Larkya Peak Climbing



Duration :	17 Days
Group Size:	2+
Max. Elevation:	6249M, Larkya Peak Summit
Best Season	Oct - Nov and March - April
Trip Grade	Hard
Transportation	Public Bus and Bublic Jeep
Meals	B+L+D
Trip Route	Arughat - Dovan - Philim - Lho - Samdo - Dharmasala - Larkya Peak - Larkya Pass - Tilje - Besisahar to Kathmandu.

Trip Highlights

- Moderately hard trekking trail leading you to the base camp of the Larkya Peak.
- Short and adventure Packed climbing session of the Larkya Peak.
- Best warm-up climb before climbing other high peaks.
- Best Climbing experience for Mountaineering beginners.
- Cultural experience in the lower regions of the expedition.

Trip Overview

Larkya Peak Climbing is a trekking and climbing expedition of **Larkya Peak (6249 M).** The right sub-peak of the mighty Manaslu mountain through the trail bordering the Gorkha and Manang regions of Nepal. This Climbing trail is perfect for Climbers to warm up before doing the other higher peaks in the Himalayas, from the top of Larkya Peak.

But you can view the breathtaking views of the higher mountains surrounding it to the horizon. One must remember the way up to the base camp of the Peak. And as it follows the same route as the **Manaslu Circuit**. We need all the permits for trekking and climbing in these restricted areas. Prepare for an adventure with lifelong memories in the lap of Manaslu.

Larkya peak climbing is well made with gradual altitude adjustment. And optimal distance traveling with occasional rest, as well as acclimatization days. Larkya Peak Climbing prepares you for the climbing expedition of Manaslu as well.

Walking through the Brahmin, Magar, Karki, Gurung, and Bhote villages. We can collect some tips from some of the experienced and senior mountaineers, too. Mountain climbing is thrilling and, in some cases, dangerous too. So a well-trained guide is a must. **Manaslu Guide Nepal** assists you very well in preparation, transport, and trained guides with the required experience in the **Larkya Peak Expedition**.

Lastly, for Larkya Peak climbing, we need a climbing permit, a restricted permit. And a Manaslu Conservation Area Project permit (MCAP) for the same way back to Kathmandu. Moreover, if we cross Larkya La Pass, then we should buy an Annapurna Conservation Permit (ACAP). After crossing the pass, the Annapurna area needs an ACAP permit to do a trek. We recommended to through the Annapurna part. It is a different scenery and circuit trail for trekkers.

Links:-

Annapurna Trek, **Everest Trek**, **Peak Climbing**, **Langtang Trek** **Tour in Nepal**

Outline itinerary

Day 00: Arrival at the airport in Kathmandu (1350M), Nepal
Time: 30 Min.

Day 00: Trip preparation day and tour in Kathmandu
Time: 5-6 hrs

Day 01: Kathmandu - Arughat to Machhakhola (869 m)
Time: 8-9 hrs Drive **Meals:** B+L+D **Accomodation:** Lodge

Day 02: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 03: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 04: Deng-Rana-Bihi Phedi to Namrung (2165 m)
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 05: Namrung-Lihi to Lho (3180 m)
Time: 4-5 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 06: Lho-Syala to Samagaun (3525 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 07: Rest day in Samagaun (Manaslu Base camp and Phungen Gompa)
Time: 2-4 hrs Hike **Meals:** B+L+D **Accomodation:** Lodge

Day 08: Samagaun to Samdo (3875 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 09: Samdo-Larkye Bazaar to Dharamsala (4460 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 10: Dharamsala - Larkya Peak Base Camp (5000 m)
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 11: Climbing Training and Preparation to take summit
Meals: B+L+D **Accomodation:** Tent

Day 12: Larkya Bc to Lakya High Camp 5600m
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Tent

Day 13: Larkya High Camp - Larkya Peak Summit 6249M to Larkya Base Camp
Meals: B+L+D **Accomodation:** Tent

