135m (16844ft).

Nepal's Manaslu Larkya-La Pass Camping Trek starts from Shotikhola via Arughat, a small town bordering the Gorkha and Dhading districts. The drive to Arughat from Kathmandu is around 8 hours. The trail ascends through the vast geography and wilderness of the region.

Numerous waterfalls, swift rivers, suspension bridges, gorges, wildlife, and forests lead you to multiethnic villages, gompas, and monasteries. The trails are a bit challenging but people of all ages have done it. However, one needs to be in a moderate physical condition.

As you gain altitude, you will be presented with gorgeous views of the snowcapped Himalayas such as Himalchulit (7,893m), Manaslu (8,163m), Ganesh Himal (7,450m), Ngadi Chuli (7,879), and beautiful landscapes. The rich vegetation of Manaslu is refreshing and spreads an aura of joy. At high altitudes, we will be required to sleep in tents and prepare food for ourselves. But, you need not worry since we will provide you with our professional cook for the trek.

Alternative Camping Trek



Manaslu Circuit Camping Trekking

Manaslu Region 17 Days

$0

Experience the Ultimate Adventure - Book Your Manaslu Circuit Camping Trekking Today and Discover the Beauty of Nepal's Himalayas Up...

View Details

Cross Larkya La Pass (5,106 m) on a Manaslu camping trek run by a local Nepali team. Over 17 days you follow the Budhi Gandaki valley, camp beside Tibetan-influenced villages, rest in Sama Gaun, then climb over the pass to Bimthang. Our trek cook makes your meals. Our licensed guide

handles permits, pace and safety. You carry a daypack and take in the views.

Manaslu Larkya La Pass Camping Trek at a Glance

The Manaslu Larkya La Pass camping trek is a 17-day tented trek around Manaslu (8,163 m) that crosses Larkya La Pass at 5,106 m. It is challenging, so it suits fit walkers who want a remote route. Spring (March to May) and autumn (September to November) are the best seasons.

Why Choose the Manaslu Larkya La Camping Trek?

- Cross Larkya La Pass at 5,106 m and look out over the Manaslu range and the Annapurna side.
- Walk through rhododendron forest, river gorges, waterfalls and suspension bridges.
- Pass Tibetan-style villages, prayer walls and monasteries, including Sama Gaun and Samdo.
- See Himalchuli, Manaslu, Ganesh Himal and Ngadi Chuli from the trail.
- Walk in a conservation area that is home to snow leopard and musk deer, though sightings are rare.
- Camp at Dharmasala (4,460 m), the last stop before the pass.

Manaslu stayed closed to foreign visitors until 1991. Even now it is a restricted area, so you need a special permit and a licensed guide.

Manaslu Larkya La Trek Itinerary Overview

This table shows the route at a glance. Each day is explained below.

Day	Route	Sleep altitude	Walking time	Overnight
1	Arrive in Kathmandu	1,340 m	None	Hotel
2	Trek prep, gear check, Kathmandu sightseeing	1,340 m	None	Hotel
3	Drive Kathmandu to Soti Khola	700 m	About 7 hours by road	Tent
4	Soti Khola to Machha Khola	930 m	About 6 hours	Tent
5	Machha Khola to Jagat	1,345 m	About 6 hours	Tent
6	Jagat to Pewa	1,625 m	About 6 hours	Tent
7	Pewa to Namrung	2,630 m	About 6 hours	Tent
8	Namrung to Lho	3,185 m	About 4 hours	Tent
9	Lho to Sama Gaun	3,520 m	About 3 hours	Tent
10	Rest day at Sama Gaun, optional day hike	3,520 m	Short hike	Tent

Day	Route	Sleep altitude	Walking time	Overnight
11	Sama Gaun to Samdo	3,875 m	About 3 hours	Tent
12	Samdo to Dharmasala	4,460 m	About 4 hours	Tent
13	Dharmasala over Larkya La (5,106 m) to Bimthang	3,590 m	8 to 10 hours	Tent
14	Bimthang to Tilje	2,300 m	About 7 hours	Tent
15	Tilje to Tal	1,700 m	About 5 hours	Tent
16	Drive Tal to Kathmandu via Besisahar	1,340 m	About 8 hours by road	Hotel
17	Departure			Not applicable

Itinerary

ARRIVAL IN KATHMANDU

Overnight: Kathmandu · 1,340 m / 4,396 ft · Hotel

Arrive in Kathmandu and transfer to the hotel.

