



Manaslu Trek via Larke Pass - 14 Days

Overview Manaslu Trek Via Larke Pass

The [Manaslu Trek](#) is a remarkable journey that takes you through the pristine landscapes of Nepal's Himalayan region. Dominated by Mount Manaslu, the eighth-highest peak in the world at 8,163 meters, this trek offers breathtaking views of snow-capped mountains, lush forests, and cascading waterfalls. Nestled within the Manaslu Conservation Area, the region boasts rich biodiversity, including over 2,000 species of plants, rare animals like the snow leopard, and a variety of bird species. The trek provides an authentic, off-the-beaten-path experience for those seeking adventure and solitude in the mountains.

Culturally, the Manaslu region is home to Gurung and Tibetan communities, where ancient traditions, monasteries, and festivals like Lhosar highlight the area's spiritual significance. The name "Manaslu," derived from the Sanskrit word Manasa (soul or intellect), reflects its mystical charm. Trekkers will traverse remote villages, cross iconic rivers like the Budi Gandaki, and witness a way of life deeply rooted in Buddhism and animism. The trek is part of Nepal's restricted area trails, requiring special permits to preserve the region's ecological and cultural heritage.

The Manaslu Trek is best experienced during spring (March-May) or autumn (September-November) when the weather is stable and the views are clear. Accommodation is typically in teahouses, offering basic amenities and locally prepared meals, though camping is an option for those seeking a more rugged experience. With proper acclimatization days built into the itinerary and the support of licensed guides and porters, this trek is suitable for adventure enthusiasts with moderate fitness levels and a passion for exploring Nepal's untouched beauty.

Unique Features of the Manaslu Trek

The Manaslu region is part of Nepal's restricted [trekking areas](#), governed by special regulations. This ensures its ecological and cultural preservation. As you traverse the trail, you'll encounter rare wildlife such as snow leopards, lynx, musk deer, and Himalayan tahr, along with their prey species like blue sheep and Himalayan marmots. The trek offers panoramic views of Mount Manaslu, Himal Chuli, and the Ganesh Himal Range, as well as lush forests, roaring rivers, and picturesque waterfalls.

The cultural richness of the region is another highlight. The trek introduces you to Gurung and Tibetan heritage, with ancient monasteries, stupas, and traditional villages dotting the route. Additionally, the Manakamana Temple in the Gorkha district adds to the region's spiritual allure.

Securing Permits for the [Manaslu Trek](#)

Since the Manaslu region is classified as a restricted area, trekkers must obtain a special permit to explore this trail. These permits are issued by the Government of Nepal upon the submission of necessary documents, such as certificates from Nepal Rastrya Bank, TAAN (Trekking Agencies' Association of Nepal), and tourism-related authorities. To ensure a hassle-free experience, trekking agencies handle the paperwork and legal requirements on behalf of travelers.



Best Seasons for the Manaslu Trek

The [Manaslu Trek's](#) climate and weather vary significantly by season. Understanding the conditions can enhance your trekking experience.

Spring (March-May):

A season of renewal, with thawing lakes and blooming flowers. The weather is mild, making it one of the safest times to trek. Risks of avalanches and landslides are minimal.

Autumn (September-November):

Post-monsoon freshness and stable weather make autumn the most popular season. Clear skies and moderate temperatures create perfect trekking conditions.

Winter (December-February):

While the lower trails remain accessible, heavy snowfall at higher altitudes makes crossing the Larkya La Pass challenging. It's a suitable time for trekkers seeking solitude in the lower regions.

Monsoon (June-August):

Vibrant greenery and abundant flora define this season. However, slippery trails and frequent rain make it a more adventurous and demanding trek.

Cultural Insights and Traditions

The Manaslu region is home to a rich [cultural tapestry](#), primarily influenced by Gurung, Tibetan, and Tsum ethnic groups. The locals practice Tibetan Buddhism and Bon traditions, often blending them with animistic beliefs. Festivals like Lhosar (New Year) and the Tsum Shagya Centennial Festival showcase their deep spiritual roots and commitment to non-violence, with strict rules against animal slaughter and hunting.