Day 14: Larkya BC - Cross Larkya pass 5160m then Bhimtang 3590m

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 15: Bimthang - Yak Kharka-Karche-Gho to Tilije (2300 m)
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 16: Tilije - Dharapani - Tal to Besisahar (760 m)
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 17: Besisahar to Kathmandu (1350 m)
Time: 6-7 hrs Drive **Meals:** B+L+D

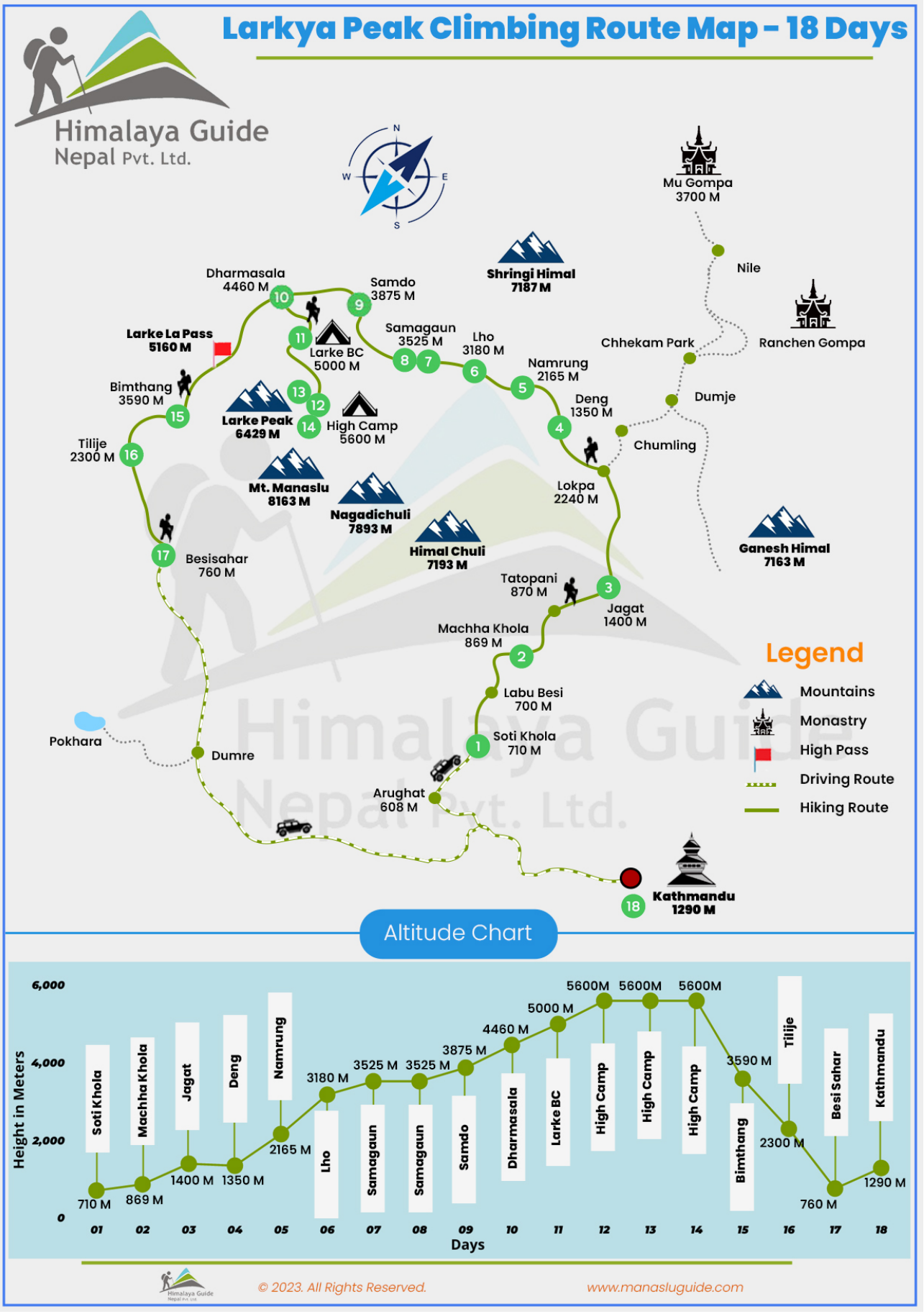
Costs Included

- Airport pick-up and drop-off services.
- Two nights' standard hotel in Kathmandu before the trip with a BB Plan.
- Kathmandu to Machhakhola by public transportation.
- Dharapani to Besisahar by Public Jeep.
- Besisahar to Kathmandu by public deluxe bus.
- All required **trekking and climbing permits** (MCAP, ACAP, Manaslu Special Permit, Lakya Peak Permit).
- All meals during the **trekking and climbing part** (Breakfast, Lunch, Dinner, Tea/ Coffee).
- Full camping equipment from Larkya Base to High Camp and Base Camp.
- licensed trekking guide for the whole trek.
- 2 trekkers equals 1 porter and 20 kg maximum weight.
- **2 experienced climbing** guide for the climbing period. (We provide climbing guides and porters as per the size of the group size.)
- **Strong mountain porters** for the climbing part.
- Dry and fresh fruits during the trip.
- A token of Love from the company after a trip.
- All government taxes.
- Trekking and climbing duffle bag for Larkya Peak Climbing.
- A down jacket and a sleeping bag for the trip.
- First aid Medical box with oximeter.
- Larkya Peak Climbing Map.
- Welcome and Farewell lunch or dinner at a suitable time.

Cost Excluded

- Travel Insurance needs to cover Larkya peak elavation.
- International Flight fare.
- Extra accommodation and meals in Kathmandu.
- All bar Bil during the trip.
- Personal Climbing Gears.
- Personal expenses.
- Tips are expected.

Larkya Peak Climbing Route Map - 18 Days



Altitude Chart

© 2023. All Rights Reserved.

Your Journey day by day

Day 00: Arrival at the airport in Kathmandu (1350M), Nepal

Time: 30 Min.

