

# Larkya Peak Climbing in Nepal

## Quick Facts

<b>Duration:</b>	19
<b>Max Altitude:</b>	6249
<b>Best Season:</b>	Sept - Nov & March - May
<b>Group Size:</b>	5
<b>Accommodation:</b>	4 Star/ Star Hotel, Tent and Tea House
<b>Route:</b>	Kathmandu to Kathmandu
<b>Difficulty:</b>	Moderate

## Trip Overview

Larkya La Peak Climbing is a unique Himalayan adventure set in the remote Manaslu Region, combining high-altitude trekking with an achievable peak ascent near the iconic Larkya La Pass (5,160 m). Located along the scenic Manaslu Circuit Trek, this climb offers breathtaking views of Mount Manaslu and surrounding Himalayan giants, while providing a perfect introduction to mountaineering above 5,000 meters without extreme technical difficulty.

The journey is equally rich in culture, as you pass through traditional Tibetan-influenced villages, ancient monasteries, and vibrant prayer-flag-lined trails that reflect deep-rooted Himalayan traditions. What makes this experience truly special is its untouched and less-crowded nature, allowing you to connect deeply with both the landscape and local lifestyle. Larkya La Peak Climbing delivers a complete adventure blending stunning scenery, cultural immersion, and a rewarding high-altitude challenge in one of Nepal's most pristine regions.

## Will I cross Larkya La Pass during the Larke expedition?

Yes, you will cross the iconic Larkya La Pass (5,160 m) during the Larke Peak climbing expedition, and it becomes one of the most unforgettable highlights of the journey. After your summit push, you traverse this dramatic high mountain pass surrounded by glaciers, snowfields, and towering Himalayan peaks.

The crossing is both physically rewarding and visually stunning, offering panoramic views of Mount Manaslu, [Himlung Himal](#), and Annapurna II. It's not just a crossing, it's a defining moment that completes your adventure in the remote



Manaslu Region.

## Why should I choose the Larke Peak climbing?

Choosing the Larke Peak means stepping into one of Nepal's most raw and rewarding Himalayan experiences. Unlike commercial trekking routes, this journey offers true wilderness, fewer crowds, and a deeper connection to nature and culture.

Set in the untouched landscapes of the [Mount Manaslu](#) and its surrounding Region, it combines scenic trekking, cultural immersion, and an achievable peak climb, making it ideal for both adventure seekers and first-time climbers looking for something beyond the ordinary.

## Perfect Blend of Trekking + Climbing

Larke Peak climbing offers the perfect balance between trekking and mountaineering. You begin with scenic trails along the [Manaslu Circuit Trek](#), passing through forests, rivers, and traditional villages, before gradually moving into high alpine terrain. The climbing section introduces you to glaciers, basic rope work, and summit techniques, making it an excellent introduction to Himalayan peak climbing without requiring advanced technical skills.

## Less Crowded & Off-the-Beaten-Path

One of the biggest advantages of this expedition is its peaceful and less-crowded environment. The Manaslu Region remains a restricted and less-visited area compared to [Everest](#) or [Annapurna expeditions](#). This means you enjoy quieter trails, untouched landscapes, and a more personal connection with the mountains perfect for travelers seeking solitude and authenticity.

## Authentic Tibetan Culture Experience

The journey is not just about mountains, it's also a deep cultural exploration. As you trek through remote villages in the Manaslu Region, you experience strong Tibetan Buddhist influences in daily life. From ancient monasteries and mani walls to prayer flags fluttering along the trails, every step reflects centuries-old traditions. Interacting with local communities gives you a rare and meaningful insight into authentic Himalayan culture that remains largely unchanged by modern tourism.

## Detailed Itinerary

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### Day 1: Arrival in Kathmandu

Welcome to Kathmandu, the vibrant gateway to the Himalayas. Upon arrival, our team greets you at the airport and transfers you to your hotel. You can relax after your journey or explore the lively streets of Thamel. In the evening, we brief you about the expedition, check your gear, and prepare for the adventure ahead.

