

Larke Peak Climbing - 19 Days

Larke Peak Climbing (6,219m) – Ultimate Alpine Challenge in the Manaslu Region

Larke Peak Climbing (6,219m) is a true Himalayan alpine adventure designed for trekkers ready to transition into real mountaineering. Located in the remote Manaslu region of Nepal, this climb combines high-altitude trekking, glacier travel, and a technical summit push into one complete expedition experience. Operated by **Trek Mania Nepal**, this professionally structured journey prioritizes safety, acclimatization precision, and authentic Himalayan exploration.

WHERE IS LARKE PEAK?

Larke Peak (6,219m) rises above the dramatic Larkya La corridor in north-central Nepal, near the Tibetan border. The approach follows the Budhi Gandaki River valley through the restricted Manaslu region, an area known for preserved Tibetan-influenced culture and unspoiled alpine terrain.

The expedition typically includes crossing Larkya La Pass (5,135m), which provides natural acclimatization before the summit attempt. From the top of Larke Peak, climbers enjoy expansive Himalayan views including **Mount Manaslu (8,163m)** – the eighth highest mountain in the world – along with Himlung Himal, Cheo Himal, Kang Guru, and sections of the Annapurna range.

WHY CHOOSE LARKE PEAK CLIMBING?

Unlike more commercialized trekking peaks in Nepal, Larke Peak remains relatively uncrowded due to its restricted-area status. This ensures a quieter climbing environment, more personal space on the mountain, and a stronger sense of wilderness immersion.

The route offers a rare balance of:

- Remote Himalayan landscapes
- Authentic Tibetan Buddhist villages
- High mountain glacier travel
- Technical summit progression above 6,000 meters

TECHNICAL OVERVIEW OF LARKE PEAK (6,219M)

Larke Peak is classified as a trekking peak; however, it requires genuine alpine discipline and proper preparation. The climb involves:

- Use of crampons, ice axe, and harness
- Fixed rope sections near the summit ridge



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

- Glacier and snowfield crossings
- Pre-dawn alpine summit push

Although not considered highly technical compared to 7,000m or 8,000m peaks, the altitude demands strong cardiovascular fitness, previous high-altitude trekking experience, and structured acclimatization. Trek Mania Nepal designs the itinerary with gradual elevation gain and designated rest days to maximize summit safety and success rates.

CULTURAL EXPERIENCE IN THE MANASLU REGION

The Larke Peak route passes through Nubri Valley settlements where Tibetan Buddhist traditions remain deeply rooted. Stone-built villages, prayer wheels, chortens, and ancient monasteries define the landscape. Because the Manaslu region was opened to foreign trekkers only in the 1990s, it has preserved its cultural integrity far more than many other Himalayan trekking corridors.

This cultural authenticity adds meaningful depth to the expedition, making Larke Peak Climbing more than just a physical challenge.

BIODIVERSITY OF THE MANASLU CONSERVATION AREA

The climb takes place within the Manaslu Conservation Area, which protects a wide range of Himalayan ecosystems. As altitude increases from subtropical valleys to alpine terrain, vegetation transitions dramatically.

Wildlife found in the region includes:

- Snow leopard
- Red panda
- Himalayan black bear
- Blue sheep (bharal)
- Musk deer
- Himalayan tahr

Springtime trekking reveals blooming rhododendron forests in red, pink, and white — Nepal's national flower — contrasting beautifully with pine, cedar, and juniper forests.

WHO IS LARKE PEAK CLIMBING SUITABLE FOR?

Larke Peak Climbing with Trek Mania Nepal is ideal for:

- Experienced trekkers seeking their first 6,000m summit
- Mountaineers preparing for higher Himalayan expeditions
- Adventurers wanting a less crowded climbing objective
- Travelers seeking a remote, culturally rich alpine experience

Previous trekking experience above 4,500 meters is strongly recommended.

WHY TREK MANIA NEPAL?