After landing at TIA (Tribhuvan International Airport), our representative from Himalaya Guide Nepal will meet you. You can explore city lifestyle of Kathmandu on your way to the hotel. Visit our office for a quick briefing of the climbing program in Manaslu. Take an evening tour of the nearby places and markets from your hotel. Overnight at a hotel in Kathmandu.

Day 00: Trip preparation day and tour in Kathmandu

Time: 5-6 hrs

After breakfast, meet your guide for the Manaslu circuit trek in our office. After a brief introduction, we will prepare for all the gears, necessary items, climbing equipment, and other essential materials required to complete the Larkey peak climbing successfully. Visit the nearby heritage and religious sites in your spare time today. Return to your hotel and rest for the day. Overnight at a hotel in Thamel, Kathmandu.

Day 01: Kathmandu - Arughat to Machhakhola (869 m)

Time: 8-9 hrs Drive **Meals:** B+L+D **Accomodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu leaving to the eastern hills of Dhading district. The hill highway drive starts your day leading you to the villages of Arughat. The magnificent scenic view of nature from this drive is a perfect booster to kick-start your journey. You will end your day nearby the beautiful Budi Gandaki River in Machha Khola. Once here you can head for a quick village tour.

Day 02: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We start the day making our first cross of the Maccha Khola and trek up the trail surrounded by patches of Gurung settlements and hill farmlands. Continuing further in this trail we will reach the village of Khorla

Bensi. You can enjoy the organic coffee here in your brief break. We will walk in the paths carved between hill forests to reach Tatopani. Tatopani is a place to relax for a while and rinse up your exhaustion with the hot-water springs. We will cross through a steel bridge from here to reach the village of Dovan (1070 m). Crossing the settlements of Thulo Dunga and Yaruphant in the adjacent side of Budi Gandaki, we will reach the beautiful Gurung settlement of Jagat. Overnight at a lodge in Jagat.

