

Manaslu Serang Gompa Trek



Duration :	15 Days
Group Size:	1+
Max. Elevation:	5160 M, Larkya La Pass
Best Season	March - May and Sep - Nov
Trip Grade	Moderate
Transportation	Public Bus
Meals	B+L+D
Trip Route	Machha khola - Serang Gompa - Ghap - Lho - Samagaun - Samdo- Dharmasala - Larkya La Pass - Bhimthang - Tilje - Kathmandu.

Trip Overview

The **Manaslu Serang Gompa Trek** is an amazing trek set out for the natural scenes and Dharamsala. This trek exhibits the great magnitude of the Manaslu region, providing a close look at great Himalayan passes, Local tribes, and Monasteries, including the beautiful Serang Gompa. The trek's main attractions are the most

beautiful Larkya Pass (5,160m).

In addition, during the treks, tourists and trekkers get a view of the Buddhist religion and ways of living of the Himalayan people. This trek is more suitable for adventure lovers looking for hard trekking and a calm cultural experience.

Serang Monastery

Situated on the southern slopes of the Himalayas, on the boundary between Nepal and Tibet, **Manaslu Serang Gompa Trek**, also called **Nubri Monastery**, is an important Buddhist sanctuary. Also known as the “Valley of Happiness” and “Valley of Peace,” this ancient monastery is housed inside the Kyimolung Beyul. **Guru Padma Sambhva** foretold the valley as a Beyul in the eighth century.

Of the twelve outlying monasteries in the area, Serang Monastery is the main monastery in Kyimolung Beyul. Monks and nuns from about 12 distant monasteries travel to this serene Gompa to receive instruction at the Serang Shedra (Scripture College) because of its distinguished reputation for providing top-notch Dharma education.

Because of their confidence and understanding of the importance of the Serang/Nubri Community, the Nepali citizens seek the Nubri monks and nuns even for rituals and ceremonies.

Larkya La Pass

One of the highest and longest trekking passes in the world is **Larke La Pass 5160m**. The Manaslu Circuit trip includes it.

The elevation of Larkya La is 5,106 meters above sea level. It serves as a connector for the hikes to Bhimtang Valley and **Mt. Manaslu** Base Camp. The Larkya Peak is the source of the pass’s name. The Annapurna region’s Larkya Peak is a 6,249-meter-tall mountain. The trail leads to Manaslu’s right sub-peak.

Larkya Pass is close to the boundary between China and Nepal. It serves as a link between the Annapurna and Manaslu conservation areas. The Larkya Pass Trek is another name for trekking the Manaslu Circuit. The **Manaslu Circle Trek** requires hikers to traverse a steep, lengthy mountain route.

Outline itinerary

00 Arrival in Tribhuvan International Airport Kathmandu (1,350m)

Time: 30:00M Drive **Accommodation:** Hotel

01: Drive from Kathmandu to Machhakhola (869m)

Time: 7-8 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

02: Machhakhola to Jagat (1,400m) via Tatopani and Dovan

Time: 6-7 hours walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

03: Jagat - Philim to Deng 1,860m

Time: 5-6 Hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

04: Deng to Bihi Village 2,130m

Time: 3-4 Hours Walk/4.5KM **Meals:** B+L+D **Accommodation:** Lodge

05: Bihi Village to Syarang Gompa 3,100m

Time: 5:0 Hours Walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

06: Meditation and Prayers at Syarang Gompa

Time: Visit around **Meals:** B+L+D **Accommodation:** Lodge

Day 07: Syarang Gompa - Kwak to Ghap

Time: 6-7 Hours Walk/14KM **Meals:** B+L+D **Accommodation:** Lodge

Day 08: Ghap to Lho (3,180m) via Namrung and Lho

Time: 6-7 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

09: Lho to Samagaun (3,525m) via Syala - Visit Gompa

Time: 3-4 Hours Walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

10: Rest Day in Samagaun

Time: 2-3 or 4-5 Hours Walk **Meals:** B+L+D **Accommodation:** Lodge

11: Samagaun to Samdo 3,875m

Time: 3-4 Hours Walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

12: Samdo to Dharamsala (4,460m) via Larkye Bazaar

Time: 4-5 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

13: Dharamsala to Bimthang 3,590m via Larkya Pass 5,160m

Time: 8-9 Hours Walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

14: Bimthang to Tilije 2,300m via Yak Kharka and Karche

Time: 7-8 Hours Walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

15: Tilije to Kathmandu 1350m via Dharapani and Besisahar 760m

Time: 9-10 Hours Drive/225KM **Meals:** B+L

Costs Included

- Pick up from international airport service.
- 2 Nights standard hotel in Kathmandu with BB Plan.
- Public Bus Kathmandu to Machha Khola.
- Dharapani to Besisahar by public jeep.
- Besisahar to Kathmandu by deluxe bus.
- Drop at the Hotel in Kathmandu.
- Three meals a day (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way (simple one).
- License holder guide (including his salary, equipment, insurance, lodging, and food)
- Equipment; Down Jacket, Sleeping Bag.
- Manaslu Conservation Aram Project (MCAP) permit.
- Manaslu Restricted Area Special Permit
- Annapurna Conservation Aram Project Permit (ACAP).
- All Government VAT.
- Trekking and city map.
- Trekking duffle bag if needed.
- First aid medical box with oximeter.
- Some fresh and dry fruits.
- Token of Love by the company.
- Farewell lunch/dinner is a suitable time.
- International airport drop.

