



Manaslu Larke Pass Trek - 11 Days

The [Manaslu Larke Pass Trek](#) offers a captivating adventure through Nepal's pristine Himalayan landscapes, providing a genuine connection to nature and culture. This trek encircles Mount Manaslu, the world's eighth-highest mountain, towering at 8,163 meters, and traverses the high-altitude Larke La Pass at 5,106 meters. Along the way, trekkers journey through varied terrains, from lush subtropical forests and cascading terraced farmlands to rugged alpine zones, all while experiencing the vibrant cultural heritage of Gurung and Tibetan communities.

This route unveils awe-inspiring panoramas of majestic snow-covered peaks, deep gorges, and serene glacial lakes. The trail meanders through secluded villages and historic monasteries, offering an authentic glimpse into the spiritual and cultural richness of the Himalayas. Unlike the busier trekking routes in Nepal, the Manaslu region retains its tranquility and charm, attracting those who seek a more secluded and immersive experience.

Perfect for adventurers who value both scenic beauty and cultural discovery, the [Manaslu Larke Pass Trek](#) delivers a fulfilling blend of physical challenge and visual rewards. From verdant valleys to the exhilaration of crossing a high-altitude pass, this trek promises a unique and unforgettable journey for those ready to embrace its challenges.

Larke Pass (5231m)

[Larke Pass](#), located at an altitude of 5,231 meters, is one of the main attractions for trekkers undertaking the Manaslu Larke Pass trek. Known for its difficulty, this pass offers stunning views of the surrounding peaks, including Annapurna II, Kanguro Himal, Himlung Himal, and the towering Mount Manaslu. The Manaslu region provides various trekking routes such as the Manaslu Circuit, Base Camp Trek, Larke Pass Trek, and Tsum Valley Trek. The ideal trekking season here spans from September to May, when the weather is favorable.

For those eager to explore rural Nepal and experience the grandeur of the Himalayas, registering with Visit Mount Treks and Tours is recommended. We provide skilled and experienced porters and guides, offering assistance with permits and TIMS (Trekking Information Management System) arrangements, ensuring a smooth and memorable trekking journey in the heart of Nepal's mountain landscapes.

Best Time to [Visit The Manaslu Larke Pass](#) trek

offers varying experiences depending on the season. Understanding the region's weather patterns can help ensure a comfortable trekking experience. Weather conditions play a crucial role in your trekking experience and safety.

Spring (March, April, May) Spring marks a time of renewal, with the environment coming back to life. Lakes thaw, rivers flow more vigorously, and vegetation begins to sprout anew. This season is considered the safest for trekking in the region due to lower risks of avalanches and landslides. The weather is cool to mildly cold, providing a favorable climate for trekking.

Autumn (September, October, November) Autumn is a festive time in Nepal, with celebrations like Dashain and Tihar being widely observed. This season brings fresh, clean air following the monsoon rains, clearing up pollution.



The temperature stabilizes, with mild conditions and sunny days, making it one of the best times to trek the Manaslu Larke Pass.

Winter (December, January, February) Winter brings freezing temperatures, and snow can make the Larke Pass more challenging to cross. However, trekking in the lower regions of Manaslu is still an enjoyable experience. The cold weather requires careful preparation to ensure a safe and pleasant trek.

Monsoon (June, July, August) The monsoon season transforms the landscape, making the forests lush and green. The trails can become slippery and muddy due to continuous rainfall, with increased risks of leeches and bugs. This is a good season for nature enthusiasts and adventure seekers who don't mind the challenges posed by the rain.

People and Culture The Manaslu region

[Manaslu Region](#) is home to diverse ethnic groups. While the Gurung people are the most prominent, the area is also inhabited by the Nubri and Tsum communities. One of the traditional dishes of the Tsum people is mohi chop, a combination of chili, garlic, salt, and skimmed milk or Mohi. They also enjoy Sukuti, a dried meat dish, often made from buffalo. The dominant religions in the region are Tibetan Buddhism and Bon Po, a form of animism. Many religious festivals, including the Tsum Shagya Centennial Festival, are celebrated with deep devotion, highlighting the area's rich spiritual heritage.

Food and Accommodation

At lower altitudes, teahouses offer rooms with attached bathrooms, while higher up, the accommodations become simpler, typically with shared bathrooms. Rooms are furnished with twin beds, mattresses, pillows, and blankets to ensure comfort during your stay.

The culinary offerings in the Manaslu region are diverse and cater to various tastes. In teahouses, you can enjoy a variety of dishes, including Nepali, Tibetan, continental, and even Italian options. Most meals are prepared using locally sourced ingredients, giving them a unique flavor.