Day 03: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will have our permits to the Manaslu region checked here at Jagat in the morning. In the meantime you can head for a Tibetan inspired cultural village tour here with the Himalayan view. We will hike up to the Suspension bridge from Jagat and to Salleri. The segment connecting Jagat to Sirdibas is mostly flat and provides you great views of the Siringi Himal (7161 m). Crossing the Gandaki River once more from Sirdibas we will walk about an hour to reach the Philim Village. We will take our lunch break here and continue our walk to Nayapul (new bridge) via Eklebhatti. The trek routes leading to Tsum valley and Pewa separates from here in Nayapul. Choosing the left path from here we will walk to Nyak and reach the village of Deng. Overnight at a lodge in Deng.

Day 04: Deng-Rana-Bihi Phedi to Namrung (2165 m)

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Today will be a shorter walking day in comparison to others which means we can enjoy the mountains and make stops in the beautiful intermediate sites. Walking through a canyon, we will walk beside the Budi Gandaki to reach Deng. Ascending from the other side through the Pine forest, reach the village of Rana (1980 m). Climb up to the village of Bhim Phendi and through the gorge of Serang Khola. Going traverse the Budi Gandaki, you will reach the Namrung village in the afternoon. Overnight at a lodge in Namrung.

Day 05: Namrung-Lihi to Lho (3180 m)

Time: 4-5 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will start today with a refreshing tea and head for Namrung village in the first part of the day. The trail passes through pine and rhododendron forests beside the gorge. One can encounter many beautiful Hymalian and migratory birds in this stretch of Manaslu circuit trek. You will cross the gorge from a wooden bridge and

to Namrung village. Namrung is the second checkpoint to your trek and provides you fantastic view of Ganesh and Siringi Himal. The views of these mountains accompany you walking to Lho from Lihi and Lamagaon. One can trek short hike to Ribung Gompa and return to Lho. Overnight at a lodge in Lho.

Day 06: Lho-Syala to Samagaun (3525 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

The trek portion from Lho to Samagaon is gifted with amazing landscape and beautiful mountain flowers. From the viewpoints in the sites lying in the path, one can also have mesmerizing panoramic views of Manaslu and surrounding ranges. Shyala will be the midpoint of our trek with pristine rhododendron forests and crystal clear streams. An hour of walk from here will lead you to the village of Samagaon. People mostly trek further and return to Samagaon for better acclimatization results. Overnight at a lodge in Samagaon.

Day 07: Rest day in Samagaun (Manaslu Base camp and Phungen Gompa)

Time: 2-4 hrs Hike **Meals:** B+L+D **Accomodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaon is strategically the perfect place to rest and plan for the upcoming treks. The scenic mountain views from the village also make your stay worth it. You will have plenty of options for short hiking around Samagaon. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations from Samagaon. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

Day 08: Samagaun to Samdo (3875 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Our trek of today is mostly elevating and with hard sections of turns to Samdo village. The Manaslu glacier and Birendra Tal views will accompany you throughout our walk to Samdo. In the middle of the trail, we can see the adjacent ridge to the Lajyang La pass (5098 m). We will walk through the pasture and Yak grazing plains and to the Mani walls leading to the Samdo village. Near to the Tibetan border, one can experience the dazzling reflection of culture and art of those regions here. Overnight at a lodge in Samdo.

Day 09: Samdo-Larkye Bazaar to Dharamsala (4460 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

The Trek to Dharmasala from Samdo is a preparational walk with much time to spare for your ascend to the Larkye La pass (5160 m). We will walk past Chorten and Mani walls down to the Budi Gandaki River. After crossing the wooden bridge over it, we will reach the legendary Larkye Bazaar. The trail to Lajyang and Gyala leading to Tibet separates from Larkye bazaar. It was one of the most significant commercial midpoints of the central Himalayas. We will walk further up, and Mani walls lead our way to Dharmashala. Rest for the day and prepare for the Larkye La Pass. Overnight at a lodge in Dharamshala.

Day 10: Dharamsala - Larkya Peak Base Camp (5000 m)

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Our trek today is to the Larkya Peak Base Camp from Dharmashala. We will climb slowly and steadily through the lateral moraines of Larke Glaciers. The trail then goes through the rocky ridges and over the pass to the base camp. People often push to the high camp which is about 4 to 5 hours of trek from here, but it is difficult and tiresome in a single day. We will rest for the day here at Larkya Peak base camp.

