

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 Highlights

1. Visit Serang Gompa, an ancient monastery that is 500 years old, located in the Kyimolung Valley.
2. Cross the Larkya La Pass (5,160 m) for stunning 360-degree views of Manaslu, Himlung Himal, Cheo

Himal, and Annapurna II.

3. Experience the views of Mt. Manaslu from the villages of Lho and Samagaun.
4. Walk peacefully in the trails of the Manaslu restricted zone.
5. You can trek via landscapes like river gorges, rhododendron forests, high alpine meadows, and glacial valleys in the Manaslu Serang Gompa trek.

Trip Overview

The Manaslu Serang Gompa Trek is one of the best routes that gives Manaslu + Serang Gompa trek experience in one Trek. You'll get Larkya La adventure as well as the Buddhist culture of the Nubri people, and monasteries older than five centuries. This is what makes the Manaslu Serang Gompa Trek a unique and different trek in the from [Manaslu circuit trek](#).

The Serang Gompa Trek follows the classical Manaslu Circuit route but takes a longer route through a valley to reach Serang Gompa, also called **Serang Gumba**. In the trail, you'll see diverse terrain: subtropical forest near Machha Khola, traditional stone villages along the Budhi Gandaki River, pine and rhododendron forests on the hike to the monastery, alpine meadows near Samagaun, and finally the crossing of Larkya La Pass. You will walk for 13 days in the Manaslu region, and every day looks different.

As you know, this is a restricted area, and there is likely no large group to crowd the teahouses. The paths will be peaceful. The trekkers who have done Everest Base Camp or Annapurna Circuit say the Manaslu Serang Gompa Trek feels like what the routes that used to be EBC or ABC, before they became popular.

Serang Monastery in Kyimolung Valley

Serang Gompa is at an altitude of 3,050 to 3,900 metres on the southern slopes of Shringi Himal. To reach Serang Gompa from Bihi village, you must hike for four to six hours through dense forest. But when you see the valley and the monastery on the hillside, golden roof ornaments catching the light, you will feel the 2-day extra hike was worth it.

Serang Gompa is the main monastery of the Kyimolung Beyul, which Guru Padmasambhava prophesied as a valley in the eighth century. The valley is also called the 'Valley of Happiness' and 'Valley of Peace.' Of the twelve monasteries in the Kyimolung area, Serang is the main monastery of all of them.



Serang with Children - Manaslu Serang Gompa Trek

Monks travel far away to study at the Serang Shedra, a respected Dharma scripture college. Because of this, Nepali communities from across the region also invite Nubri monks to lead rituals and ceremonies.

You can stay inside the monastery. In the evening, monks gather for evening prayer. You can sit there inside the gompa, surrounded by silence and the sound of chanting.

The Serang Gompa is a Nyingma monastery with deep roots in Tibetan Buddhist tradition. It also holds festivals like Losar.

Kathmandu - Machha Khola - Serang Gompa to Larkya La Pass Route

The trek starts with a long bus drive from [Kathmandu to Machha Khola](#) which is seven to nine hours to reach Machha Khola. For the next few days, you will walk along the Budhi Gandaki River, passing through Jagat, Deng, [Namrung](#), and Bihi Phedi. You can find Tibetan cultural in this route.

At Bihi village, you leave the main Manaslu Circuit trail and head into the side valley for Serang Gompa. This route adds two extra days to your itinerary, but it is the part most trekkers remember most. After your monastery visit, you rejoin the main circuit at Ghap and continue through Lho, Shyala, and Samagaun. From Lho, you'll witness the views of Mount Manaslu. At Samagaun, we recommend you take the side trips to Pungyen Gompa, Birendra Tal, and even Manaslu Base Camp if you can add extra days to our trail.

From Samdo, you push toward the Larkya La Pass. At the top, you'll witness a panoramic view of Manaslu, Himlung Himal, Cheo Himal, and Annapurna II. After that, you'll descend into Bimthang valley, and then continue down to Tilje, where a vehicle returns you to Kathmandu.

