Manaslu Larkya La Pass Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5135m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,990 per person**

Trip overview

The Manaslu Larkya La Pass Trek is one of Nepal's most spectacular and adventurous trekking routes, circling the majestic Mount Manaslu and crossing the challenging Larkya La Pass (5,106 m). This classic circuit offers a perfect blend of remote Himalayan wilderness, rich cultural heritage, and dramatic mountain scenery, making it one of the finest alternatives to the Annapurna Circuit.

The trek showcases breathtaking views of Himalayan giants, including Manaslu, Himalchuli, Ngadi Chuli, and Ganesh Himal ranges. The highlight of the journey is the crossing of Larkya La Pass, which rewards trekkers with panoramic views of snow-covered peaks and vast glacial landscapes.

This trek is ideal for experienced trekkers seeking a longer, less crowded, and culturally immersive Himalayan adventure.

Geography and Landscape

The Manaslu Larkya La Pass Trek is located in north-central Nepal within the restricted region of the Manaslu Conservation Area. The route lies inside Manaslu Conservation Area, a region known for its pristine nature, biodiversity, and cultural preservation.

The journey typically begins with a drive from Kathmandu to Soti Khola or Machha Khola, followed by trekking along the Budhi Gandaki River valley. The lower sections of the trail pass through subtropical forests, terraced fields, waterfalls, and narrow gorges carved by the river.

As the trail ascends, the landscape becomes increasingly rugged and alpine. Dense forests give way to pine, rhododendron, and eventually barren high-altitude terrain. Villages such as Namrung, Lho, Samagaun, and Samdo showcase traditional stone houses and strong Tibetan Buddhist influence.

The approach to Larkya La Pass is one of the most dramatic sections of the trek, featuring glacial moraines, icy slopes, and wide open valleys surrounded by towering peaks. The descent into the Marsyangdi Valley reveals equally stunning landscapes, completing the full circuit experience.

The diversity of terrain—from lush river valleys to high mountain passes—makes this trek one of the most geographically rich in Nepal.

Climate and Best Time to Trek

The best seasons for the Manaslu Larkya La Pass Trek are spring (March–May) and autumn (September–November). These months offer stable weather, clear skies, and the safest conditions for crossing high mountain passes.

Spring brings blooming rhododendrons in lower regions, warmer temperatures, and vibrant landscapes. Autumn provides crisp air, dry trails, and some of the clearest views of the Manaslu range after the monsoon season.

Winter (December–February) is extremely cold, especially around Larkya La Pass, where heavy snow can block the route. The monsoon season (June–August) brings heavy rainfall, landslides, and limited visibility, making it less suitable for trekking.

Overall, autumn is considered the most reliable and safest season for completing the full circuit.

People and Culture

The Manaslu region is home to a rich mix of ethnic communities, primarily Gurung and Tibetan-influenced groups. Their culture is deeply rooted in Tibetan Buddhism, with monasteries, prayer flags, mani walls, and chortens found throughout the trail.

Villages such as Samagaun and Lho are cultural highlights, offering insight into traditional Himalayan lifestyles. Monasteries like Ribung Gompa and Pungyen Gompa reflect centuries of spiritual practice and community life.

As trekkers ascend higher, the culture becomes more distinctly Tibetan, with yak herding, barley farming, and seasonal migration forming the basis of local livelihoods. Festivals and rituals play an important role in maintaining spiritual balance in these remote mountain communities.

The combination of dramatic landscapes, challenging high passes, and rich cultural heritage makes the Manaslu Larkya La Pass Trek one of the most rewarding trekking experiences in Nepal.

Highlights

- Enjoy spectacular views of Mount Manaslu and surrounding Himalayan peaks.
- Cross the iconic Larkya La Pass (5,135m).
- Trek through diverse landscapes from lush valleys to alpine terrain.
- Experience authentic Tibetan Buddhist culture and mountain lifestyles.
- Visit traditional villages like Samagaon, Samdo, and Lho.
- Explore ancient monasteries and sacred Himalayan sites.
- Spot wildlife such as Himalayan tahr and, occasionally, snow leopards.
- Enjoy a quieter and less-crowded alternative to Nepal’s popular trekking routes.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our representative will greet you and transfer you to your hotel. After check-in, attend a trek briefing with your guide covering route details,

permit requirements, safety procedures, and gear inspection.

