

# Rupina La Pass Trek



Duration :	19 Days
Group Size:	2+
Max. Elevation:	Larkya La Pass 5160M
Best Season	March-May to Sep-Nov
Trip Grade	Moderate/Hard
Transportation	Public Bus/Public Jeep
Meals	B+L+D
Trip Route	Barpak - Rupina La Pass 4720M- Baudha Himal Bc - Nyak Village - Namrung - Samagaun - Dharmasala - Larkya La Pass 5160M - Tilche to Kathmandu

## Trip Highlights

- Moderately hard trekking trail embedded in the Himalayas lasting medium period with some challenging sections with adventure.

- Small Himalayan passes topped with the high Rupina La pass (4720 m) in the trail.
- Tsum and Gurung culture, tradition, religion, and lifestyle of the Manaslu region.
- Trekking in some of the most rural areas in the Himalayas.
- Fantastic view of the Manaslu and surrounding small and significant Mountain ranges.
- Rare wildlife and vegetation, showcasing of the Alpine, Sub-alpine and sub-tropical climatic regions.
- Beautiful Buddhist monasteries, chortens and mani walls reflecting architecture and art.
- Magical sunrise and sunset views of the scenic landscape of the Himalayas.
- Lower Himalayan and hill cuisine with Yak and Chauri dairy products.
- Authentic trek experience in the lesser traveled trails exploring hill and mountain villages, culture, and terraced farmlands of Manaslu region.

## Trip Overview

**Rupina La Pass Trek** is an extraordinary adventure that takes you through one of Nepal's most secluded and pristine trekking routes, nestled in the Manaslu region of the **Gorkha district**. Officially opened to tourists in 1991 AD, this trek offers a rare blend of untouched wilderness, cultural richness, and the thrill of navigating an off-the-beaten-path trail with [Manaslu Larkya Pass](#).

Starting with a scenic drive from Kathmandu to Gyampesal via Gorkha Bazaar. Trek weaves through historical Gurung settlements like Barpak Village, vibrant forests, and picturesque viewpoints such as Mumche Hills.

It leads you through Humche Pokhari, Gai Kharka, and **Rupina La Phedi**. Before crossing the challenging Rupina La Pass at 4,720 meters. Along the way, trekkers are rewarded with breathtaking views of Himalayan giants, including Mt. Manaslu, Baudha Himal, Himal Chuli, Siringi Himal, Ganesh Himal ranges, and even glimpses of the **Annapurna range**.

However, the Rupina La Pass Trek is a hidden gem for those seeking solitude and adventure. And offers serene landscapes, turbulent river gorges, pristine glacial lakes, and cascading waterfalls. It traverses diverse terrains, from dense rhododendron forests blooming in spring to rugged high-altitude trails. Therefore, the route also provides opportunities to encounter rare Himalayan flora and fauna, making it a paradise for nature enthusiasts.

The **Rupina La Pass Trek** is not just about natural beauty; it also immerses you in the cultural tapestry of Nepal. Trekkers interact with Gurung and Lama communities, witnessing their traditions, dances, and vibrant attire. Spiritual landmarks like ancient Buddhist monasteries and prayer flag-adorned chortens add a deeply enriching cultural layer to the journey.

According to local tales from the villages of Larpak and Barpak, the Rupina La Pass derives from. Its name is from a shepherdess named Rupina. Long ago, while tending her sheep in the area, she mysteriously disappeared, leaving a legacy that lent her name to the pass.

In other words, A fully **tented camping trek**, Rupina La Pass offers an authentic wilderness experience. Comfort of teahouses, trekkers enjoy well-organized campsites with twin-sharing tents, delicious hot meals, and warm hospitality that experienced staff and porters provide. This self-sufficient trekking approach enhances the sense of adventure while ensuring comfort in the wild.

The best seasons on this trek are spring (March-May). When the forests are vibrant with blooming rhododendrons. And autumn (late September-November), offering clear skies and panoramic mountain vistas.

In conclusion, the Rupina La Pass Trek is perfect for experienced trekkers seeking an unfiltered adventure filled with stunning mountain scenery, diverse cultural encounters, and the thrill of conquering a high-altitude pass. Its natural beauty, artistic depth, and rugged terrain make it one of Nepal's most captivating and rewarding **trekking experiences**. Ready to explore this hidden gem? Let us guide you through the adventure of a lifetime!

