Manaslu Larkya La Pass Trek

Itinerary & costs · 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**

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

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