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Climbing at 6,000 meters requires professional logistics and leadership. Trek Mania Nepal manages every component of the expedition, including:

- Restricted area permits and peak permits
- Licensed climbing guides
- Technical equipment coordination
- Structured acclimatization schedule
- Summit safety planning
- Airport transfers and full expedition logistics

From arrival in Kathmandu to summit day and final departure, Trek Mania Nepal ensures a controlled, safety-focused, and professionally managed Himalayan climbing experience.

LARKE PEAK CLIMBING HIGHLIGHTS

- Summit of Larke Peak (6,219m)
- Crossing Larkya La Pass (5,135m)
- Close views of Mount Manaslu (8,163m)
- Remote Tibetan-influenced villages
- Glacier travel and alpine summit ascent
- Rich biodiversity within the Manaslu Conservation Area
- Less crowded, restricted-region climbing route

FINAL THOUGHTS

Larke Peak Climbing is not simply a trek; it is a transition into high-altitude mountaineering. The combination of cultural immersion, ecological diversity, structured acclimatization, and a rewarding 6,219-meter summit creates one of Nepal's most complete alpine experiences.

If your ambition is to stand above the Himalayan skyline and earn a true mountaineering achievement, Larke Peak Climbing with Trek Mania Nepal delivers that opportunity with professionalism, safety, and authenticity.

PRICE INCLUDES

- Airport pickup and drop-off in Kathmandu.
- All required ground transportation as per the itinerary (Kathmandu – trek start point – return).
- Manaslu Restricted Area Permit.
- Manaslu Conservation Area Permit (MCAP).
- Annapurna Conservation Area Permit (ACAP).
- Larke Peak Climbing Permit.
- Government-licensed trekking guide and experienced climbing guide.
- Required support staff including porters (weight limit applies).
- Teahouse accommodation during the trekking section.
- Tented accommodation at Larke Peak Base Camp.
- Three meals per day (breakfast, lunch, dinner) during trek and climbing period.
- Group climbing equipment (fixed ropes, ice screws, anchors, and necessary technical hardware).
- Comprehensive first aid medical kit carried by the guide.
- All applicable government taxes and service charges.

PRICE EXCLUDES

- International airfare to and from Nepal.
- Nepal entry visa fee.
- Travel insurance (mandatory – must cover climbing up to 6,500m and emergency helicopter evacuation).
- Personal climbing equipment (boots, crampons, harness, helmet, down gear, etc.).
- Personal expenses such as soft drinks, alcoholic beverages, Wi-Fi, hot showers, laundry, and charging fees.
- Extra nights in Kathmandu due to early arrival or delayed departure.
- Tips and gratuities for guides and porters.
- Any additional costs arising from weather delays, natural disasters, or unforeseen circumstances.

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,400m) – Official Welcome by Trek Mania Nepal

Upon your arrival at Tribhuvan International Airport in Kathmandu, a dedicated representative from Trek Mania Nepal will warmly welcome you and transfer you to your hotel in a private vehicle. After check-in, you will have time to rest from your journey or explore the vibrant streets of Thamel, Kathmandu's main tourist district, where trekking equipment shops, cafés, and cultural landmarks are located within walking distance.

In the evening, Trek Mania Nepal organizes a comprehensive pre-climb briefing led by your trekking and climbing guide. During this session, you will receive detailed information about the Manaslu region, restricted area permits, altitude considerations, safety protocols, weather expectations, and technical aspects of Larke Peak climbing. This preparation ensures you begin your Himalayan expedition with clarity and confidence.

Day 2: Drive from Kathmandu to Soti Khola (800m) – 6–7 Hours

After breakfast, Trek Mania Nepal arranges a scenic overland drive westward from Kathmandu toward Soti Khola, the traditional starting point of the Manaslu Circuit. The journey follows the Prithvi Highway along the Trishuli River before diverting onto a rural mountain road that winds through terraced hillsides, small farming communities, and lush river valleys.

Although the road becomes rugged in certain sections, it offers authentic views of rural Nepal and gradually transitions from urban landscapes to subtropical river valleys. Upon reaching Soti Khola, situated along the Budhi Gandaki River, you will settle into a local teahouse and enjoy your first evening in a peaceful riverside setting.