Accommodation: 1400

Meals: Welcome Dinner



### **Day 2: Drive from Kathmandu to Soti Khola**

Your journey begins with a scenic drive from Kathmandu to Soti Khola. The road winds through hills, rivers, and terraced farmland, offering your first glimpse of rural Nepal. As you leave the city behind, the landscape becomes more rugged and remote, setting the tone for the trek.

Accommodation: 800

Meals: B, L, & D

### **Day 3: Trek from Soti Khola to Machha Khola**

Today, you officially begin trekking along the Budhi Gandaki River. The trail passes through forests, small settlements, and suspension bridges. You experience a mix of gentle climbs and descents while enjoying the sound of the river flowing beside you.

Accommodation: 869

Meals: B, L, & D

### **Day 4: Trek from Machha Khola to Jagat**

The trail becomes more dramatic as you cross narrow paths, waterfalls, and traditional villages. You enter the restricted Manaslu Region at Jagat, where permits are checked. The cultural shift begins here, with stronger Tibetan influences visible in architecture and lifestyle.

Accommodation: 1340

Meals: B, L, & D

### **Day 5: Trek from Jagat to Deng**

You continue through beautiful villages like Philim and Ekle Bhatti, surrounded by terraced fields and forests. The trail gradually climbs higher, and you begin to feel the change in altitude. The scenery becomes more alpine as you approach Deng.

Accommodation: 2300

Meals: B, L, & D

### **Day 6: Trek from Deng to Namrung**

Today's trek takes you deeper into the Himalayan wilderness. You cross several suspension bridges and walk through dense forests before reaching Namrung. From here, you start seeing stunning views of snow-capped peaks, including glimpses of Mount Manaslu.

Accommodation: 2700

Meals: B, L, & D

### **Day 7: Trek from Namrung to Samagaun (**



This is one of the most scenic days of the trek. You pass through traditional villages like Lho and Shyala, with incredible mountain views all around. As you arrive in Samagaun, you find yourself at the foot of Mount Manaslu, surrounded by dramatic alpine landscapes.

Accommodation: 3520

Meals: B, L, & D

### **Day 8: Acclimatization Day at Samagaun - Hike to Manaslu Base Camp**

To help your body adjust to the altitude, you take a day hike to Manaslu Base Camp. The trail offers breathtaking glacier views and a closer look at the towering peaks. This is a challenging but rewarding acclimatization hike that prepares you for higher elevations.

Accommodation: 4900

Meals: B, L, & D

### **Day 9: Trek from Samagaun to Samdo**

A shorter trekking day allows for gradual acclimatization. You walk through open landscapes with fewer trees and more rugged terrain. Samdo is a small Tibetan-influenced village close to the border, offering a unique cultural experience.

Accommodation: 3875

Meals: B, L, & D

### **Day 10: Rest and Acclimatization Day at Samdo**

Today, you rest and explore the surrounding area. You can take short hikes to viewpoints or simply relax and enjoy the peaceful mountain environment. Proper acclimatization here is key for a successful climb.

Accommodation: 3875

Meals: B, L, & D

### **Day 11: Trek from Samdo to Dharamsala / Larke Phedi**

You gradually ascend toward Dharamsala, also known as Larke Phedi, the base for crossing Larkya La Pass. The terrain becomes more rugged and exposed, with stunning views of glaciers and surrounding peaks.

Accommodation: 4460

Meals: B, L, & D

### **Day 12: Trek from Dharamsala to Larke Peak Base Camp**

Today, you leave the main trekking trail and head toward Larke Peak Base Camp. The route involves glacier walking and rocky terrain, marking the beginning of your climbing journey. You set up camp and prepare for the summit push.

Accommodation: 5135

Meals: B, L, & D

### **Day 13 to 14: Climbing Period and Preparation**



These days are dedicated to climbing training and summit attempts. Your guides provide instruction on using ropes, crampons, and ice axes. Depending on weather conditions, you make your summit push and enjoy incredible Himalayan views from the top.

Accommodation: 6249

Meals: B, L, & D

#### **Day 15: Reserve Day (Contingency for Weather)**

This extra day ensures flexibility in case of bad weather or delays during the climb. It increases your chances of a successful and safe summit.