Our Trekking team will walk from Dharmasala to Larkya Base Camp and our Climbing guides and camping staff will be there before our clients arrive. Overnight at a tent in base camp.

Day 11: Climbing Training and Preparation to take summit

Meals: B+L+D **Accomodation:** Tent

Our climbing guides and camping team will be there. Today, the Climbing guide team will brief all our guests on the Larkya Peak and the climbing route. Technical training for all team.

Day 12: Larkya Bc to Lakya High Camp 5600m

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Tent

Starting early, we will do some warm-up exercises before beginning the trek to high camp. With steep sections

and icy trails, follow the instructions from your guide properly in this trek segment. The trail crosses narrow rocky channels and some slippery areas too. We can get windy weather nearing High Camp so; careful and gradual advancement is the safest way to the High Camp. Once here, you can explore the surrounding areas for better acclimatization. Overnight at a tent in High camp.

Day 13: Larkya High Camp - Larkya Peak Summit 6249M to Larkya Base Camp

Meals: B+L+D **Accomodation:** Tent

Today is the climbing day to reach the summit of Larkya Peak. We will start the climb early and return to the high camp after the Summit. The reason to start early is to prevent the confrontation with the strong midday wind. Reaching the top is a wonderful feeling and a feat to be proud of for a long time to come. From here you can view the great Himalayan range to the horizon, and the majestic view of Manaslu and Annapurna is pristine as well. After taking some pictures here, we must return to the High camp. Overnight at the High Camp.

Day 14: Larkya BC - Cross Larkya pass 5160m then Bhimtang 3590m

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will do the Larkye La pass from the Base camp and walk further down to Bimtang today. Follow your guide for safe and secure passage to Bimtang from Larkye La pass. Slippery and steep sections are the most difficult ones as we will walk near to the top. Prayer flags welcome you to the Pass and the magnificent view of Manaslu, Himlung, Kang Guru, and Annapurna II in Larkye La Pass. Spend some time here and start your descend to Bimtang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimtang village. Enjoy the beautiful sunset from the ridge near and rest for the day. Overnight at a lodge in Bimtang.

Day 15: Bimthang - Yak Kharka-Karche-Gho to Tilije (2300 m)

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will start our day with a quick downhill to Kechyaku Khola Glacier and cross it. We will walk through red hills covered with rhododendron forest and to Yak Kharka. One can get a treat of different shades of rhododendron in their blooming season in March and April. The view of the diverse face of Manaslu is equally pristine over the hills from this trek too. We will drop from Alpine to subtropical forests leading your way to Karche. We will have our lunch and continue crossing the Gurung village of Gho on the way. A short tour of

Gho will give you more opportunities to witness the Himalayan culture and lifestyle. About an hour more of a walk from here will take you to the old Gurung village of Tilije. Overnight at a lodge in Tilije.

Day 16: Tilije - Dharapani - Tal to Besisahar (760 m)

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will start the trek walking down to the bridge at Dudh Khola and all the way to the Marsyangdi Valley. We can view the shift in the landscape here and will move further down to join the main trail of the Annapurna circuit trek. The combining point of these two trails will be at Dharapani where we will have our lunch. We will have our permits checked one last time and walk to the village of Tal next. From here we will take a local jeep to the city of Besisahar. Besisahar is the starting point for most of the trekking routes to the western Himalayas and Annapurna. Enjoy the evening stroll around the rest for the day. Overnight at a lodge in Besisahar.

Day 17: Besisahar to Kathmandu (1350 m)

Time: 6-7 hrs Drive **Meals:** B+L+D

After breakfast, you can take a public vehicle or a private jeep back to Kathmandu. The hill ride of Prithvi Highway passing through Dumre, Muglin, Kurintar, and Thankot will take you back to Kathmandu. The green hills and Trishuli River makes the perfect setting for a long ride here. After reaching your hotel, head for the souvenir shopping in Thamel. Enjoy the nightlife in Thamel after a fantastic feat of completing the Manaslu Trek. Overnight at a hotel in Thamel.

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