Larke Peak Climbing

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Challenging

Accommodation Hotel, Guest House / Tea House, Camping

Max Height 6429 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Bus, Jeep

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
April - May, September - November

Trip Overview

Larke Peak Climbing Trail in Manasulu National Park, Nepal, is a challenging and unique trekking experience surrounded by rhododendron forests. It requires research, physical fitness, and prior climbing experience. The trail starts at Syabrubesi village, offering stunning views of the surrounding mountains. Despite the challenging terrain and weather conditions, the breathtaking views from the summit make the journey unforgettable. Trekkers interact with local communities, learn about their culture, and immerse themselves in the beauty of the Manaslu region. The summit offers a sense of accomplishment and connection to nature, while the descent back down through lush forests and picturesque villages allows for reflection and appreciation of the Nepalese landscape.

Manaslu region trek is truly a once-in-a-lifetime experience that combines physical challenge with cultural immersion. The sense of achievement felt upon reaching the summit is unparalleled, and the connections made with local communities along the way add depth to the journey. As trekkers make their way back down through the lush forests and picturesque villages, they can reflect on their experience and appreciate the stunning beauty of the Nepalese landscape even more. **This trek is a testament** to the resilience of both nature and the human spirit, leaving a lasting impact on all who embark on the adventure.

Trip Itinerary

Day 1 Kathmandu – Sotikhola (715 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Bus | 715 m

We start our drive early in the morning northwards following Budi Gandaki River. It’s a scenic drive through the beautiful Nepalese villages. We will have a comfortable ride until Dhading Besi as the road is paved. We will then leave for Arughat and then to Soti Khola on a dirt road with bumpy rides.

We will be driving through beautiful green hills, dense forests, thundering rivers and traditional settlements of Nepalese communities. We will stop at Soti Khola for an overnight stay.

Day 2 Sotikhola – Labubesi / Machhakhola (870 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 870 m

Today, we start trekking in the morning. And after crossing the bridge, the trek climbs up onto a ridge above the huge rapids of Budhi Gandaki and reaches to Khorsaani. Then, the trail, gets a bit precarious as it passes over a big rock and crosses a stream. The rocky trail then goes up and down through a large stand of nettles, passes tropical waterfalls, and again backs down to the bank of Budhi Gandaki.

Day 3 Machhakhola – Jagat (1410 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1410 m

After a few more ups & downs, we reach to Tatopani. From the hot spring we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. Climb on over a ridge to Dobhan. Crossing a suspension bridge over the Dobhan Khola, the trail climbs on a rugged trail to Duman. we climb the stone stairs and then drop to the river and again climb more stone stairs to Tharo Bharyang. Trek along the Budhi Gandaki river then climb towards the village of Jagat.

Day 4 Jagat – Ngyak (1950 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1950 m

The day begins by following the river bank again for the first hour up to Ghata Khola. We then cross to the eastern bank before ascending to Philim, one of the few large settlements on this route and home to the Manaslu Conservation Area Project office.

Day 5 Ngyak – Ghap (2050 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2050 m

The trek takes us through a heavily forested area in a narrow valley until we reach the little settlement of Dang. We then cross the Budhi Gandaki River where the valley opens and we begin our ascent to Rana.

Day 6 Ghap – Lho (3148 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest HOuse | Walking | 3148 m

Slowly and gradually we gain altitude and enter into alpine territory.We also have increasing mountain views. On the way to Manrung, we find more Mani walls and three more crossings of the Budi Gandaki. Finally, we reach Lho where we will stay overnight.