Day 3: Trek from Soti Khola to Machha Khola (869m) – 5–6 Hours

Today marks the official beginning of your trek with Trek Mania Nepal. The trail follows the Budhi Gandaki River through subtropical forests, cultivated fields, and traditional Gurung villages. Initially, the path undulates gently; however, it occasionally narrows along rocky cliffs carved into the hillside.

You will cross several suspension bridges while passing settlements such as Lapubesi, where stone houses and terraced farms characterize the landscape. As the valley gradually narrows, the river gorge becomes more dramatic. By late afternoon, you arrive at Machha Khola, a small riverside village where you will rest overnight.

Day 4: Trek from Machha Khola to Jagat (1,340m) – 6–7 Hours

Continuing upstream along the Budhi Gandaki River, today's route alternates between forest paths and rocky riverbanks. You will pass through Khorlabesi and reach Tatopani, known for its natural hot springs, before ascending gradually toward Doban and Yaru Bagar.

Several suspension bridges connect both sides of the river as the valley begins to tighten. Eventually, you reach Jagat, a charming stone-paved village that serves as the official entry point to the Manaslu Conservation Area. Here, Trek Mania Nepal completes necessary permit checks, ensuring compliance with restricted area regulations. Jagat's traditional architecture and mountain ambiance signal your deeper entry into the Himalayas.

Day 5: Trek from Jagat to Deng (2,300m) – 6–7 Hours

From Jagat, the trail ascends steadily toward Salleri and Sirdibas, offering impressive views of cascading waterfalls and expanding valleys. As you continue through Philim, a culturally significant Gurung village, the scenery transitions into more rugged terrain with pine forests and steep cliffs.

Beyond Ekle Bhatti, the route diverges toward the Tsum Valley junction before climbing above the Budhi Gandaki and Shar Khola confluence. The elevation gain becomes more noticeable, and the vegetation gradually shifts from subtropical to temperate forest. By the time you reach Deng, Tibetan cultural influences begin to appear in architecture and prayer flags.

Day 6: Trek from Deng to Namrung (2,700m) – 6–7 Hours

Today's trek progresses through dense rhododendron and fir forests while crossing multiple wooden and suspension bridges over the Budhi Gandaki River. The climb becomes more gradual yet consistent, allowing your body to adjust naturally to the increasing altitude.

Historically, Namrung functioned as a trade checkpoint for salt caravans traveling between Nepal and Tibet. Although it was heavily affected by the 2015 earthquake, reconstruction efforts have restored much of its traditional charm. From this point onward, mountain views begin to open significantly.

Day 7: Trek from Namrung to Samagaun (3,520m) – 6–7 Hours

As you ascend beyond Namrung, the landscape transforms dramatically into alpine terrain. You will pass through Lho village, where you enjoy your first close and spectacular views of Mount Manaslu, the eighth highest mountain in the world at 8,163 meters.

Continuing through Shyala, surrounded by panoramic Himalayan peaks, the trail leads across open glacial valleys before arriving at Samagaun. This culturally rich village, inhabited primarily by Tibetan-origin communities, features monasteries, mani walls, and traditional stone houses set against a stunning mountain backdrop.

Day 8: Acclimatization Day in Samagaun

Proper acclimatization is essential for safe Larke Peak climbing. Therefore, Trek Mania Nepal organizes guided hikes that encourage active adaptation. You may hike to Birendra Tal, a glacial lake formed beneath Manaslu's southern face, or ascend toward Manaslu Base Camp at approximately 4,900 meters.

These hikes not only improve altitude adaptation but also offer magnificent glacier views and insight into the mountaineering history of the region.

Day 9: Trek from Samagaun to Samdo (3,875m) – 3–4 Hours

The valley widens significantly as you leave Samagaun. The trail gradually climbs across yak pastures and alpine plains while following the Budhi Gandaki upstream. Eventually, you reach Samdo, located near the Tibetan border and historically connected to trans-Himalayan trade routes.

In the afternoon, optional acclimatization hikes provide elevated viewpoints over surrounding glaciers.