Which is More Difficult, Manaslu Circuit or Manaslu Serang Gompa Trek?

Both routes [cross Larkya La Pass](#). Both cover similar distances. But adding Serang Gompa changes the difficulty profile in two different ways at the same time. In one way, it makes things easier. In another way, it makes things harder.

Acclimatization: The Serang Gompa Trek Actually Helps

In the Manaslu Serang Gompa itinerary, you can actually improve your acclimatization for Larkya La Pass.

The route to Serang Gompa from Bihi sits at 3,050 to 3,900 metres. You will spend two extra days in this elevation. This means by the time you reach Samagaun (3,525 m), Samdo (3,875 m), and Dharmasala (4,460 m), your body has had more time at mid-altitude. This makes your body acclimate properly before heading towards a higher altitude.

Compare this to the Manaslu Circuit Trek, where you sometimes feel the altitude effects more sharply because the elevation gain is high on short period of time. The Serang Gompa tour naturally acts as acclimatization. So if you are worried about how your body handles altitude, the Serang Gompa version may actually give you a smoother run at the pass.

Physical Demand: Yes, due to Extra Days Trek

But on the other side. Physically, adding Serang Gompa makes the trek more demanding, not less.

The climb from Bihi village to the monastery is steep and gains significant elevation over four to six hours. You are doing this after already trekking for several days. Your legs are not fresh. And after the monastery, you descend back to the main trail and carry on with the full Manaslu Circuit. So you are not replacing any sections. You are adding on top of an already long route.

The total trekking days go from 13 to 15. That means more days of walking six to eight hours, more teahouse nights, more physical wear on your joints and feet.

Manaslu Serang Gompa Trek vs Manaslu Circuit Trek

Not sure which route is right for you? Here is a side by side comparison of the two treks:-

Factor	Manaslu Serang Gompa Trek	Manaslu Circuit Trek
Duration	15 days	13 days

Serang Gompa Visit	Included (2 days)	Not included
Highest Point	Larkya La Pass (5,160 m)	Larkya La Pass (5,160 m)
Monastery Overnight Stay	Yes, inside Serang Gompa	No
Acclimatization	Better, extra days around 3,000-3,900 m	Standard, less mid-altitude time
Physical Demand	Strenuous (monastery climb adds effort)	Moderate to strenuous
Cultural Depth	Deep, Kyimolung Beyul, Nubri community, monastery life	Good, Tibetan villages, Pungen Gompa
Trail Crowds	Very low, Serang gompa is rarely visited	Low (restricted area)
Suitable For	Experienced trekkers seeking culture + challenge	Fit trekkers with some experience
Forest Section	Rich rhododendron and pine on monastery climb	Limited
Manaslu Permit Type	RAP, MCAP, ACAP, Local Govt Permit	Same: RAP, MCAP, ACAP, Local Govt Permit

Extend Your Trek to Rui La Pass (Tibet Border)

During the trek to Serang Gompa Trek, there is one more extended route where you can explore. From Samdo village, you can add a full-day hike to **Rui La Pass at 4,998 metres**. This is the Nepal-Tibet border, and it is one of the most remote places you can reach in the Manaslu region.

Rui La Pass is done as a day hike from Samdo on Day 11 of the Manaslu Serang Gompa itinerary. It works perfectly as an acclimatization day because you go up high and come back down to the same teahouse in Samdo. You sleep at 3,875 metres, but your body gets a few hours of exposure at nearly 5,000 metres, which is a good preparation for the Larkya La Pass hike.

What are the highlights of Rui La Pass Tibet Border?

