High Route Adventure Pvt Ltd.

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1. Larke Peak Climbing

2. Overview

Larke Peak (also spelled Larkya Peak) is one of Nepal's newly opened trekking peaks, located in the remote Manaslu region of Gorkha District. Standing at an altitude of 6,249 metres (20,501 ft), Larke Peak is…

3. Itinerary

Day 01: Arrival In Kathmandu And Transfer to Hotel.

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Arrive at Tribhuvan International Airport, complete the arrival formalities, and meet our team waiting outside the airport.
- Transfer to your hotel in our private vehicle.
- Take a rest, and if time permits, you can explore the nearby places such as Basantapur Durbar Square, Thamel, Garden of Dream etc.

Traveller's note: You can exchange currency at the airport and buy a local NTC SIM card for use during the trek.

Day 02: Prepare Permits, Expedition Briefing, Gear Check And Shopping.

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Enjoy breakfast in your hotel and submit your scanned and passport-sized photograph for the permit process.
- Meet our guide for a short brief about the Larke Peak Climbing.
- Make your packing list ready; if you need to buy something or rent climbing gear, our guide will assist you.

Traveller's note: Travel insurance is a must to obtain the Larke Peak Climbing permit. If you have not purchased insurance, we can guide you.

Day 03: Drive to Machha Khola

Altitude: 870 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy breakfast and start scenic drive to Machha Khola approximately 6 - 7 AM.
- Pass through Malekhu/ Dhading Bensi ?Arughat ? Soti Khola and arrive at Machha Khola.
- Check into the teahouse and stay overnight at Machha Khola.

Travellers note: The road is good and fully paved (blacktopped) until Dhading Bensi, and from here to Machha Khola the road is full off road.

Day 04: Trek to Jagat

Altitude: 1340 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy breakfast in the Machha Khola teahouse and start your trek toward Jagat.
- Walk through the village following the river and arrive at Tatopani, a famous village for natural hot springs.
- Walk through the forest, explore the waterfall, and cross the suspension bridge over Budhi Gandaki to reach Dovan.
- From Dovan, walk uphill and downhill sections passing through Yaruphant/Thado Bharyang and arrive at Yaruphant.
- Further walking from Yaruphant, you will cross a long suspension bridge to reach Jagat.
- Enjoy the distant view of Ganesh Himal (7,422m) during clear weather days.
- Check into the teahouse at the village of Jagat and stay overnight.

Day 05: Trek to Deng

Altitude: 1860 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy breakfast in the Jagat teahouse and prepare to leave for Deng.
- Follow the permit checking procedure and walk through the narrow gorge trail, pass Salleri village, and reach Gurung village of Philim.
- From Philim, reach the Ekle Bhatti, a junction where the trail splits, separating the routes for the Tsum Valley and the main Manaslu Circuit.
- Follow the northwest trail following the Budi Gandaki river, passing through dense forest, and passing through the settlement of Pewa.
- Cross the Deng Khola river, and arrive at the small village of Deng, surrounded by stunning, lush hills.
- Check in the teahouse and spend the night at Deng.

Day 06: Trek to Namrung

Altitude: 2630 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy breakfast and depart from Deng.
- We will descend to cross the suspension bridge over the Budi Gandagi river, then ascend to walk on a forest trail.
- Pass through the village of Bihi Phedi, which is characterised by the mani walls, stone houses, prayer flags, and Tibetan cultural influence.
- Enjoy the best view of Chamar Peak(7,165 m the highest peak in the Sringi Himal, which is a subrange of the Himalayas.
- Walk on a steep trail with narrow gorge sections and cross rivers.
- Pass the settlement of Ghap or Ghapsya to enter the forest trail and reach Namrung village.
- After the 2015 earthquake, this Namrung village is relatively developed; here you can find comfortable teahouses and bakeries.
- Check in the teahouse and spend the night at Namrung.

Day 07: Trek To Syala

Altitude: 3500 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy breakfast and start your trek toward Syala, which is located in the upper Nubri Valley.