You may spend the remainder of the day exploring Thamel or relaxing after your journey.

Day 2 : Permit Preparation and Trek Briefing in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for obtaining the necessary permits for the Manaslu Restricted Area, Manaslu Conservation Area, and Annapurna Conservation Area. Your guide will conduct a detailed briefing and ensure all equipment is ready for the trek.

You can also visit cultural landmarks or shop for any last-minute trekking essentials.

Day 3 : Drive from Kathmandu to Soti Khola (700m)

Altitude: 1,400m – 700m

Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Drive Duration: 8–9 hours

An early morning departure leads you westward along the Prithvi Highway before turning north toward Arughat and Soti Khola. The journey offers views of rivers, terraced hillsides, waterfalls, and traditional villages along the Budhi Gandaki Valley.

Day 4 : Trek from Soti Khola to Machha Khola (870m)

Altitude: 700m – 870m

Walk: 5–6 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Your trek officially begins along narrow trails that weave through sal forests, rocky ridges, and small Gurung settlements. Cross suspension bridges and enjoy beautiful river scenery before arriving at Machha Khola.

Day 5 : Trek from Machha Khola to Jagat (1,340m)

Altitude: 870m – 1,340m

Walk: 6–7 hours · Stay: Hotel · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today's trail follows the Budhi Gandaki River through dramatic gorges, stone staircases, and traditional villages. Pass Tatopani's natural hot springs before reaching Jagat, the official entry point to the restricted Manaslu region.

Day 6 : Trek from Jagat to Deng (1,860m)

Altitude: 1,340m – 1,860m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Ascend through lush forests, narrow valleys, and terraced fields while crossing several suspension bridges. Buddhist influence becomes increasingly evident through mani walls, prayer flags, and monasteries as you reach Deng.

Day 7 : Trek from Deng to Namrung (2,660m)

Altitude: 1,860m – 2,660m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail climbs steadily through pine forests and traditional Tibetan-influenced villages. Pass Prok Village, a superb viewpoint for Manaslu, before reaching Namrung, where magnificent mountain views begin to dominate the landscape.

Day 8 : Trek from Namrung to Samagaon (3,530m)

Altitude: 2,660m – 3,530m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Enjoy one of the most scenic days of the trek. Pass through Lho Village and Shyala, surrounded by spectacular views of Manaslu, Himalchuli, Ngadi Chuli, and Ganesh Himal.

Arrive at Samagaon, the largest and most culturally significant village on the Manaslu Circuit.

Day 9 : Acclimatization Day in Samagaon (3,530m)

Altitude: 3,530m – 4,400m – 3,530m

Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Hiking Duration: 3–6 hours

A crucial acclimatization day before moving higher.

Optional hikes include:

Pungyen Gompa (Approx. 4,000m) — 3–4 hours round trip

Manaslu Base Camp Viewpoint (Approx. 4,400m) — 5–6 hours round trip

These hikes offer spectacular views of glaciers, Manaslu, and surrounding peaks while helping your body adapt to the altitude.

Day 10 : Trek from Samagaon to Samdo (3,860m)

Altitude: 3,530m – 3,860m

Walk: 3–4 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A relatively short trekking day through alpine terrain and yak pastures. The route follows the upper Budhi Gandaki Valley with outstanding views of Manaslu and nearby peaks.

Arrive at Samdo, a remote Tibetan-influenced village near the border.

Day 11 : Trek from Samdo to Larkya Phedi (Dharmasala) (4,460m)

Altitude: 3,860m – 4,460m

Walk: 4–5 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Continue ascending through rugged high-altitude terrain toward Dharmasala, also known as Larkya Phedi, the base camp for crossing Larkya La Pass.

Rest early and prepare for the most challenging day of the trek.

Day 12 : Cross Larkya La Pass and Trek to Bimthang (3,720m)

Altitude: 4,460m – 5,135m – 3,720m

Walk: 9–10 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Start before dawn for the gradual ascent to Larkya La Pass, one of Nepal's most spectacular Himalayan passes.