## Outline itinerary

### **Day 00: Arrival at the airport in Kathmandu (1350 m)**

**Time:** 30M drive **Accommodation:** Hotel

### **Day 00: Trip preparation and Permits management day**

**Meals:** B **Accommodation:** Hotel

### **Day 01: Kathmandu to Barpak 1915 meter by drive**

**Time:** 6-7 Hours Drive/180KM **Meals:** B+L+D **Accommodation:** Lodge

### **Day 02: Rest Day in Barpak, Visit around Barpak Village.**

**Meals:** B+L+D **Accommodation:** Lodge

### **Day 03: Barpak-Jongong to Gai Kharka 2900 mtrs**

**Time:** 6-7 Hours Walk/15KM **Meals:** B+L+D **Accommodation:** Tent

### **Day 04: Gai Kharka to Mircha Kharka via Rushi Kharka 3368M**

**Time:** 6-7 Hours Walk/11KM/ **Meals:** B+L+D **Accommodation:** Tent

### **Day 05: Mircha Kharka to Rupina La Base Camp 3800M**

**Time:** 2-3 Hours Walk/3KM **Meals:** B+L+D **Accommodation:** Tent

### **Day 06: Rupina La Base Camp Rupina La Pass 4,720M to Baudha Himal BC 3600M**

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

**Day 07: Baudha Himal Base Camp to Zhong Kharka 2960M**

**Time:** 6-7 Hours Walk/10KM **Meals:** B+L+D **Accommodation:** Tent

**Day 08: Jong Kharka to Sherang 2600M**

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

**Day 09: Sherang to Nyak Village 2340M**

**Time:** 4-5 Hours Walk/6KM **Meals:** B+L+D **Accommodation:** Tent/Lodge

**Day 10: Nyak Village to Deng 1860M**

**Time:** 3-4 Hours Walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 11: Deng - Ghap to Namrung 2630M**

**Time:** 7-8 Hrs walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 12: Namrung - Lih to Lho 3180M**

**Time:** 4-5 Hrs walk/10KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 13: Lho to Samagaun 3520M**

**Time:** 4 Hrs walk/8KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 14: Acclimatization day in Samagaun and Hike to Pungen Monastery or Mt. Manaslu Base Camp**

**Time:** 5-6Hrs walk/12KM /10-11HrsWalk/15KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 15: Samagaun to Samdo 3875M**

**Time:** 3-4 Hrs walk/8KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 16: Samdo to Dharmasala 4460M**

**Time:** 4-5 Hrs walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 17: Dharmasala - Larkya Pass 5160M to Bhimthang 37M**

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

**Day 18: Bhimtang - Gho to Tilche 2300M**

**Time:** 6-7 Hrs walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

## Day 19: Tilche - Besisahar to Kathmandu 1350M

**Time:** 10 -11 Hours Drive/225KM **Meals:** B+L

## Costs Included

- International airport pick up and drop service.
- 2 Nights hotel in Kathmandu before trek on BB Plan.
- Public bus from Kathmandu to Barpak.
- Tilche to Besisahar by public Jeep.
- Deluxe bus Besishahar to Kathmandu.
- Drop by the hotel in Kathmandu.
- Full board meal on trek, Tea /Coffee or hot chocolate (all prepared by our well-trained cook).
- Lodge accommodation on the trek/tent (provide a sleeping tent, dining, and toilet tent).
- An experienced guide( Including his salary, equipment, insurance, ground transportation, lodging, and food)
- Cook, Sherpa, Spare, and Porters (carry luggage and food and including their salary, equipment, insurance, lodging, and food)
- Manaslu Conservation Area Permit (ACAP)
- Manaslu Special Permit.
- Tsum Nupri Local Government Tax.
- Annapurna Conservation Area Project (ACAP)
- All Government taxes.
- Trekking and city map.
- First aid kit.
- Some fresh and dry fruits during the trek.
- Token of love from the office.
- Farewell lunch/dinner.

## Cost Excluded






- Extra night accommodation in Kathmandu.
- Travel insurance.
- Cold drinks such as; Coke, Mineral Water, Beer etc.