Traditional cuisines like Mohi Chop (a blend of skimmed milk, chili, and garlic) and Sukuti (dried meat) offer a taste of the region's culinary heritage.

Accommodation and [Food on the Trail](#)

In the lower altitudes, [teahouses](#) provide basic amenities, including single rooms with attached bathrooms. As you ascend, the facilities become simpler, with twin-sharing rooms and common washrooms. Meals typically include a mix of Nepali, Tibetan, and international dishes, prepared using local ingredients. For those with dietary preferences, such as vegetarian or gluten-free, accommodations can be made if notified in advance.

Acclimatization and [Trekking Fitness](#)

Successful trekking in the Himalayas requires proper acclimatization. The Manaslu trek includes one or two acclimatization days to help prevent altitude sickness. While a moderate level of fitness is recommended, determination and a positive attitude are equally important. Trekkers should be prepared to walk 5-6 hours daily.

[Guides and Porters](#)

The Nepal Tourism Board mandates that treks in restricted areas like Manaslu must be conducted with licensed



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guides and porters. These professionals ensure your safety and enrich your experience with their knowledge. The guides and porters are insured, and their well-being is prioritized alongside that of the trekkers.



PRICE INCLUDES

- Three daily meals (breakfast, lunch, and dinner) and overnight stays in teahouses throughout the trek.
- Necessary permits for the trek, including the Annapurna Conservation Area Permit, Manaslu Conservation Area Permit, and Manaslu Restricted Area Special Permit.
- A professional and experienced trekking guide who is fluent in English, government-certified, and well-trained. The guide's salary, meals, accommodation, transportation, equipment, and insurance are included.
- Transportation by local bus from Kathmandu to Soti Khola and Dharapani to Kathmandu.
- A comprehensive first-aid kit for the group.
- Strong and reliable porters equipped with proper safety and trekking gear. Each porter will carry up to 20-25 kg for two trekkers. Their wages, meals, accommodation, transportation, and insurance are included.
- All applicable taxes and service charges.

PRICE EXCLUDES

- International flights and visa application fees.
- Accommodation and meals while staying in Kathmandu.
- Airport pickup and drop-off services.
- Personal expenses, including bar and beverage bills, internet access, hot showers, bottled water, additional porters, laundry services, or any other items not listed in the package.
- Trekking gear, such as sleeping bags, down jackets, and trekking poles, as well as any extra nights at specific destinations.
- Travel insurance, which must cover emergency evacuation and rescue.
- Gratuities for the trekking guide and porters.
- Entry fees for sightseeing activities or attractions.
- Additional costs arising from unforeseen events like strikes, adverse weather, or flight delays.



ITINERARY IN DETAIL

Day 1: Day 1: Kathmandu to Soti Khola(700m, 7hr drives)

Your adventure begins in Kathmandu, where you'll travel to Arughat from the Gongabu Bus Park. Buses depart at 6 and 8 a.m., offering options for a direct trip or a scenic drive along the Prithvi Highway to Dhading or Malekhu, where you can connect with a local jeep. The road is rugged and dusty, but the views of lush landscapes make the journey worthwhile. Along the way, you'll have plenty of stops for meals and short breaks. Your first night will be spent in a teahouse at Soti Khola, a quaint village.

Day 2: Day 2: trek from Soti Khola to Machha Khola (14.1km, 8.5mil, 5hr walk)

The trek kicks off with a hearty breakfast before hitting a narrow and rocky trail. You'll walk through Sal forests and past serene waterfalls, with breathtaking countryside views keeping you motivated. The trail is interspersed with small villages where you can interact with Gurung and Ghale locals. The day ends in Machha Khola, where teahouses provide comfortable accommodations after a day of scenic trekking.

Day 3: Day 3:Trek from Machha Khola to Jagat (1,340m) (22km / 13.7miles / 6hr walk)

Following the Budi Gandaki River, you'll cross suspension bridges and walk through forests teeming with langurs and monkeys. Along the way, stop at Tatopani (hot springs) for a rejuvenating soak. The trail leads through lower Khorlabeshi to Jagat, a well-maintained village where your trekking permits will be checked as you enter the restricted area.