TREKKING PREPARATION DAY & SIGHTSEEING IN KATHMANDU DURBAR SQUARE, SWAYABHUNATH STUPA

Overnight: Kathmandu · 1,340 m / 4,396 ft · Hotel

Breakfast at the hotel.
Trekking preparation and gear check.
Sightseeing in Kathmandu Durbar Square and Swayabhunath Stupa.

KATHMANDU TO SOTI KHOLA BY DRIVE

Overnight: Soti Khola · 700 m / 2,297 ft · 7 hours drive by private vehicle · Tented camp · Meals: Breakfast, lunch & dinner

SOTI KHOLA TO MACHHA KHOLA

Overnight: Machha Khola · 930 m / 3,051 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours.

MACHHA KHOLA TO JAGAT

Overnight: Jagat · 1,345 m / 4,413 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours.

JAGAT TO PEWA

Overnight: Pewa · 1,625 m / 5,331 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours.

PEWA TO NAMRUNG

Overnight: Namrung · 2,630 m / 8,629 ft · 6 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 6 hours.

NAMRUNG TO LHO

Overnight: Lho · 3,185 m / 10,449 ft · 4 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 4 hours.

LHO TO SAMA GAU

Overnight: Sama Gau · 3,520 m / 11,549 ft · 3 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 3 hours.

ACCLIMATIZATION AT SAMA GAUN

Overnight: Sama Gaun · 3,520 m / 11,549 ft · Tented camp · Meals: Breakfast, lunch & dinner






Day hike to either Manaslu Basecamp, Birendra Tal, or Pungyen Gompa.

SAMA GAUN TO SAMDO

Overnight: Samdo · 3,875 m / 12,713 ft · 3 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 3 hours.

SAMDO TO DHARMASALA

Overnight: Dharmasala · 4,460 m / 14,633 ft · 4 hours walk · Tented camp · Meals: Breakfast, lunch & dinner



Walk approx. 4 hours.

DHARMASALA TO BIMTHANG VIA LARKYA LA PASS

Overnight: Bimthang · 3,590 m / 11,778 ft · High point 5,106 m · 8 hours walk · Tented camp · Meals: Breakfast, lunch & dinner





BIMTHANG TO TILJE

Overnight: Tilje · 2,300 m / 7,546 ft · 7 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 7 hours.

TILJE TO TAL

Overnight: Tal · 1,700 m / 5,577 ft · 5 hours walk · Tented camp · Meals: Breakfast, lunch & dinner

Walk approx. 5 hours.

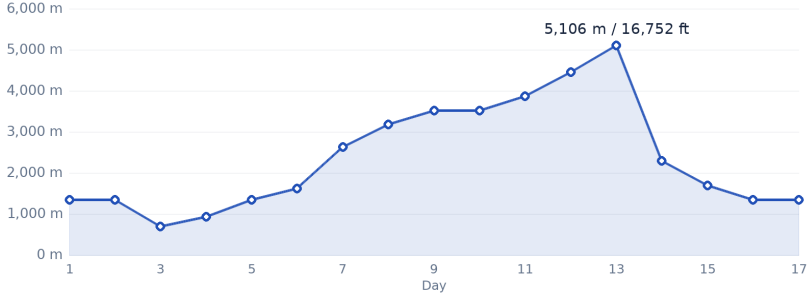
TAL TO KATHMANDU VIA BESISAHAR

Overnight: Kathmandu · 1,340 m / 4,396 ft · 8 hours drive by private vehicle · Hotel · Meals: Breakfast, lunch

DEPARTURE

1,340 m / 4,396 ft · Meals: Breakfast

Altitude Profile of Manaslu Larkya La – Pass Camping Trek



Weather on Manaslu Larkya La – Pass Camping Trek

°C	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Machha Khola (930 m) high	17°	19°	23°	26°	27°	28°	27°	27°	27°	25°	22°	18°
Machha Khola night low	6°	8°	11°	14°	18°	22°	23°	23°	21°	17°	12°	8°
Samagaon (3,520 m) high	-1°	1°	3°	6°	8°	13°	15°	15°	13°	8°	5°	3°
Samagaon night low	-10°	-9°	-5°	-1°	3°	7°	10°	10°	8°	2°	-3°	-8°

Average day highs and night lows (approx.), 2015 to 2024. Source: Open-Meteo, adjusted to each village's altitude.