Accommodation: 5135

Meals: B, L, & D

#### **Day 16: Trek from Larke Peak Base Camp to Bimtang**

After completing your climb, you descend toward Bimtang. The trail offers stunning views and a sense of accomplishment as you leave the high alpine zone behind.

Accommodation: 3800

Meals: B, L, & D

#### **Day 17: Trek from Bimtang to Dharapani**

You continue descending through forests and villages, rejoining greener landscapes. The air becomes thicker, and the journey feels more relaxed as you approach Dharapani.

Accommodation: 1963

Meals: B, L, & D

#### **Day 18: Drive from Dharapani to Kathmandu**

You drive back to Kathmandu, enjoying the final views of the hills and rivers. In the evening, you can celebrate your successful adventure.

Accommodation: 1400

Meals: B, L, & D

#### **Day 19: Departure**

Your incredible Larke Peak climbing journey comes to an end. We transfer you to the airport for your departure, leaving you with unforgettable memories of the Himalayas.

Accommodation: 1400

Meals:



## Gears Lists

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### Head & Sun Protection

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- Warm hat and sun hat/cap
- Sunglasses (UV protection, glacier glasses recommended)
- Buff or neck gaiter
- Sunscreen (high SPF) and lip balm

### Upper Body Layers

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- Lightweight moisture-wicking t-shirts
- Long-sleeve trekking shirts
- Insulating fleece or down jacket
- Waterproof and windproof jacket (hard shell)

### Lower Body Layers

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- Trekking pants (quick-dry)
- Insulated pants for cold weather
- Thermal base layers for high altitude
- Waterproof pants for rain or snow

### Footwear & Accessories

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- Sturdy trekking boots (well broken-in)
- Gaiters for snow or mud
- Crampons for climbing (if not provided by operator)
- Warm socks (multiple pairs)
- Lightweight camp shoes or sandals for evenings

### Personal & Medical Kits

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- Personal medications
- Basic first aid kit (bandages, antiseptic, pain relief)
- Water bottles or hydration system (at least 2 liters)
- Hand sanitizer and wet wipes

### Climbing Equipment (Optional / Personal)

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- Harness, helmet, ice axe (if you prefer personal gear)
- Carabiners and slings
- Trekking poles

## Travel Documents & Miscellaneous

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- Passport and visa
- Travel insurance documents
- Cash in local currency (Nepali Rupees)
- Headlamp with spare batteries
- Camera and spare memory cards
- Lightweight daypack (for daily essentials)

## Cost Includes

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1. 4-star hotel accommodation in Kathmandu with breakfast (before and after the trek)
2. All ground transportation as per itinerary (Kathmandu – Soti Khola and Dharapani – Kathmandu)
3. Manaslu Restricted Area Permit and all necessary trekking permits
4. Manaslu Conservation Area Project (MCAP) entry permit
5. Licensed and experienced trekking guide and climbing guide
6. Required number of porters (1 porter for 2 trekkers)
7. Accommodation in teahouses/lodges during the trek
8. Tented accommodation during the climbing period at Larke Peak Base Camp
9. Three meals a day (Breakfast, Lunch, Dinner) during the trek and climbing period
10. Seasonal fresh fruits during the trek
11. Climbing equipment (group gear) such as ropes, ice screws, snow bars, etc.
12. Basic climbing training and guidance for summit attempt
13. First aid medical kit carried by the guide
14. All government taxes and service charges

## Cost Excludes

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1. International airfare to and from Nepal
2. Nepal entry visa fees
3. Travel insurance (must cover high-altitude trekking and peak climbing)
4. Personal climbing equipment (crampons, boots, harness, ice axe, helmet, etc.)
5. Personal expenses (Wi-Fi, hot showers, charging, laundry, drinks, snacks)
6. Lunch and dinner in Kathmandu
7. Tips for guides, porters, and staff (highly expected)
8. Any additional costs due to delays (weather, flight cancellations, or unforeseen circumstances)
9. Extra nights in Kathmandu beyond the itinerary
10. Emergency evacuation (covered by your insurance)