- Personal expenses (laundry, telephone, battery charge and some donation).
- Own your trekking gears.
- Tips for all staff.

## Rupina La Pass Tsum Valley Trek Route Map - 23 Days

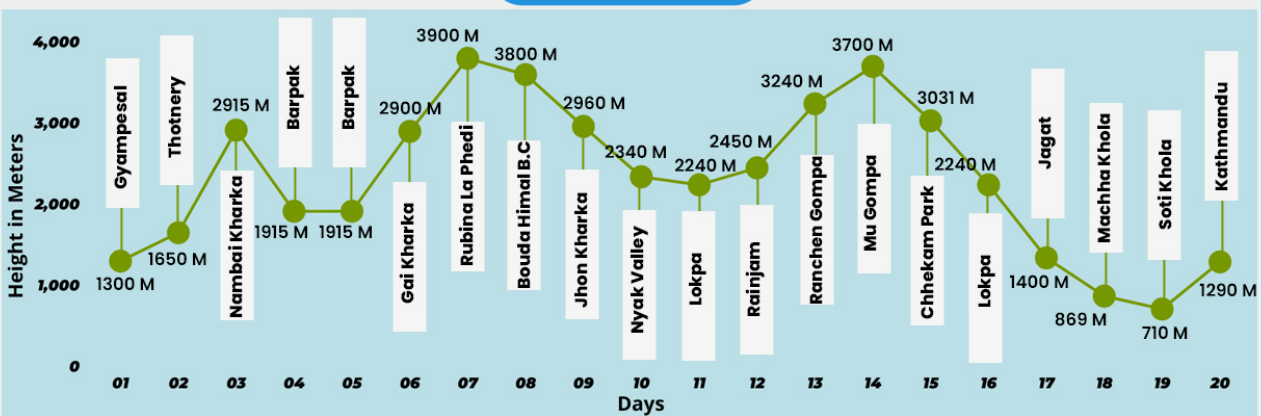


### Legend

-  Mountains
-  Monastery
-  High Pass
-  Driving Route
-  Hiking Route



### Altitude Chart



## Your Journey day by day

### Day 00: Arrival at the airport in Kathmandu (1350 m)

**Time:** 30M drive **Accommodation:** Hotel

After landing in the Tribhuvan International Airport (TIA), our representative will approach you. After a brief introduction, take a lovely drive to your hotel. We will also have a short trek orientation session of Manaslu. Take an evening walk around markets in Thamel. Try a traditional Nepali cuisine for your dinner and rest for the day. Overnight at a hotel in Thamel.

---

### Day 00: Trip preparation and Permits management day

**Meals:** B **Accommodation:** Hotel

After breakfast, our day will be divided into the cultural tour and trek preparation today. Meet your guides for the trek and prepare the gear and items of equipment for the Rupina La Pass and the [Manaslu Circuit Trek](#). Drive to the heritage and religious sites near the hotel and explore them. Return to your hotel and rest for the day here. Overnight at a hotel in Thamel.

---

### Day 01: Kathmandu to Barpak 1915 meter by drive

**Time:** 6-7 Hours Drive/180KM **Meals:** B+L+D **Accommodation:** Lodge

You will start early today and head towards the village of Barpak. We will catch the public bus from New Bus Park. We will advance to the Gurung village of Barpak. Barpak is one of the region's most significant British Gurkhas place in mountain but there are mostly huge building of houses after earthquake. In the evening head out of the tour of Barpak and rest for the day. Overnight at a lodge in Barpak.

---

### Day 02: Rest Day in Barpak, Visit around Barpak Village.

**Meals:** B+L+D **Accommodation:** Lodge

Barpak is a settlement on top of the hill with settlers mostly of Ghale and Gurung people. As the epicenter of the massive earthquake of 2015, Barpak has recovered quite well from the Devastation now. Most of the people in the village are serving or ex-military and the famous Gurkha regiment. The houses here are stone patched, and the reconstructed ones are well built with modern equipment here. You can do some of the

---

nearby short hikes today and experience the local lifestyle in Barpak. Overnight at a lodge in Barpak village.