Service INCLUDED

- 3 nights in a 3-star Kathmandu hotel, twin-sharing, with breakfast
- 13 nights in twin-sharing tents on the trek
- Jeep from Kathmandu to Soti Khola and from Tal or Dharapani back to Kathmandu
- Breakfast, lunch, dinner and tea or coffee on the trek, cooked by our trek cook
- Restricted Area Permit and Manaslu Conservation Area Permit
- Licensed guide, Sherpa and porters (1 porter for 2 trekkers), with their food, lodging, pay, gear and accident insurance
- Boiled drinking water and a hot shower
- Farewell dinner with a cultural show in Kathmandu
- Local and government taxes

Service NOT INCLUDED

- Drinks of any kind, including bottled water, plus phone calls and laundry on the trek
- Travel and rescue insurance
- Tips for the crew
- Personal trekking and climbing gear
- Optional trips and sightseeing if you extend your stay
- International flights
- Nepal visa

- Lunch and dinner in Kathmandu, unless listed

Major Attractions of the Manaslu Larke Pass Trek

The Manaslu Larke Pass Trek is a mesmerizing trekking route in Nepal that offers a blend of cultural richness, diverse landscapes, and stunning mountain vistas. Here are some of the major attractions of the Manaslu Larke Pass Trek:

1. **Larke Pass (Larke La):**

   The highlight of the trek, Larke Pass stands at an elevation of 5,106 meters (16,752 feet). The panoramic views from the pass include the Manaslu range, Himlung Himal, Cheo Himal, and the Annapurna range.

2. **Manaslu Conservation Area:**

   The trek takes you through the Manaslu Conservation Area, a region rich in biodiversity. You may encounter various flora and fauna, including the elusive snow leopard, red panda, Himalayan tahr, and diverse bird species.

3. **Unique Culture and Villages:**

   The trek passes through several traditional Tibetan-influenced villages with unique cultural practices. Villages like Samagaun and Samdo provide an opportunity to interact with the friendly local people, witness their traditional lifestyle, and explore ancient monasteries.

4. **Budhi Gandaki River Valley:**

   The trail follows the Budhi Gandaki River, offering breathtaking views of the river gorge, waterfalls, and terraced fields. The landscapes change dramatically from lush green valleys to high-altitude barren terrains.

5. **Manaslu Base Camp:**

   Although not the primary destination, a side trip to Manaslu Base Camp is often included for those who want to explore further. The base camp provides stunning views of the Manaslu massif.

6. **Birendra Tal (Birendra Lake):**

   A serene glacial lake located at an altitude of around 3,450 meters, Birendra Tal offers a picturesque setting surrounded by snow-capped peaks. It's a perfect spot for reflection and relaxation.

7. **Pungyen Gompa:**

   Situated at an altitude of approximately 4,000 meters, Pungyen Gompa is a Buddhist monastery with historical significance. The monastery provides insight into the local culture and offers spectacular mountain views.

8. **Diverse Landscapes:**

   The trek takes you through a variety of landscapes, including subtropical forests, terraced fields, alpine meadows, and high mountain deserts. The ever-changing scenery adds to the trek's allure.

9. **Remote and Less Crowded:**

Compared to some of the more popular trekking routes in Nepal, the Manaslu Larke Pass Trek is relatively less crowded, providing a more authentic and tranquil trekking experience.

10. **Warm Hospitality:**

    The locals along the trail are known for their warm hospitality. Teahouses and guesthouses offer a cozy place to rest, delicious local cuisine, and a chance to interact with the local communities.

The Manaslu Larke Pass Trek is a challenging yet rewarding adventure that appeals to trekkers seeking both natural beauty and cultural immersion.

Best Time for the Manaslu Larkya La Camping Trek

Spring and autumn are the best seasons. Both give stable weather, though the pass can see snow in any month.