Day 10: Acclimatization Day in Samdo

A second acclimatization day ensures better preparation for higher altitudes ahead. Trek Mania Nepal recommends a hike toward the moraine of the Fukang Glacier, which involves approximately 600 meters of elevation gain and offers expansive Himalayan views.

Day 11: Trek to Dharamsala / Larke Phedi (4,460m) – 4–5 Hours

Today's relatively shorter trek prepares you for the high mountain environment. As vegetation disappears and terrain becomes rocky and glacial, you gradually ascend toward Dharamsala, the final settlement before crossing Larkya La. Snowfall is common in this area during winter months.

Day 12: Trek to Larke Peak Base Camp (5,135m) – 4–5 Hours

Climbing gradually toward Larke Peak Base Camp, you move carefully across moraine terrain. Upon arrival, Trek Mania Nepal's climbing team establishes camp and conducts final technical training, including rope techniques, crampon use, and safety protocols.

Day 13: Larke Peak Summit Period

Weather permitting, summit attempts begin early in alpine conditions. The ascent involves glacier travel and moderate technical sections requiring fixed ropes. From the summit, climbers witness panoramic Himalayan views stretching across Manaslu, Himlung, Cheo Himal, and Annapurna ranges. This achievement marks the highlight of your Trek Mania Nepal expedition.

Day 14: Larke Peak Summit Period

Weather permitting, summit attempts begin early in alpine conditions. The ascent involves glacier travel and moderate technical sections requiring fixed ropes. From the summit, climbers witness panoramic Himalayan views stretching across Manaslu, Himlung, Cheo Himal, and Annapurna ranges. This achievement marks the highlight of your Trek Mania Nepal expedition.

Day 15: Reserve / Contingency Day

An additional day is reserved in case of unfavorable weather conditions, ensuring safety and flexibility during your climbing schedule.

Day 16: Descend to Bimtang (3,800m) – 5–6 Hours

After completing your summit objective, you descend toward Bimtang, a historic trading post along ancient salt routes. The dramatic shift from glacier landscapes to alpine meadows is both visually rewarding and physically relieving.

Day 17: Trek to Dharapani (1,963m) – 6–7 Hours

Descending through rhododendron forests and traditional Gurung villages, you eventually connect with the renowned Annapurna Circuit trail. The path becomes greener and warmer as altitude decreases before reaching Dharapani.

Day 18: Drive to Kathmandu – 7–8 Hours

Trek Mania Nepal arranges transportation back to Kathmandu via scenic mountain highways. Upon arrival, you may relax or explore the city at your leisure. In the evening, a farewell dinner celebrates your successful Himalayan



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

journey.

Day 19: Final Departure

Finally, Trek Mania Nepal provides airport transfer services according to your flight schedule, concluding your Larke Peak climbing and Manaslu Circuit adventure with professional support from beginning to end.



FAQ

1. How difficult is Larke Peak Climbing?

Larke Peak is considered a moderate alpine climbing peak. While not extremely technical, it requires good physical fitness, prior high-altitude trekking experience, and basic mountaineering skills.

2. Do I need previous climbing experience?

Previous trekking experience above 4,500 meters is strongly recommended. Basic knowledge of crampon and ice axe use is helpful but training is provided at Base Camp.

3. How long does Larke Peak Climbing take?

The complete expedition typically takes 18–19 days, including trekking, acclimatization, climbing, and return to Kathmandu.

4. What is the best time for Larke Peak Climbing?

Spring (March to May) and Autumn (September to November) offer stable weather, clear mountain views, and safer climbing conditions.

5. Is travel insurance mandatory?

Yes. Travel insurance covering high-altitude climbing up to at least 6,500 meters and emergency helicopter evacuation is mandatory.

6. How high is Larkya La Pass?

Larkya La Pass stands at 5,135 meters and is crossed before or after the Larke Peak summit depending on itinerary structure.

7. Is the Manaslu region crowded?

No. Due to restricted area regulations, the Manaslu region remains significantly less crowded than Everest or Annapurna routes.