---

## **Day 03: Barpak-Jongong to Gai Kharka 2900 mtrs**

**Time:** 6-7 Hours Walk/15KM **Meals:** B+L+D **Accommodation:** Tent

After a restful night in Barpak village, we begin our journey to Gai Kharka. The trail ascends steeply through stone stairs leading to Mumche Hills. Along the way to Gai kharka trekkers are rewarded with breathtaking views of Himalayan giants, including Mt. Manaslu, Baudha Himal, Himal Chuli, Siringi Himal, Ganesh Himal ranges, and even glimpses of the Annapurna range. It continues passing through dense forests and serene, quiet landscapes. After a challenging 6-7 hours of trekking, we reach Gai Kharka, a peaceful campsite amidst nature.

---

## **Day 04: Gai Kharka to Mircha Kharka via Rushi Kharka 3368M**

**Time:** 6-7 Hours Walk/11KM/ **Meals:** B+L+D **Accommodation:** Tent

The day begins with a stunning sunrise, offering clear views of Barpak village and the Gupsi Pakha settlement. The trail winds through lush pastures for goats, buffaloes, and cows, and is adorned with bamboo groves. This section features more frequent ascents and descents than the previous day, keeping trekkers engaged. Along the way, enjoy panoramic views of the Baudha Himal. After a break at Rushi Kharka for lunch, we continue for 2-3 hours to reach Mircha Kharka, our next campsite.

---

## **Day 05: Mircha Kharka to Rupina La Base Camp 3800M**

**Time:** 2-3 Hours Walk/3KM **Meals:** B+L+D **Accommodation:** Tent

Today's trek is short and relatively easy. After about 2-3 hours of walking, we arrive at Rupina La Base Camp. After lunch, an optional acclimatization hike towards Rupina La Top is recommended. This helps prepare your body for the high-altitude crossing ahead. Enjoy an early dinner to ensure a good night's rest and an early start the next day.

---

## **Day 06: Rupina La Base Camp Rupina La Pass 4,720M to Baudha**

## Himal BC 3600M

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

We start early, climbing steadily along switchback trails. Witness a breathtaking sunrise over the valley below and the smells of Rhododendron anthopogon (locally known as Sunpati; High altitude juniper) fill the air. This fragrant shrub, traditionally used in rituals, thrives in the Himalayan highlands. Reaching the Rupina La Pass, marked by colorful prayer flags and a signboard, offers mesmerizing views of Baudha Himal and other snow-capped peaks. The descent is rocky but rewarding, leading us to Baudha Himal Base Camp for the night.

---

## Day 07: Baudha Himal Base Camp to Zhong Kharka 2960M

**Time:** 6-7 Hours Walk/10KM **Meals:** B+L+D **Accommodation:** Tent

After a warm breakfast, we set off with Mt. Manaslu's majestic peak to our right and the towering Baudha Himal ahead. The trail passes through cow pastures and forests, crossing wooden bridges over the Baudha Himal River and glacier. After a lunch break at a scenic spot, we descend for about 2-2.5 hours to reach Jong Kharka, also known as Jongchet. Here, we camp overnight amidst natural beauty.

---

## Day 08: Jong Kharka to Sherang 2600M

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

Today's trek includes a mix of ascents and descents through expansive grasslands and dense forests. The trail passes an emergency shelter before splitting; we take the left path towards Sherang. Along the way, we cross several wooden bridges and navigate bamboo forests. The day ends at Sherang

---

## Day 09: Sherang to Nyak Village 2340M

**Time:** 4-5 Hours Walk/6KM **Meals:** B+L+D **Accommodation:** Tent/Lodge

After breakfast, we begin our journey to [Nyak Village](#). The trail leads through forests and pastures, with a steady uphill climb before descending into the village. Upon arrival, explore Nyak Village and its ancient Buddhist monastery, gaining insight into the local culture and religious traditions.

---

## Day 10: Nyak Village to Deng 1860M

**Time:** 3-4 Hours Walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

This day's trek is relatively easy, following downhill path to Pewa. Before reaching Pewa, we join the main Manaslu Circuit Trek route. The trail continues along the left bank of the Budhi Gandaki River, leading us to Deng. Use your free time to relax and enjoy a refreshing hot shower, a welcome luxury after days on the trail.