- **Spring (March to May):** Longer days and blooming rhododendron. Afternoons can turn cloudy, and there is light rain or snow higher up.
- **Autumn (September to November):** Clear skies and sharp views. Days are shorter and mornings and nights are colder.

Nights near Dharmasala are cold in both seasons, so bring a warm sleeping bag and layers. Ask us before you plan a winter or monsoon trip, because snow can close the pass.

Permits and Rules for the Manaslu Larkya La Trek

Manaslu is a restricted area. You must trek with a licensed guide, and the Restricted Area Permit must come through a registered trekking company. We handle the paperwork. Bring your passport and 2 passport-size photos.

Permit	Where it applies	Who arranges it
Manaslu Restricted Area Permit	The restricted section of the route, from about Jagat to the Dharapani side	We apply for it through our registered company
Manaslu Conservation Area Permit	The protected area along the Budhi Gandaki valley	We arrange it
Annapurna Conservation Area Permit	The final section after you cross into the Annapurna region	We arrange it

Solo travellers can now apply for the restricted area permit alone. The old two-trekker rule was removed on 22 March 2026. You still need a licensed guide and a registered trekking agency.

Why Camp Over Larkya La With Us

A Real Camping Trek
17 days in tents through the Budhi Gandaki valley, beside Tibetan-influenced villages.

Our Trek Cook
Fresh meals cooked by our own team at every camp.

Local Nepali Team
Run by our local team. Your licensed guide handles permits, pace and safety.

Larkya La at 5,106 m
Rest at Sama Gaun, then climb over the pass and drop into Bimthang.

Wild Manaslu
Rhododendron forest and the home of snow leopard and musk deer.

24/7 Support
Our team stays on call for your whole trek, including emergency evacuation coordination.

FAQs

How long is the Manaslu Larkya La Pass camping trek?
The trek takes 17 days and 16 nights. You spend 3 nights in a Kathmandu hotel and 13 nights in tents. You are on the trail for 12 days (Day 4 to Day 15), including one rest and acclimatization day at Sama Gaun.

How high is Larkya La Pass?

Larkya La Pass is 5,106 m (16,752 ft) above sea level. Some maps and guidebooks show slightly different figures, from about 5,100 m to 5,160 m. Our highest camp is Dharmasala at 4,460 m.

How hard is the Larkya La Pass trek?

It is a challenging trek. The terrain is not technical, but you walk for several days at altitude and the pass day is long, about 8 to 10 hours. You need good fitness, and long training hikes with a loaded daypack help.

Do I need a guide and permits for the Manaslu trek?

Yes. Manaslu is a restricted area, so you must trek with a licensed guide and a Restricted Area Permit arranged through a registered trekking company. This route also needs conservation area permits for Manaslu and Annapurna. We arrange all permits for you.

Can I trek Manaslu alone?

You cannot trek Manaslu independently. A licensed guide and a registered agency are required. Since 22 March 2026 you can apply for the restricted area permit as one person, so a solo traveller can join with a private guide.

When is the best time for the Manaslu Larkya La camping trek?

Spring (March to May) and autumn (September to November) are the best seasons. Skies are clearer and the pass is more likely to be open. Spring brings rhododendron blooms and autumn gives sharp mountain views. Expect freezing nights near the pass in both seasons.

What is camping like on the Manaslu trek?

You sleep in twin-sharing tents. Our trek cook prepares breakfast, lunch and dinner with tea or coffee. We provide boiled drinking water and a hot shower. Porters carry your main bag, with one porter for every two trekkers.

How do I avoid altitude sickness on the Larkya La trek?

Walk slowly, drink plenty of water and tell your guide early about any headache, nausea or dizziness. The itinerary includes a rest day at Sama Gaun (3,520 m). Ask your doctor about altitude medicine before you travel. If symptoms get worse, you must go down.

Is the water safe to drink on the trek?

We provide boiled drinking water on the trek. If you fill bottles from streams or taps, treat the water first with purification tablets or a filter.

Do I need travel insurance for Larkya La?

Yes. Travel and rescue insurance is not included in the trek cost. Your policy should cover trekking above 5,000 m and helicopter evacuation.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance

company before flying to Nepal.

Photos









Bookings

For all trekking enquiries and bookings

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