- Begin your walk through dense forests and terraced fields.
- Cross small streams and waterfalls to reach Lihi(also spelled Lhi or Lihigaon). Lihi village features traditional Tibetan-style stone houses, monasteries(eg, Mani Dungyur Gumba), and agricultural terraces.
- Exploring Lihi village, you will cross Hinang River, which flows from the Hinang Glacier to reach Lho, passing through Sho Village. On the route, you can enjoy stunning views of Simnang Himal, Manaslu North, and the main Manaslu peak.
- From Lho, you will explore Ribung Monastery and then reach Sayla. From Sayla, you can witness a 360-degree view of the surrounding Himalayan Peaks.
- Check in the teahouse and spend the night at Sayla.

Day 08: Trek to Samagaun

Altitude: 3530 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- After a relaxed breakfast with a mountain view of Mt. Manaslu, Himal Chuli, and Ngadi Chuli, you will start trekking toward Samagaun.
- Follow the Budhi Gandaki river through pine and rhododendron forests and arrive at Samgaun, which is the largest village in the region.
- Check in the teahouse and in the evening explore the village to understand the local Himalayan lifestyle, culture, and tradition.

Day 09: Rest And Acclimatization Day.

Altitude: 3530 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- We follow a "climb high, sleep low" acclimatisation plan on this day to adjust your body before heading to high altitude.
- We will hike to Birendra Lake, which is just 2.5 to 3 kilometers in distance, and it takes us around 45 minutes to 1 hour to reach. Birendra glacial lake is situated at an altitude of 3,691 m.
- After exploring the lake, we will return to the teahouse, take enough rest, enjoy a warm meal, and sleep well.

Travellers' note: Manaslu Base Camp visit - optional side trip on the Samagaon acclimatization day (Day 9). It adds several hours of extra walking on steep, challenging terrain, so it's not included by default; let your guide know in advance if you'd like to add it.

Day 10: Trek to Samdo

Altitude: 3875 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- After breakfast, descend toward the Budi Gandaki River, cross the river, and pass through yak pastures and small villages like Khermo Kharka.
- Enroute enjoy the surrounding views and beautiful landscape.
- Reach Samdo and enjoy lunch, and take a rest.
- In the evening, explore the village and interact with locals.

Day 11: Rest Day in Samdo

Altitude: 3875 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Acclimatization day in Samdo before crossing the challenging Larkya La Pass(5,106m)
- Hike option: Tibetan border (6–7 hours round-trip), viewpoint(4,500m–4,700m), Village exploration.
- Return to the teahouse and spend the night at Samdo.

Day 12: Trek to Larkya Phedi

Altitude: 4460 meter | Meals: Breakfast, Lunch and Dinner | Stay: Tent

- After breakfast, leave Samdo village and start walking through fields to cross a wooden bridge over the Budhi Gandaki River.
- Trek along the Larke River, Salkha Khola valley, while enjoying the view of Larkya Glacier.
- Arrive at Larkya Phedi, the last village before crossing the Larkya La Pass.
- Stay in a tent set up by your climbing team.

Day 13: Trek to Larke Peak Base Camp

Altitude: 5135 meter | Meals: Breakfast, Lunch and Dinner | Stay: Tent

- After breakfast, leave for the Larke Peak Base Camp.
- Walk through rugged alpine trails through glacial moraines, rocky terrain, and high Himalayan landscapes.
- Reach Base Camp and stay in the tent set up by our climbing team.

Day 14: Summit Larke Peak and Trek to Bimthang via Larkya La Pass

Altitude: 3720 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Wake up early in the morning and prepare for the summit with hot tea and coffee.
- Climb toward the summit of Larke Peak, walking through steep snowy sections, rocky ridges, and glacier terrain.
- Stand at the summit, celebrate your achievement, and take pictures and videos of yourself and the Himalchuli, Ngadi Chuli (Peak 29), Cheo Himal, Himlung Himal, Kang Guru, and the Annapurna Range.
- Return to the Dharamsala and cross the Larkya La Pass to reach Bimthang.

Day 15: Trek to Dharapani

Altitude: 1860 meter | Meals: Breakfast, Lunch and Dinner | Stay: Teahouse

- Enjoy a delicious breakfast in the teahouse and leave for Dharapani.
- Pass through forest, wooden bridge, glacial streams, and popular villages like Gho and Tilije.
- Reach Dharapani and stay overnight in the teahouse.