- **The Tibet Border Marker:** At the top of the pass sits Border Pillar 35, the stone marker separating Nepal from Tibet. You stand at the edge of two countries, with the Tibetan plateau to the north and Manaslu's glaciers behind you.
- **Ancient Salt Trade Route:** The trail from Samdo to Rui La follows the old trade route that Tibetan merchants and yak caravans used for centuries to cross into Nepal.
- **Larkya and Fukang Glaciers:** On the hike up, the Larkya and Fukang glaciers come into clear view on your right. The scale of the ice is impressive, and the blue colour against the rocky moraine is one of the best photography moments on the whole trek.
- **Shaligram Fossils:** The slopes around Rui La are known for containing Shaligram, fossilised ammonite shells that Hindus consider a type of Lord Vishnu.
- **Tibetan Village Views:** On a clear day from the pass, you can see a motorable road on the Tibetan side and distant Tibetan villages. Sometimes you encounter Tibetan traders crossing with yaks.

How Long Does It Take for Border?

From Samdo, the hike to [Rui La Pass](#) takes four to five hours one way, making it a seven to eight-hour round trip. The trail heads north from Samdo, crosses the Athahra Saya Khola, then hikes steadily through meadows and rocky scree to the pass. There are no teahouses or settlements between Samdo and the pass, so our guide will manage a packed lunch and enough water.

Note: Chinese border forces are sometimes present near the pass and can restrict access on certain days. Your guide will check the trail conditions locally before you go to trek. If the pass is closed, an alternative viewpoint called Lajyung Bhanjyang at 5,098 metres is available to the east of Samdo.

Outline itinerary

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

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

01: Drive from Kathmandu to Machhakhola (869m)

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

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

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

03: Jagat - Philim to Deng 1,860m

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

04: Deng to Bihi Village 2,130m

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

05: Bihi Village to Syarang Gompa 3,100m

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

06: Meditation and Prayers at Syarang Gompa

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

Day 07: Syarang Gompa - Kwak to Ghap

Time: 6-7 Hours Walk/14KM **Meals:** B+L+D **Accomodation:** 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 the 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 off 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 Area Project (MCAP) permit.
- Manaslu Restricted Area Special Permit
- Annapurna Conservation Area 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