At the summit, enjoy breathtaking views of:

- Himlung Himal
- Cheo Himal
- Kang Guru
- Annapurna II

Descend through glacial moraines and alpine valleys to beautiful Bimthang.

Day 13 : Trek from Bimthang to Dharapani (1,860m)

Altitude: 3,720m – 1,860m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Descend through rhododendron forests, yak pastures, and traditional villages. Join the Annapurna Circuit trail near Tilje before reaching Dharapani.

Celebrate the successful completion of your Manaslu Circuit crossing.

Day 14 : Drive from Dharapani to Kathmandu (1,400m)

Altitude: 1,860m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive Duration: 8–10 hours

Travel by jeep through Besisahar and along the Marsyangdi and Trishuli river valleys back to Kathmandu.

Upon arrival, transfer to your hotel and enjoy a relaxing evening.

Day 15 : Final Departure

Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, transfer to Tribhuvan International Airport for your departure.

We hope you leave Nepal with unforgettable memories of the Manaslu Circuit, its remote mountain villages, dramatic landscapes, rich Tibetan culture, and the unforgettable crossing of Larkya La Pass.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Permit Preparation and Trek Briefing in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 3 · Drive from Kathmandu to Soti Khola · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek from Soti Khola to Machha Khola · 700 m · day 24°C / night 16°C
- Day 5 · Trek from Machha Khola to Jagat · 870 m · day 24°C / night 15°C
- Day 6 · Trek from Jagat to Deng · 1,340 m · day 21°C / night 12°C
- Day 7 · Trek from Deng to Namrung · 1,860 m · day 19°C / night 9°C
- Day 8 · Trek from Namrung to Samagaon · 2,660 m · day 15°C / night 3°C
- Day 9 · Acclimatization Day in Samagaon · 3,530 m · day 10°C / night -2°C
- Day 10 · Trek from Samagaon to Samdo · 3,530 m · day 10°C / night -2°C
- Day 11 · Trek from Samdo to Larkya Phedi · 3,860 m · day 9°C / night -4°C

- Day 12 · Cross Larkya La Pass and Trek to Bimthang · 4,460 m · day 6°C / night -8°C
- Day 13 · Trek from Bimthang to Dharapani · 3,720 m · day 9°C / night -3°C
- Day 14 · Drive from Dharapani to Kathmandu · 1,860 m · day 19°C / night 9°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Manaslu restricted area permits (Issued by Department of Immigration)
- Manaslu Conservation Area Project (ACAP) permits.
- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 16 Mar 2027 · USD 1,990 · Available
- 16 Mar 2027 – 30 Mar 2027 · USD 1,990 · Available
- 06 Apr 2027 – 20 Apr 2027 · USD 1,990 · Available
- 20 Apr 2027 – 04 May 2027 · USD 1,990 · Available
- 04 May 2027 – 18 May 2027 · USD 1,990 · Available

Best time to visit

Best months: March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel

- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in basic teahouses and locally operated mountain lodges along the route.

Lower sections such as Soti Khola, Machha Khola, and Jagat offer simple but relatively comfortable lodges. As the trail ascends toward Samagaun, Samdo, and Dharamsala, accommodation becomes more basic due to remoteness and altitude.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek.

Meals are freshly prepared and designed to meet high-energy demands of long trekking days.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, fried rice, and soups
- Potatoes, eggs, and seasonal vegetables
- Tibetan bread, pancakes, and porridge
- Tea, coffee, and hot beverages

Food variety becomes limited in higher villages but remains sufficient for high-altitude trekking.

Difficulty & Physical Requirements

The Manaslu Circuit Trek is classified as moderate to strenuous, suitable for trekkers with good fitness and prior trekking experience.

Daily trekking generally ranges from 5 to 8 hours, with significant elevation gain and rugged mountain terrain.

The most challenging section is the crossing of Larkya La Pass (5,160m), which requires strong endurance, acclimatization, and favorable weather conditions.