Day 16: Drive to Kathmandu.

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Enjoy breakfast before starting the drive.
- Drive Dharapani to Besisahar in a shared Jeep

- Drive from Besisahar to Kathmandu in a private Jeep and transfer to your hotel.
- Check in at the hotel and take a rest.

Day 17: Spare Day In Kathmandu.

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Today is kept as a spare and rest day in case of bad weather or any unforeseen delays during the trek and climbing period.
- If everything goes according to schedule, you can use this free day to relax, explore Kathmandu, shop for souvenirs, or visit nearby cultural heritage sites.
- High Route Adventure will also provide you with a complimentary massage on this day for relaxation and recovery after your trek.
- Celebrate your Larke Peak successful summit with your team.

Day 18: Final Departure.

Altitude: 1400 meter | Meals: Breakfast

- Enjoy your breakfast in the hotel.
- If time permits, visit the Pashupatinath temple or Budhanilkantha temple.
- Our staff will pick you up from your hotel 3 hours before your flight schedule to drop you at the airport.
- Farewell with wonderful memories of Nepal and the Himalayas.

5. Cost Includes

- Airport transfers (arrival and departure)
- 3-star hotel in Kathmandu
- Kathmandu– Machha Khola private jeep transport
- All permits (trekking + Climbing)
- Teahouse accommodation during trekking phase (twin sharing)
- Full camping setup at Base Camp and High Camp (tent, dining tent, toilet tent, kitchen equipment)
- All meals — breakfast, lunch, dinner throughout trek and climb
- Highly experienced, NMA-licensed climbing guide (English-speaking)
- Assistant guide for groups of 8+
- One porter per two climbers (up to 20kg per porter)
- High-altitude Sherpa support at High Camp
- Climbing equipment: fixed ropes, snow pickets, ice screws at high camp
- Complimentary use of sleeping bag, down jacket, duffel bag, trekking poles
- Pulse oximeter monitoring twice daily
- Group first-aid kit
- Helicopter rescue insurance for staff
- Climbing certificate upon summit
- Farewell dinner with cultural program
- All government taxes and service charges

6. Cost Excludes

- International flights
- Nepal visa fee ($50 for 30 days)
- Personal travel and medical insurance (mandatory — must cover heli evacuation to 6,500m)
- Personal climbing gear (crampons, harness, ice axe, helmet — rental available in Kathmandu)
- Lunch and dinner in Kathmandu (except farewell dinner)
- Personal expenses — WiFi, hot showers, battery charging, laundry, snacks, bottled drinks
- Summit bonus (10-15% of total trip cost to guide and porter)
- Drone permit ($1,800 if needed)
- Any costs from delays outside the company's control

7. Equipment / Packing List

Below is the Gear List for Larke Peak Climbing you can follow while packing before heading for the trip:

Personal Gear You Need to Bring / Rent

1. **Head:** Helmet, sunglasses (category 4), balaclava, sun hat, woolen hat, headlamp + spare batteries
2. **Upper body**: Moisture-wicking base layer, fleece mid-layer, down jacket (if not using company-provided), hard shell waterproof jacket, inner and outer gloves
3. **Lower body:** Trekking trousers, waterproof over-trousers, thermal base layer leggings
4. **Feet**: Mountaineering boots (double-layer, compatible with crampons), crampons (12-point), gaiters, 2x liner socks + 2x thick trekking socks
5. **Climbing gear**: Harness, ice axe, carabiners (2 locking), ascender/jumar, belay device — rental available in Kathmandu (approx. USD 150–250/full set)
6. **General**: Rucksack 30–40L daypack, waterproof pack cover, sleeping bag liner, trekking poles, water bottles (2x 1L), water purification tablets, sunscreen SPF 50+, lip balm, blister kit, personal first aid, power bank, camera

Provided by High Route Adventure

- Down jacket and sleeping bag (returned after trip)
- Duffel bag
- Trekking poles
- Pulse oximeter
- Group first-aid kit
- Fixed ropes and high camp climbing equipment

Note: Full rental shops in Thamel, Kathmandu. Leave non-essential luggage in hotel storage.