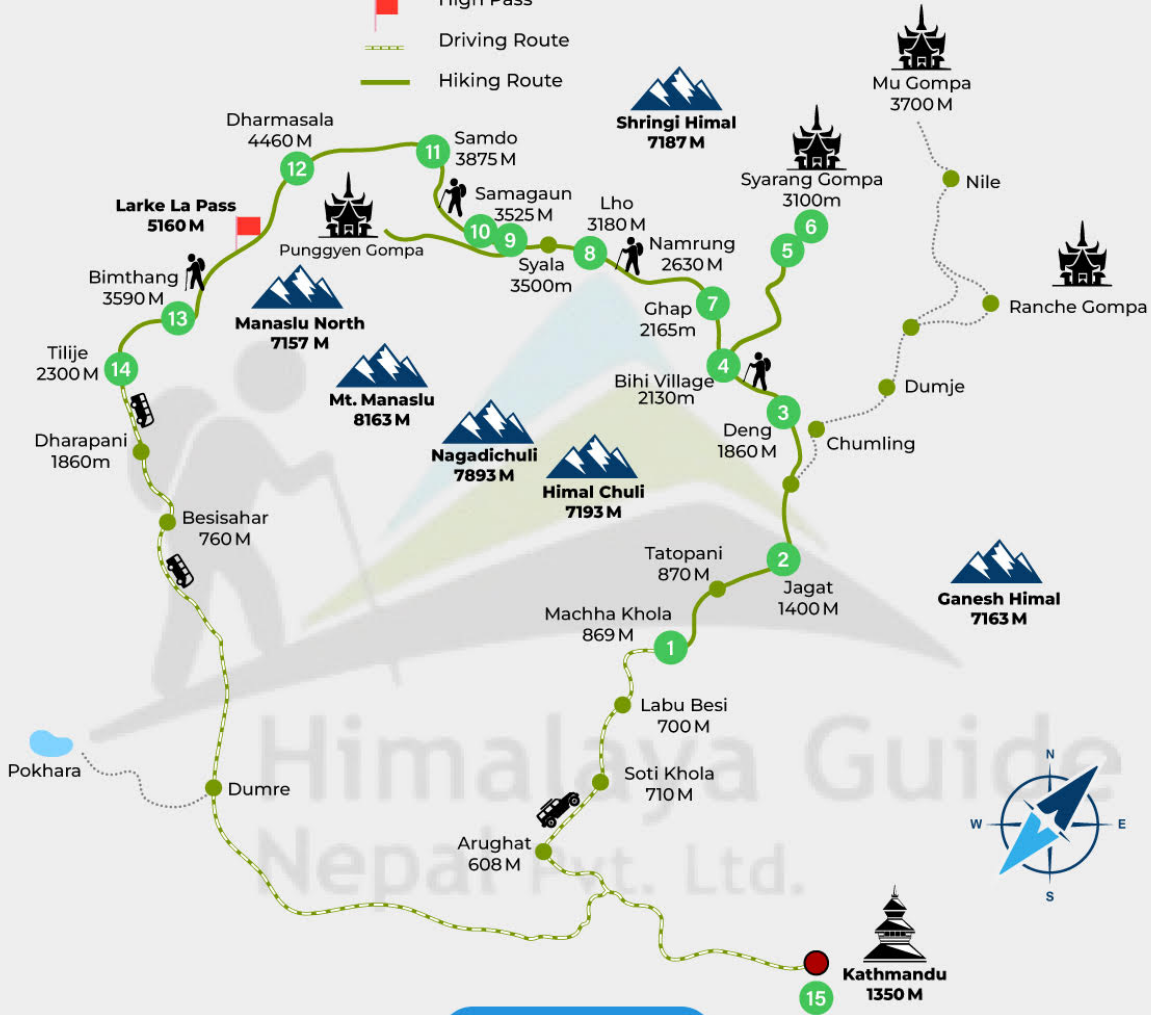
- Extra night accommodation in Kathmandu and other places.
- Travel insurance for your Emergency.
- Porter (if you want to hire we are happy to organize)
- Hot and Cold drinks such as; Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge, Wi-Fi, shower, boiled water, and some donations).
- Tips are expected.

Manaslu Serang Gompa Trek - 15 Days

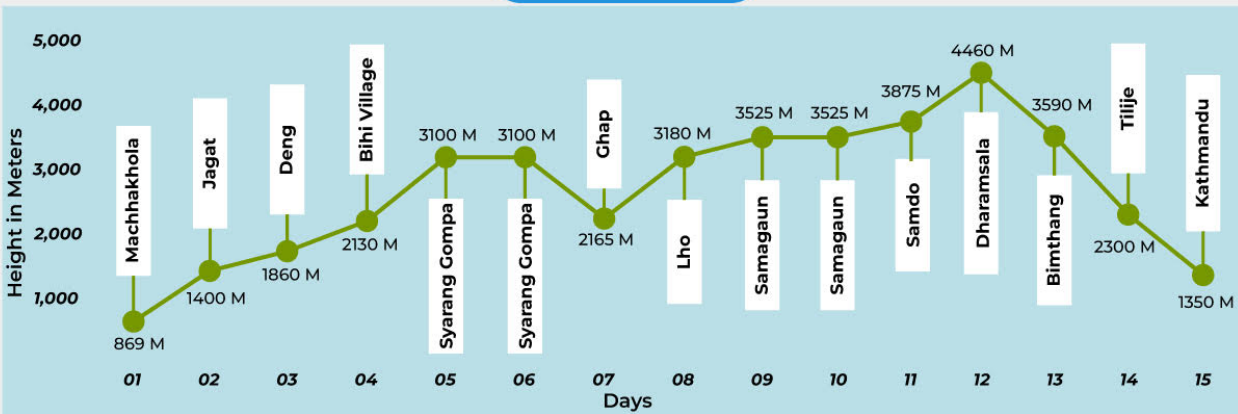


Legend

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



Altitude Chart



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.

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