---

## Day 11: Deng - Ghap to Namrung 2630M

**Time:** 7-8 Hrs walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

After a nourishing breakfast at Windy Valley Lodge, our day begins with a breathtaking view of two majestic snow-capped peaks—**Lapchung (5,880m)** to the left and **Chhachung (5,996m)** to the right—greeting us right outside our lodge. We set off on a gentle mix of ascents and descents, passing a beautiful camping area before crossing a suspension bridge over the roaring Budhi Gandaki River.

A steep uphill section follows, featuring **6 to 7 switchbacks** that lead us into a typical old mountain village, signaling our entrance into a sacred Buddhist region. Here, we are surrounded by spiritual symbols—ancient Mani stone walls, flapping prayer flags, and intricate **Buddhist art** etched into the landscape.

Continuing through peaceful **bamboo groves**, we cross another notable suspension bridge—generously built by **The Gurkha Welfare Trust and Kadoorie Agricultural Aid Association (KAAA)**—to reach Bihi Phedi. From here, it's about an hour and 15 minutes to **Bur**, a serene rest spot ideal for a refreshing tea break.

Re-energized, we proceed carefully across two **landslide-prone sections**, where the team must maintain a safe distance of about **10 meters** between each person. Soon after, we reach **Ghap**, a charming village nestled in a dramatic, steep-sided valley—perfect for our **lunch stop**.

In the afternoon, the trail leads us into **cooler alpine woodlands**, crossing yet another scenic suspension bridge. We gradually ascend through pristine forest trails until, after about **2.5 hours**, we are greeted by a welcoming rock inscription— "**Welcome to NAMRUNG, 2,650m**"—signaling our arrival at this peaceful mountain village where we'll spend the night

---

## Day 12: Namrung - Lih to Lho 3180M

**Time:** 4-5 Hrs walk/10KM **Meals:** B+L+D **Accommodation:** Lodge

Today's short trek begins with a stunning view of **Mount Saula (6,235m)**. Crossing a wooden bridge, we enter the spiritually rich **Chumnuabri region**, welcomed by fluttering prayer flags and a traditional gateway.

---

The trail winds through scenic barley and wheat fields (season time) and the quiet village of **Baniam**, surrounded by pine forests and cliffs. Tibetan culture becomes more vivid as we pass ancient **mani walls**, **stupas**, and colorful prayer flags. From Banjam, we gradually ascend to **Lhi**, a charming village with a colorful Gompa, terraced fields, and the newly built **Buddha Park monastery**.

Leaving Lihi, we take a long **U-shaped turn** and cross a suspension bridge over the **Hinang River**, continuing to the quaint village of **Sho**, where we enjoy a well-deserved tea break and short rest.

After about an hour and ten minutes of gradual ascent, we get at the enchanting **Lho Village**, a timeless hamlet with traditional wooden homes and stone roofs. Which is crowned by the magnificent **Ribung Monastery (Gumpa)**, surrounded by colorful prayer flags and sacred chortens. The village offers **beautiful views of Mount Manaslu (8,163m), Manaslu North (7,157m), Naike Peak (6,211m)**, and other unnamed snow-capped peaks.

After a hot lunch, if you love to you may explore the village, connect with the locals, and soak in the peaceful mountain atmosphere. Lho marks the perfect end to a day immersed in cultural depth, scenic wonder, and Himalayan tranquility.

---

## Day 13: Lho to Samagaun 3520M

**Time:** 4 Hrs walk/8KM **Meals:** B+L+D **Accomodation:** Lodge

The trek begin with a gentle climb from **Lho Village (3,180m)**, passing long mani walls, a traditional stupa gate, and enjoying mesmerizing views of Mt. Manaslu (8,163m), Manaslu North (7,157m), and Naike Peak (6,211m).

We ascend a zigzag path to the peaceful **Ribung Monastery**, then follow a forested trail across a suspension bridge through tall pines. After a steady climb, we reach **Shyala Village (3,500m)**—a perfect place for a tea break. Here, the **valley dramatically opens**, revealing a breathtaking 360° panorama of Himalayan peaks, including **Dr. Harka Gurung Peak (7,871m)**, known as **Peak 29**, **Himal Chuli (7,893m)**, **Phungi (6,538m)**, and **Pangpoche (6,620m)**.