Day 7 Lho – Samagaon (3517 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3517 m

Today, we resume the trek with a steep descent and a crossing of yet another rock-strewn torrent called Thusang Khola. You will realize that Manaslu and Himalchuli dominate the entire landscape. Then on, across the glacier-fed Numla Khola, the valley drops away to a moraine while we follow the ancient trans-Himalayan trail now just a few kilometers from Tibet. MEALS: Breakfast, Lunch & Dinner

Day 8 Samagaon – Samdo (3738 m)

5 Hrs | Breakfast, Lunch & Dinner | 5 Hrs | Walking | 3738 m

Descend to the Budi Gandaki, which has turned north, and follow it to a bridge over a side stream. The trail to the left leads to the Manaslu Base camp. The Larkya la Trail passes several mani walls as the valley begins to widen. It is an easy trail on a shelf above the river passing the juniper and birch forests of Kermo Kharka. We drop off the shelf, cross the Budhi Gandaki on a wooden bridge and climb steeply onto a promontory between two forks of the river.

Day 9 Samdo – Larke Peak Base Camp (5135 m)

5 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 5135 m

Today we set off to the Larke Peak Base Camp. We will stay here in tented camp near Larke La Pass. After setting the camp there, some briefing about climbing techniques is held.So our staff provide/share basic climbing knowledge each other . Overnight in tent.

Day 10 Climbing day (6249 m) Summit and back to Base Camp

6 Hrs | Breakfast, Lunch & Dinner | Walking | Walking | 6249 m

Exciting and hard days of your trip, what it will be? It is definitely the peak climbing period of trip. These two days are most challenging and tough. Start your climbing, proceed your climbing, and get to your dream. These days are for staying in camp inside the tent. Nights in tent.we can observers Mount Manaslu,Annapurna himalaya range ,Kusum kanggharu and some glorious views to of Larke peak summit .

Day 11 Larke Base Camp– Bhimtang (3890 m), Larky La Pass

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3890 m

An early morning start is needed for what is to be a particularly tough and extended day. We start at approx. 4 am to avoid the gale-force wind which usually gains in strength after mid-day at the pass. After a long gradual climb alongside a moraine, we make a short descent to a glacial lake and reach the head of the moraine (4700m) which we cross to climb to the ridge top. Four frozen lakes lie below and then it is up to the crest of the Larkya La (5100m). The reward for these difficult trekking conditions is brilliant westerly views of Himlung Himal, Kanguru and Annapurna II as well as the looming omnipresence of Manaslu. Well, the descent is hardly any easier; we drop around 650m in less than an hour.

Day 12 Bhimtang – Tilje (3010 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3010 m

The toughest days on the trail are behind us. We descend through meadows and through pine and rhododendron forest to reach Hampuk and then after dropping further following the course of the Dudh Khola we arrive at Karcher and then onto the village of Gho. Keeping the west bank of the river, the afternoon is one of the gradual descents to the Gurung Settlement of Tilije which has a certain notoriety for apple brandy. We stay overnight in Tilije (2300m) at a local lodge.

Day 13 Tilje – Darapani (1725 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1725 m

Trek goes along the Dudh Khola, a tributary of the Marsyangdi River, before arriving at the confluence in DharapaniToday the trail runs gently downstream of the river passing the village of Darapani where we stay overnight.

Day 14 Darapani – Kathmandu (1400 m)

9 Hrs | Breakfast, Lunch & Dinner | Hotel | Bus | 1400 m

After completing this wonderful Manaslu Trek, we today drive back to Kathmandu. After arriving at Kathmandu, in the evening, we will enjoy our farewell dinner party.

Cost Includes

- Three Times Meals during the trek
- Accommodation in guesthouses during the trek
- Government licensed, experienced English speaking guide
- One porter for 2 people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes.
- One trekking map per person
- Permits and conservation fees
- Sleeping bags and Down jackets for the trek (should be refunded after the trek)
- Surace transportation.
- First aid kit
- Especially permit for Manaslu
- Climbing fee and Permit
- Climbing Gear

Cost Excludes

- Your travel and rescue insurance.
- Nepal entry visa
- Tips for guide, porter and driver.
- Beverage bills, bar bills, telephone bills and Personal expenses.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)

- ✖ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✖ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✖ Optional trips and sightseeing if extended

Trip Map