Guides and Porters

As per the guidelines set by the Nepal Tourism Board, trekkers must hire licensed guides and obtain a TIMS card through an authorized trekking agency. Trekking with an experienced guide ensures safety and makes the most of your time on the trail. We offer well-trained guides with insurance, ensuring a high level of safety and professional service.

Travel Insurance

It's strongly recommended to purchase [travel insurance](#) before embarking on the Manaslu Larke Pass trek. Ensure that your policy covers high-altitude accidents or emergencies, including evacuation. While we take every measure to care for you, having insurance in place is essential in case of unforeseen situations, such as a medical emergency requiring helicopter evacuation.

Altitude Sickness



At high altitudes, trekkers may experience symptoms like headaches, nausea, shortness of breath, and dizziness. If these symptoms persist, they may indicate altitude sickness. In such cases, it's crucial to inform your guide and rest. Here are some tips to minimize the risk:

Take frequent breaks and rest

Drink plenty of water

Avoid going higher for 24–48 hours if you feel unwell

Refrain from smoking, alcohol, or overexertion

Consume high-carb foods like pasta, rice, bread, and fruits

Permits for Manaslu Larke Pass Trek To trek in the Manaslu region, trekkers need two essential permits:

Manaslu Restricted Area Permit

Annapurna Conservation Area Permit

Both permits can be arranged with the help of an authorized trekking agency.



PRICE INCLUDES

- Daily meals (Breakfast, Lunch, Dinner) and accommodation in tea houses or lodges throughout the trek.
- Permits for the Manaslu Conservation Area (MCAP) and Annapurna Conservation Area (ACAP).
- Trekkers Information Management System (TIMS) card.
- Services of a professional, government-licensed English-speaking guide.
- One porter for every two trekkers.
- Coverage of food, accommodation, transportation, salary, insurance, and equipment for the guide and porter.
- First aid kit and a duffel bag for your gear.
- Sightseeing tour in Kathmandu.
- All taxes and service charges levied by the company.
- Local public bus transportation from Kathmandu to Sotikhola and from Dharapani back to Kathmandu.

PRICE EXCLUDES

- Private vehicle transfers for airport pick-up and drop-off.
- International flights and visa fees.
- Lunch and dinner expenses in Kathmandu.
- Personal costs for items like drinks, WiFi, hot showers, bottled water, extra porters, laundry, or anything not explicitly mentioned by the company.
- Your personal trekking gear and any additional overnight stays at specific locations.
- Travel insurance, which should include emergency evacuation coverage.
- Tips for your guide and porter.
- Entrance fees for sightseeing activities.
- Additional expenses resulting from unforeseen events like strikes, weather disruptions, or flight delays.



ITINERARY IN DETAIL

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

you will arrive in Kathmandu, the vibrant capital of Nepal, nestled at 1,400 meters. After settling in, you'll attend a trek briefing where your guide will explain the itinerary, safety precautions, and essential details for the upcoming trek. This session also allows you to ask any questions and prepare for your adventure in the Himalayan region. The rest of the day can be spent exploring the city or relaxing, adjusting to the altitude, and getting ready for the journey ahead.

Day 2: Drive from Kathmandu to Machha Khola (930 m) 7-8 hours.

you will embark on a scenic drive from Kathmandu to Machha Khola, located at 930 meters. The journey covers approximately 120 kilometers and takes around 7-8 hours. As you travel, you'll pass through picturesque hills, terraced fields, and traditional villages, with stunning views of rivers and valleys. The drive offers a beautiful introduction to the natural landscapes of Nepal, setting the stage for the trek ahead while allowing you to experience rural life along the way.

Day 3: Day 3: Trek to Jagat (1,340 m) 6-7 hours.

you'll trek from Machha Khola to Jagat, located at 1,340 meters. The route covers about 20 kilometers and takes 6-7 hours. You will follow the winding path alongside the Budhi Gandaki River, passing through charming villages and lush forests. The trail offers opportunities to observe local culture, with terraced fields, stone houses, and the warm hospitality of the villagers. As you trek, enjoy the peaceful riverside atmosphere and stunning views of the surrounding landscapes.

Day 4: Day 4: Trek to Deng (1,860 m) 6-7 hours

you will trek from Jagat to Deng, located at 1,860 meters. The trail covers about 20 kilometers and takes 6-7 hours. You'll journey through dense, lush forests, crossing several suspension bridges over the Budhi Gandaki River. Along the way, the path takes you deeper into the mountain landscapes, offering serene views of the surrounding valleys and peaks. The trek is peaceful, with a mix of natural beauty and the occasional glimpse of local life in remote villages.