After a refreshing tea break, the trail continues for about 1 hour 20 minutes to **Samagaon (3,530m)**—the **largest and most culturally rich village** in the Manaslu region. This ancient settlement is rich in Tibetan culture, with **stone-and-wood homes**, fluttering prayer flags, and locals who raise **Yaks** and **Naks**. Fields of **barley, buckwheat, and potatoes** surround the village.

Post-lunch, take a peaceful hike to **Birendra Lake**, passing the newly built **Pema De Joling Monastery**— a perfect end to a culturally rich and scenic day.

---

## Day 14: Acclimatization day in Samagaon and Hike to Pungen Monastery or Mt. Manaslu Base Camp

**Time:** 5-6Hrs walk/12KM /10-11HrsWalk/15KM **Meals:** B+L+D **Accomodation:** Lodge

**During your acclimatization day in Samagaon, you have two rewarding hiking options to enhance your high-altitude experience:**

### Acclimatization Hike to Pungyen Monastery (4,060m)

An acclimatization hike above 3,500m is essential for safely adapting to high altitude, and today's journey to **Pungyen Monastery** perfectly balances physical effort with profound Himalayan beauty. Departing from Samagaon, it takes around **5-6 hours (12 km round trip)** to reach this sacred site nestled at the base of **Mt. Manaslu (8,163m)**. The trail begins with a gentle return to the junction toward Shyala, where a path veers right, passing a small newly built stupa. As you ascend through juniper shrubs and pine trees, panoramic glimpses of Shyala Village and snow-draped ridges begin to unfold. A steep, rocky section follows, leading to a chorten adorned with fluttering prayer flags—signaling the end of the hardest climb.

Beyond lies a high alpine pasture, where **Pungyen Gompa** rests peacefully amid yak grazing grounds and open meadows. Built nearly **400 years ago by Tibetan Buddhist monks**, the monastery was dedicated to a local deity believed to inhabit Mt. Manaslu's peak, protecting the valleys and communities below. The location was chosen for its spiritual power and dramatic scenery.

At 4,060m, Pungyen Monastery rewards trekkers with breathtaking **270° views** of towering Himalayan giants: **Mt. manaslu(8163m), Peak 29/Ngadi Chuli (7,871m), Himal Chuli (7,893m), Phungi (6,538m), Sauala Himal(6237m), Pangpoche (6,620m)** & many others unnamed snow peaks.

This is more than just an acclimatization hike—it's a serene pilgrimage through landscapes shaped by time, tradition, and faith. This hike is not just a physical climb; it's a spiritual ascent into a world of silence, snow, and centuries-old faith. Whether you seek high-altitude acclimatization or a deeper connection to Himalayan Buddhism, Pungyen Gompa offers a journey rich in history, serenity, and unmatched natural beauty.

### Day hike to Manaslu Base Camp (4,840m)

A more challenging option, this (10-11) hours round-trip hike covers approximately 15 km, with a steep and rocky ascent of nearly 1,310 meters ascends steeply from Samagaon offers trekkers a truly immersive Himalayan experience, combining physical challenge, high-altitude acclimatization, and breathtaking scenery. The trail winds through yak pastures, past the beautiful **Birendra Lake (3,650m)**—a glacial gem fed by the Manaslu Glacier—before ascending sharply through alpine terrain.

Trekkers should **pack a lunch, snacks, and plenty of water**, as there are no teahouses en route. Upon reaching the base camp, you're rewarded with majestic views of **Mount Manaslu (8,163m)**, **Manaslu North (7,157m)**, **Naika Peak (6,211m)**, **Himal Chuli (7,893m)**, and **Ngadi Chuli/Peak 29 (7,871m)**. This sacred and icy expanse becomes a hub of activity during the **autumn (September-November)** and **spring (April-May)** expedition seasons, when climbers from around the world attempt to summit Manaslu. The hike to MBC is not only a high-altitude challenge but a rare opportunity to stand beneath the towering giants of the Himalayas and witness the base of one of the world's most formidable mountains. Back to the tea house Samagaon.

---

## Day 15: Samagaun to Samdo 3875M

**Time:** 3-4 Hrs walk/8KM **Meals:** B+L+D **Accommodation:** Lodge

A short and scenic walk through peaceful yak pastures and beautifully carved mani walls(**250m**)—including the longest one of the entire circuit. The trail winds through juniper and birch forests, offering occasional views of marmots peeking from their burrows. As we approach Samdo, we're rewarded with dramatic vistas of Samdo Peak (6335m), Pangpoche (6620m), and the majestic Manaslu Himal and Himal Chuli. After crossing a wooden bridge about a 35-minute ascent, we reach Samdo village, the last settlement before a pass.