Day 4: Day 4:Trek From Jagat to Pewa (1,804m) (20km / 11.9miles, 8hr walk)

The trail descends through Sirdibas and Phillim, with Buddhist prayer flags and gompas marking the route. After crossing Siyar Khola, the path splits—one direction leads to Tsum Valley, while your journey continues to Pewa, a serene stop with two small teahouses serving delicious local meals

Day 5: Day 5:Trek From Pewa to Namrung (2,630m) (19.4km / 10.3miles, 6hr walk)

Today's trek takes you through bamboo forests, suspension bridges, and landslide-prone areas where extra caution is required. You'll pass Deng, Rana, and Bihi Phedi, encountering playful white-faced monkeys along the way. Finally, you'll reach Namrung, a charming village offering modern amenities like Wi-Fi and a cappuccino bar.

Day 6: Day 6:Trek From Namrung to Lho (2,957m)(11km / 7.1miles, 6hr walk)

This day introduces you to the Nubri culture as you pass traditional mani walls, lush terraces, and Tibetan-inspired settlements. The trail winds through forests and villages, offering spectacular views of Manaslu and Manaslu North. After climbing through the Sho village, you'll arrive at Lho, where the majestic mountain views are a highlight.

Day 7: Day 7:Trek from Lho to Sama Gaun (3,530m) (8.1km / 5miles, 5hr walk)

A gentle trail leads through Shyala, offering stunning vistas of Mt. Manaslu. You'll trek past mossy pine and rhododendron forests before reaching Sama Gaun, the largest Nubri village. Here, you'll find a gumpa, shops, and a health center, along with a heliport for emergency evacuation.

Day 8: Day 8: Acclimatization Day at Sama Gaun



To adjust to the altitude, you'll hike to Manaslu Base Camp or Pungyen Gompa. Both routes offer exceptional views of the mountains, glaciers, and Birendra Tal. The hike is challenging due to the altitude, but slow pacing and hydration will help you acclimate.

Day 9: Day 9: Trek from Sama Gaun to Samdo (3,865m)

This day features a shorter trek through yak pastures and mani walls, eventually leading to the ridge at Samdo. The village offers opportunities to explore the local culture or hike to nearby peaks for panoramic views.

Day 10: Day 10: Acclimatization Day at Samdo

A trek to the Tibetan border is an exciting option for acclimatization. Enjoy views of Samdo Glacier and observe wildlife like marmots and blue sheep. You may even see yak caravans crossing into Tibet.

Day 11: Day 11: Trek from Samdo to Dharmasala (4,460m) (11.7km / 7.3miles, 4hr walk)

This stage takes you closer to the Larkya La Pass, the trek's highest point. The walk is relatively easy but requires pacing to conserve energy for the next day's climb. Dharmasala offers basic teahouse accommodations for the night.

Day 12: Day 12: Trek From Dharmasala to Bimthang (3,590m) via Larkya La Pass (5,160m)(11.4km / 7.4miles, 10hrs walk)

The most challenging day of the trek starts early, with a climb to the Larkya La Pass. The views of Kang Guru, Himlung, and Annapurna II are unparalleled. After a celebratory moment at the summit, you'll descend to Bimthang, where the lush surroundings mark a stark contrast to the icy peaks.

Day 13: Day 13: Trek From Bimthang to Dharapani (1,970m)(16km / 10.3miles, 8hrs walk)

The final trekking day descends through rhododendron forests and pastures. Passing Gurung Goa, you'll notice signs of glacier activity before reaching Dharapani, where you'll prepare for the journey back to Kathmandu.

Day 14: Day 14: Drive to Kathmandu (9hrs drive)

A jeep ride from Dharapani to Besishahar connects you to the highway back to Kathmandu. After a scenic drive, you'll return to the capital, completing your epic journey through the Manaslu Circuit