Cost Excluded

- Extra night accommodation in Kathmandu and other places.
- Travel insurance for your Emergency.
- Porter (if you want to hire we are happy to organize)

- Hot and Cold drinks such as; Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge, Wi-Fi, shower, boiled water, and some donations).
- Tips are expected.



Your Journey day by day

00 Arrival in Tribhuvan International Airport Kathmandu (1,350m)

Time: 30:00M Drive **Accommodation:** Hotel

Assuming you arrive at Tribhuvan International Airport, an agent will be waiting for you and take you to the hotel. Meeting and preparation before going on the trek will come next. Overnight stay in Kathmandu.

01: Drive from Kathmandu to Machhakhola (869m)

Time: 7-8 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

Our first day takes us through the beautiful Nepalese countryside on the Trishuli River with ours through winding roads and up and down over gentle hills past terraced rice- fields and through small villages. Accommodation in Hotel or Tea House in Machhakhola.

02: Machhakhola to Jagat (1,400m) via Tatopani and Dovan

Time: 6-7 hours walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

Today our travel begins from the Budhi Gandaki River following the trail through Tatopani's hot springs and dense forests of Dovan. Today, we will enjoy a beautiful seneries. Overnight stay in Jagat.

03: Jagat - Philim to Deng 1,860m

Time: 5-6 Hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

We trek on through the gorge of the Budhi Gandaki River crossing suspension bridges and passing through small villages. Overnight stay in Deng.

04: Deng to Bihi Village 2,130m

Time: 3-4 Hours Walk/4.5KM **Meals:** B+L+D **Accommodation:** Lodge

Today's trek is short, this will enable us to get used to the terrain as we spend the whole day trekking through some beautiful villages and wonderful terrains. Accommodation is in Bihi Village for the night.

05: Bihi Village to Syarang Gompa 3,100m

Time: 5:0 Hours Walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

Crossing through the pine forest and typical village houses we arrive at the beautiful area of Syarang Gompa of this trip. Accommodation in Syarang Gompa Guest House.

06: Meditation and Prayers at Syarang Gompa

Time: Visit around **Meals:** B+L+D **Accommodation:** Lodge

A day of rest for the spirit. Today we do meditations and prayers in the monasterial environment plus have an ambiance of the peaceful nature.

Day 07: Syarang Gompa - Kwak to Ghap

Time: 6-7 Hours Walk/14KM **Meals:** B+L+D **Accommodation:** Lodge

Today is a very exciting day. We come down towards Kwak village it takes roughly 4:30 hours and stop for lunch. And Normally 2:00 hours walk to Ghap, walking through lush green forests and over some bamboo bridges. Overnight stay in Ghap.

Day 08: Ghap to Lho (3,180m) via Namrung and Lho

Time: 6-7 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

We hike along thick forests and beautiful villages including Namrung and Lihi before arriving at Lho. The person can get the beautiful sight of Manaslu from Lho. Overnight stay in Lho.

09: Lho to Samagaun (3,525m) via Syala - Visit Gompa

Time: 3-4 Hours Walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

On this trail you find some would be views like -even the Manaslu ranges as we approach to Samagaun. Visit the local monastery and also appreciate the strengths of the village culture. Overnight stay in Samagaun.

10: Rest Day in Samagaun

Time: 2-3 or 4-5 Hours Walk **Meals:** B+L+D **Accommodation:** Lodge

They use a day for acclimatization so that those involved do not develop altitude sickness. There are day treks to Manaslu Base Camp or for the monasteries and Pungyen Gompa. Overnight stay in Samagaun.

11: Samagaun to Samdo 3,875m

Time: 3-4 Hours Walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

We start our ascending gradually up to Samdo which is a Tibetan refugee point with an excellent view of the snowy peaks. Overnight stay in Samdo.

12: Samdo to Dharamsala (4,460m) via Larkye Bazaar

Time: 4-5 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

A fairly short hike only helps us to be ready for the serious Larkya Pass. Some of the accommodations that trekkers will get in Dharamsala include basic hotels and homestay. Overnight stay in Dharamsala.

13: Dharamsala to Bimthang 3,590m via Larkya Pass 5,160m

Time: 8-9 Hours Walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

The toughest phase of the trek starts as we cross a freezing Larkya Pass on this day. Move to the picturesque area of Bimthang valley. Overnight stay in Bimthang.

14: Bimthang to Tilije 2,300m via Yak Kharka and Karche

Time: 7-8 Hours Walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

Long but beautiful day that takes you through Yak pastures, a short rhododendrons forest, Karche village, and finally to Tilije. Overnight stay in Tilije.

15: Tilije to Kathmandu 1350m via Dharapani and Besisahar 760m

Time: 9-10 Hours Drive/225KM **Meals:** B+L

Spend the whole day on the road back to Kathmandu but have an opportunity to enjoy a marvelous view of the panorama. Overnight stay in Kathmandu.

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