---

## Day 16: Samdo to Dharmasala 4460M

**Time:** 4-5 Hrs walk/7KM **Meals:** B+L+D **Accommodation:** Lodge

We leave Samdo enjoying sunbathing or hugging and ascend toward the historic Larkya Bazaar at the 'bottom side' of the pass was located here and used by traders. People from Tibet once exchanged salt, wool, and meat here for rice, barley and wood before Tibet's status was changed. After crossing the last bridge over the Athharasaya Khola before the pass, we gradually ascend through juniper-studded hills and yak grazing grounds. Maintaining a slow and consistent pace along the gradual trail is key to adjusting comfortably to the increasing altitude. Manaslu and Manaslu North glacier views and wild Himalayan beauty surround us. There's a good chance to spot blue sheep along the trail between Samdo and Dharmasala, gracefully roaming the rocky slopes. After about four hours, we reach Dharamshala.

---

## Day 17: Dharmasala - Larkya Pass 5160M to Bhimthang 37M

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

The big day begins early in the morning, with breakfast at **3:30 AM** and the trek starting by **4:00 AM** to avoid

the strong, icy winds that typically rise by mid-morning. The trail gradually ascends through the Larke Glacier valley, offering stunning views of **Larke Peak (6,249m)** and seasonal glacial lakes, especially during the autumn months. After **4 hours** of gradual climb, we reach the iconic **Larke-La Pass (5,160m)**. From the top, the panoramic Himalayan views are truly breathtaking, featuring **Cheo Himal (6,820m)**, **Himlung Himal (7,126m)**, **Kang Guru (6,981m)**, **Annapurna II (7,937m)** and several other majestic snow peaks near the Tibetan border.

The descent from the pass is initially steep and rocky, and during snowy months, the use of crampons or spikes may be necessary. As the trail levels out, it leads into a wide, scenic valley surrounded by alpine meadows, traditional mani walls, and scattered stone huts. Eventually, we reach **Bhimtang (3,700m)**—a serene place with breathtaking views of the **Manaslu (8,163m)**, making the long journey across Larke La both memorable and rewarding. Proper layering, hydration, and pacing are key for this demanding yet unforgettable day on the **Manaslu Circuit**.

---

## Day 18: Bhimtang - Gho to Tilche 2300M

**Time:** 6-7 Hrs walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast in Bhimtang, begin a scenic descent through alpine meadows and dense rhododendron-pine forests. The first 10 km to Surki offers peaceful trekking through nature, with final glimpses of **Mount Manaslu, Manaslu north and Phungi** and surrounding peaks. From Surki, the trail joins a road for the remaining 8 km—an easy, gradual walk past tea houses like Gho and Surki, following the Dudh Khola (Milky River) reach in Tilche, a welcoming Gurung village rich in culture and charm, perfect for relaxing after a beautiful forest and riverside journey.

---

## Day 19: Tilche - Besisahar to Kathmandu 1350M

**Time:** 10 -11 Hours Drive/225KM **Meals:** B+L

After a short 5-minute walk from the teahouse, we reach the local jeep station. From here, enjoy a scenic off road **4-hours shared jeep ride to Besisahar**, followed by a **6-7 hour journey to Kathmandu** by public transport. In total, expect a **10-11 hour travel day** back to the capital city Kathmandu, passing through beautiful mid-hill landscapes and traditional villages along the way.

---



## Contact Us

**Nepal Office**   
**Himalaya Guide Nepal Pvt. Ltd.**  
P.O.Box: 25659 Thamel,  
Nepal  
+9779841442511,  
info@manasluguide.com

**USA**   
**Skip Moss**  
1196 Pineridge  
Dr.Cambria, USA  
mossvilles@gmail.com

**Australia**   
**Menios Constantinou**  
8/38 MCKEON ST  
MAROUBRA NS 2035  
meniosc@gmail.com

**New Zealand**   
**Jane Louise Roberts**  
Putaruru, New Zealand  
dandjroberts@xtra.co.nz