Permits

The Manaslu region is a restricted trekking area requiring special permits:

- Manaslu Restricted Area Permit (MRAP)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP) (for exit section)

- TIMS Card (Trekkers' Information Management System)

A licensed guide is mandatory, and trekking must be organized through a registered agency.

Best Season

- Spring (March–May): Clear skies, rhododendron blooms, and stable weather
- Autumn (September–November): Best trekking conditions and excellent visibility
- Winter (December–February): Cold and challenging with possible snow at high passes
- Monsoon (June–August): Less recommended due to landslides and slippery trails

Transportation & Access

The trek typically begins with a drive from Kathmandu to Soti Khola or Machha Khola.

The route follows the Budhi Gandaki Valley through remote villages such as Jagat, Deng, Namrung, Lho, and Samagaun before crossing Larkya La Pass and descending toward the Annapurna region.

Safety & Acclimatization

The trek reaches elevations above 5,100 meters and requires proper acclimatization planning.

Important safety considerations include:

- Gradual altitude gain with acclimatization stops (Samagaun, Samdo)
- Monitoring for Acute Mountain Sickness (AMS)
- Proper hydration and nutrition
- Weather monitoring before crossing Larkya La Pass
- Limited rescue facilities in remote sections

Experienced guides play a crucial role in ensuring safety and navigation.

Travel Insurance

Comprehensive travel insurance is highly recommended and should include:

- High-altitude trekking coverage (minimum 6,000m)
- Emergency helicopter evacuation and rescue
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

A licensed guide is mandatory due to the restricted status of the Manaslu region.

Porters assist with luggage transport, allowing trekkers to focus on the journey with a light daypack.

Guides also provide cultural insight into Tibetan-influenced villages, monasteries, and local traditions.

Cultural & Natural Highlights

The Manaslu Circuit Trek offers a remarkable combination of nature, culture, and adventure:

- Circumambulation of Mount Manaslu

- Dramatic Budhi Gandaki Gorge landscapes
- Traditional Tibetan Buddhist villages
- Ancient monasteries and chortens
- Stunning views of Manaslu, Himalchuli, Ngadi Chuli, and Ganesh Himal
- High alpine forests, glaciers, and glacial rivers
- Challenging crossing of Larkya La Pass (5,160m)
- Rich cultural heritage of Nubri and Tsum-influenced communities

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered alpine clothing system
- Warm down jacket (-15°C to -25°C recommended)
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles
- Sleeping bag suitable for high-altitude conditions
- Daypack (30–40L)
- Personal first aid kit and medications

Communication & Connectivity

Mobile network coverage is limited and unreliable in most sections of the trek.

Wi-Fi may be available in some lower villages, but connectivity becomes very weak or unavailable in higher regions.

Why Choose the Manaslu Circuit Trek?

The Manaslu Circuit Trek is ideal for trekkers seeking a remote and authentic Himalayan experience:

- One of Nepal’s most spectacular restricted trekking routes
- Encircles the majestic Mount Manaslu
- Less crowded than Everest and Annapurna regions
- Rich Tibetan Buddhist culture and heritage
- Dramatic river gorges and alpine landscapes
- Challenging Larkya La Pass crossing
- Authentic and untouched mountain villages
- Excellent alternative to Annapurna Circuit
- High wilderness and biodiversity value
- One of Nepal’s most complete trekking circuits

Frequently asked questions

How difficult is the Manaslu Larkya La Pass Trek?

The Manaslu Larkya La Pass Trek is graded Moderate — suitable for most active travellers. Expect 5–7

hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Manaslu Larkya La Pass Trek?

For the Manaslu & Tsum Valley region the best months are March–April and October–November. The Larkya La (5,106 m) is usually crossed from March to May and September to November. Heavy snow can close the pass in winter, and the lower valleys are hot, wet and landslide-prone during the monsoon.

What permits do I need for the Manaslu Larkya La Pass Trek?

You need the Manaslu Restricted Area Permit together with the Manaslu (MCAP) and Annapurna (ACAP) conservation permits. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Manaslu Larkya La Pass Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Manaslu Larkya La Pass Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Manaslu Larkya La Pass Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Manaslu Larkya La Pass Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/manaslu-larkya-la-pass-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com