Day 5: Day 5: Trek to Namrung (2,630 m) 6-7 hours

you'll trek from Deng to Namrung, located at 2,630 meters. The trail covers approximately 15 kilometers and takes 6-7 hours. As you ascend, you'll pass through vibrant rhododendron forests, with the path offering increasing views of the surrounding mountains. The higher you go, the more stunning the scenery becomes, with glimpses of snow-capped peaks like Manaslu. The trail gradually becomes more remote, providing a peaceful atmosphere as you approach Namrung, a small village nestled in the heart of the Himalayas.

Day 6: Day 6: Trek to Samagaon (3,530 m) 5-6 hours

you'll trek from Namrung to Samagaon, situated at 3,530 meters. The trail covers about 22 kilometers and takes 5-6 hours. As you ascend, you'll pass through high-altitude villages and encounter stunning views of the surrounding mountains. Along the way, you can visit monasteries that reflect the region's rich Tibetan culture and Buddhist



heritage. The atmosphere is peaceful, and you'll have the opportunity to experience the spiritual essence of this remote area while enjoying the unique Tibetan influence on local architecture and traditions.

Day 7: Day 7: Acclimatization Day at Samagaon

At Samagaon, allowing your body to adjust to the higher altitude. You can take an optional hike to Manaslu Base Camp, which offers breathtaking views of Mount Manaslu and the surrounding peaks. Alternatively, you can explore the local culture by visiting nearby monasteries or interacting with the village's residents to learn about their traditions and way of life. This day provides a valuable opportunity to rest, acclimate, and immerse yourself in the Himalayan environment before continuing the trek.

Day 8: Day 8: Trek to Samdo (3,860 m) 3-4 hours

you'll trek from Samagaon to Samdo, located at 3,860 meters. The trail covers about 9 kilometers and takes 3-4 hours. As you move through high-altitude terrain, you'll be treated to stunning views of the surrounding snow-capped peaks and rugged landscapes. The path winds through remote valleys and offers a sense of tranquility and isolation, as you venture further into the heart of the Himalayas. The journey is relatively short, allowing time to adjust to the altitude while enjoying the breathtaking scenery.

Day 9: Day 9: Trek to Dharamsala (4,460 m) 4-5 hours

you'll trek from Samdo to Dharamsala, situated at 4,460 meters. The trail covers about 9 kilometers and takes 4-5 hours. This day serves as a preparation for the challenging Larke La Pass. As you ascend, you'll pass through rugged terrain and alpine landscapes, with stunning views of the surrounding peaks. Dharamsala is a small settlement nestled in the mountains, offering a chance to rest and acclimatize before the next day's ascent to the pass. The atmosphere is serene, and the area provides a perfect spot to prepare both physically and mentally for the upcoming challenge.

Day 10: Day 10: Cross Larke La Pass (5,106 m) and trek to Bhimthang (3,720 m) 8-9 hours

Day as you cross the Larke La Pass, located at 5,106 meters. The trek covers approximately 14 kilometers and takes 8-9 hours. The ascent to the pass is demanding, but the stunning panoramic views of snow-capped peaks, glaciers, and alpine landscapes make it all worthwhile. After reaching the pass, you'll descend to Bhimthang at 3,720 meters, where you can relax and reflect on the accomplishment. This day offers a true sense of adventure, with the physical challenge rewarded by some of the most breathtaking views of the trek.

Day 11: Day 11: Trek to Dharapani and drive back to Kathmandu 6-7 hours

you'll trek from Bhimthang to Dharapani, covering about 13 kilometers. Afterward, you'll drive back to Kathmandu, which takes approximately 6-7 hours. This day marks the end of your trekking adventure, and it's a time to celebrate the completion of your journey. The drive offers a final chance to take in the scenic beauty of the region. Once in Kathmandu, you can relax, reflect on the trek's highlights, and enjoy some well-deserved time to explore or celebrate your accomplishment with fellow trekkers.



FAQ

1. What is the best time for the Manaslu Larke Pass Trek?

The best seasons are spring (March to May) and autumn (September to November) when the weather is stable and views are clear

2. Do I need a permit for this trek?

Yes, you need an Annapurna Conservation Area Permit (ACAP), TIMS card, and a restricted area permit for Manaslu.

3. What is the difficulty level of this trek?

The trek is moderately difficult due to high altitude and challenging trails. Prior trekking experience is recommended.

4. Is acclimatization necessary?

yes, the itinerary includes acclimatization days to prevent altitude sickness.

5. Can beginners do this trek?

While not ideal for complete beginners, it's suitable for physically fit individuals with some hiking experience.