

Larke Peak Climbing - Itinerary

1. Arrival in Kathmandu (1350m)

Welcome to Kathmandu! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Kathmandu Sightseeing & trek Preparation

For the day time, you explore historically important monuments and heritages of Nepal while we prepare necessary equipments and gears for your smooth climb. Climbing equipment is inspected by licensed climbing guide and then only after his/her approval we finalize the gears to be equipped. Late in the evening, depending upon the situation, you take basic training of peak climbing.

3. Drive to Arughat (608m) 7-8 hrs by local bus

From Kathmandu, we take drive to Arughat. Through the Dhadingbesi and dirt road followed up by beautiful green scenery, we reach Arughat, our trek starting point. Arughat is a town and divided in two parts with river known as Budhi Gandaki. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Lapubesi (884m) 6-7 hrs

We trek through the village of Gurung and Magar ethnicity and on the left bank of Buru Gandaki River. Along the trail, we can see rice, maize, millets and sometimes monkeys in the forest. We then reach the lodge at Arkhet (760m) to climb stairs at the valley which becomes wilder, prettier and narrower as we descend to Soti Khola (710m). We trek through shady Sal forest and then climb some ups and downs before dropping down to the village of Gurung community – Lapubesi. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Trek to Khorlabesi (970m) 5-6 hrs

We leave Lapubesi and continue up-river trek to Machha Khola (930m). From there, we continue to Buri Gandaki and after some ups and down we reach sandy river flats. As we reach lower Khorlabesi, we see a botanic garden and a nice lodge built by the survivor of huge rock slip 22 years ago. We drink organic coffee here. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek to Jagat (1340m) 5-6 hrs

Some ups and downs, we reach Tatonipani (930m). We take bath in Tatopani and then continue our trek over a ridge and cross Buri Gandaki with the help of suspension bridge. We gradually pass Dovan and reach Shaule Bhatti with large rock and amazing Himalayan views. We pace along by crossing river flat at yaru (1140) and then reach Jagat after some ups and downs. Jagat is famous for potato, maize and climbing beans and we have to check our MCAP permit checked. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Trek to Deng (1860m) 5-6 hrs

After breakfast we leave Jagat and follow the trail that leads to Setibas as we trek through beautifully painted Mani walls. Our trek continues as we head further up to the stone houses of Ghatta Khola, and continue towards Philim. Our trail from there descends through grassy slopes. We will cross the Budi Gandaki River and continue trekking through bamboo forests to reach the small village of Deng. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Trek to Namrung (2630m) 5-6 hrs

After breakfast we leave Jagat and follow the trail that leads to Setibas as we trek through beautifully painted Mani walls. Our trek continues as we head further up to the stone houses of Ghatta Khola, and continue towards Philim. Our trail from there descends through grassy slopes. We will cross the Budi Gandaki River and continue trekking through bamboo forests to reach the small village of Deng. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Trek to Samagaun (3520m) 6-7 hrs

We leave Namrung and follow an easy trail that passes along a big waterfall on the left side before reaching the scattered village of Barchham. Our trail climbs towards the village of Lihi. From there we will descend to cross Hinan (Khola) river and gradually ascend to arrive at Sho village. Splendid views of Manaslu and Himal Chuli dominates the skyline. We will gently descend and then follow the flat trail that leads to the extensive pastures and fields of Samagaun. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Acclimatization day, visit to Manaslu BC or Pungyen Gompa.

Acclimatization is very important to adjust our body in new environment, especially altitude. So, we take a day off to acclimatize ourselves. We do not stay idle as experts advise us to remain active, so we either visit Manaslu Base Camp or Pungyen Gumpa. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Trek to Samdo Village (3875m) 3-4 hrs

From Samagaun our trail heads north and parallel to Budi Gandaki River. We trek through the summer herding area of Khormo Kharka, from where we can enjoy magnificent view of Manaslu from the mani wall. Our trek continues as we climb uphill for about an hour before descending down to a bridge over the river. A short ascent will lead us to Samdo for the overnight stay. Samdo is basically a Tibetan refugee settlement of about 40 homes. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Trek to Dharmasala (4460m) about 4 hrs

Taking our time and descending across the Budi Gandaki, we pass another trail to Tibet to the right side and climb left after a mani wall. We traverse through the juniper forest and pass some of the stone shelters. We camp on Dharmasala from where we can view marvelous landscape of mountains. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek to Larke La (5160m) 5-6 hrs

We climb straight over the ridge behind Dharamsala. The climb is easy with long and rocky terrain and we descend past four frozen lakes and make final climb to the left up to Larkya-La (5100m). The trail can be

very cold and windy with risk of exposure if you don't equip yourself properly. Mountains like Himlung (71260m), Kang Guru (6981m) & Annapurna II (7937m) can be seen. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Reserve day

Reservation day is necessary part of trip because sometimes the weather betrays us and we have to take a day off. Also, some team members may get serious illness and we make use of reserve day to get him/her well. If the trip goes smoothly, we do not need reserve day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek down to Bimtang (3800m) 5-6 hrs

Today we start early as we have a rather long day of trekking ahead of us. Our trail climbs up over the ridge and heads to reach top of the moraine at 4,690 meters. From there our climb steepens as we head for the crossing of Larkya La Pass at 5,135 meters. From the top of the pass we will get stunning views of Himlung and Cheo Himal, Menjung, Gyagi Kang, Kang Guru and Annapurna II. Our trail from the top descends steeply through snow covered trail. An easy gradient will lead us to Bimtang. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Trek to Dharapani (1963m) 7-8 hrs

After breakfast we leave Bimtang and follow the trail that descends through pine and rhododendron filled forests towards Hompuk. We continue to descend down to reach the river bed of Dudh Khola. From there our trail can be quite challenging as we trek across some large landslide affected areas to reach Kharche. From there we descend towards the large Gurung village of Tilije. After crossing a long suspension bridge over the Marsyangdi river, we reach Dharapani for our overnight stay. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

17. Trek to Syange (1100m) 6-7 hrs

The last day of our trek heads from Dharapani and climbs up and away from the Marsyangdi river to arrive at a broad flat valley. Our trek passes through the village of Tal which lies at the foot of a large waterfall. Soon our trail heads towards Chyamje as we will cross the river once again. A gradual descent through forests of rhododendron and pine will bring us to Syange where our trek ends. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

18. Take bus to Besi sahar – Kathmandu 7 hrs

We pack our stuff and then load them in the bus to drive back to Kathmandu. We pass beautiful landscapes and picturesque villages with spectacular views of mountains and drive across the land of Himalaya. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in hotel.

19. Kathmandu Sightseeing/Rest Day

We visit UNESCO world heritage sites of Nepal for the day and in the evening we organize small get-together with Sherpa's, climbing guides and other staffs to celebrate our successful climb. Attend the evening dinner and cultural program provided by the company.

20. Fly back to home.

The journey to the mountains of Nepal comes to an end. You can visit another mountain next time. For now,

have a safe journey to your home. Our airport representative will drop you to the airport approximately 3 hours prior to your scheduled flight.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)