Sherpa Nomad Trek
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Manaslu Circuit Trek via Barpak Village - 17 Days

MANASLU CIRCUIT TREK VIA BARPAK VILLAGE

The Manaslu Circuit Trek through Larpak and Barpak is renowned for its breathtaking scenery, offering a chance to experience the rich culture and natural beauty of the Manaslu region. The 17-day itinerary for the Manaslu Circuit Trek is an ideal package that includes visits to the picturesque Gurung villages, showcasing their culture alongside the magnificent mountain views from Barpak and Larpak, before joining the classic Manaslu Circuit trail. Barpak and Larpak are cultural Gurung villages that embody rich traditions, warm hospitality, and a harmonious way of life. Unfortunately, the devastating earthquake in 2015 caused significant destruction to these villages, but they have since been revitalized with homestay accommodations for tourists. The journey begins with a drive from Kathmandu to Barpak, followed by a stay in Larpak village before connecting to the Manaslu trail at Khorla Besi, located just beyond Machha Khola village. After Khorla Besi, the trek leads you to the Larke La Pass at 5,106 meters, featuring stunning landscapes, a detour to Pungen Gompa, Manaslu Base Camp, and the Tibetan border. Following the Larke La Pass, the journey descends to Bhimthang in the Annapurna region, eventually reaching Dharapani through beautiful forested landscapes and local villages at lower elevations. The Manaslu Circuit Trek concludes in Kathmandu after exploring the masterpiece that is Mother Nature's gift.

Begin your journey on the Manaslu Circuit Trek from the villages of Barpak and Larpak, the largest Gurung village, which suffered extensive damage during the earthquake on April 25, 2015, the epicenter of the disaster. The Gurung people, a prominent ethnic group, uphold their rich culture and traditions. This village offers breathtaking views of Ganesh Himal and Manaslu, along with the soothing sounds of nature, picturesque landscapes, waterfalls, lush greenery, and gompas. You can engage with the locals and descend towards the Manaslu Circuit Trek, which converges at Khorla

Besi village. From Khorla Besi, you will follow the classic trail of the Manaslu Circuit Trek along the Budi Gandaki, passing through stunning villages, waterfalls, and enjoying magnificent mountain views amidst lush forests. Your accommodations will be in Jagat, Deng, Namarung, and Shayala, where the vibrant greenery and mountain vistas become increasingly clearer and more beautiful each day. Beyond Sama village, the landscape transforms into a dry, morainic, and rugged Himalayan terrain, yet the mountain views motivate the journey. Each village offers a unique impression. Hike to Pungen Gompa (4100m) for spectacular views of Manaslu, Nagi Chuli, Himal Chuli, and the Ganesh Himal range, along with glaciers and ancient monasteries set against stunning landscapes. Continue your hike to Manaslu Base Camp (4800m) for unparalleled views of the Himalayas, glaciers, and experience the challenging path of the Manaslu expedition.

Explore Birendra Lake, Sama Gaun, Samdo village, and Dharmasala before summiting Larke La Pass (5106m), one of the main highlights of the Manaslu Circuit Trek. This journey offers delightful views of the Manaslu ranges. After crossing Larke La, descend to Bhimthang with views of Pungkar Lake and the Annapurna ranges. Trek down through alpine forests to Surke Khola, Goa, and then to Dharapani, followed by a drive to Beshisahar and Kathmandu, marking the conclusion of the Manaslu Circuit Trek via Barpak. Book your Manaslu Circuit Trek with Sherpa Nomad Trek and enjoy an unparalleled package to this stunning region.

MANASLU CIRCUIT TREK VIA BARPAK VILLAGE COST

The cost of the Manaslu Circuit Trek through Barpak village starts at $1,600 and increases to $1,800 per person for the comfortable package. This 17-day package includes private transportation, a local expert guide, porter support, four-star accommodations in Kathmandu, mountain meals (breakfast, lunch, and dinner), permits, mountain lodging, premium services, Wi-Fi, hot showers, and three cups of tea or coffee daily. The Manaslu Circuit Trek package is comprehensive, covering all services from arrival to departure as outlined in the inclusions and exclusions section. The cost of the trek may vary based on group size, duration, services, and safety and security considerations. Booking with Sherpa Nomad Trek Pvt. Ltd ensures the best safety and security. Below is the cost

breakdown for the Manaslu Circuit Trek via Barpak based on the number of trekkers.

- Solo travelers can join the Manaslu Circuit Trek via Barpak for $1,800.
- For groups of 2-6 participants, the cost is $1,400 per person.
- For groups of 7-10 participants, the cost is $1,300 per person.

THE HIGHLIGHTS OF MANASLU BARPAK VILLAGE TREK

- Discover Kathmandu and Gorkha, cities rich in history and culture.
- Visit the villages of Barpak and Larpak to learn about the Gurung people, their culture, and the breathtaking landscapes and mountains.
- Trek along the Manaslu trail and the Budigandaki River valley.
- Investigate the diverse flora and fauna within the untouched Manaslu conservation areas.
- Experience one of Nepal's premier restricted treks, ideal for those seeking off-the-beaten-path adventures.
- Explore Tibetan villages, immersing yourself in their ancient culture, monasteries, and stunning mountain views.
- Take in the spectacular scenery, glaciers, Pungen Gompa, and impressive vistas of Manaslu, Nagi Chuli, Himalchuli, Ganesh Himal, and Chamar.
- Hike to the Manaslu base camp and relish the challenges of the trek.
- Reach the Larke La Pass at 5106m, the highest point of the Manaslu Circuit trek.
- The Manaslu Circuit trek wraps up in Dharapani.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **From Kathmandu to Barpak (1900m): 177km, 6-7 hours by jeep**

Day 3: **Trek from Barpak to Larpak (2300m): 5 hours**

Day 4: **Trek from Larpak to Khorla Beshi (970m): 6-7 hours**

Day 5: **Trek from Khorla Besi to Jagat (1410m): 6-7 hours**

Day 6: **Trek from Jagat to Deng (1860m): 6-7 hours**

Day 7: **Trek from Deng to Namrung (2630m): 6-7 hours**

Day 8: **Trek from Namrung to Shyala Village (3500m): 6-7 hours**

Day 9: **Trek from Shyala to Sama Gaun (3550m) via Pungen Gompa (4000m): 6 hours**

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Day 10: **Rest Day in Sama Gaun (3550m): Option for Manaslu Base Camp (4800m) hike: 6-7 hours**

Day 11: **Trek from Sama to Samdo Gaun (3800m): 3 hours**

Day 12: **Explore the Tibetan Boarder via Rui La Pass (5000m): Stay at Samdo Village: 6-7 hours**

Day 13: **Trek from Samdo to Dharmasala (4460m): 3-4 hours**

Day 14: **Trek from Dharmasala to Bhimthang (3700m) via Larke La (5106m): 7-8 hours**

Day 15: **Trek from Bhimthang to Tilche and Drive to Besisahar (700m): 7-8 hours**

Day 16: **Drive from Besisahar to Kathmandu (1350m): 5-6 hours**

Day 17: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights, 4-Star Hotel in Kathmandu, Ramada Encore
- Kathmandu to Barpak by Private Jeep
- 14 nights' Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Tsum Valley Special Permit, Manaslu Special Permit, ACAP, and Local regional Fees)
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Tilche to Kathmandu by Private Transportation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

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- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- All the personal Trekking Gears
- Extra day in the mountains: USD90 per person
- Extra day in Kathmandu: USD90 for single and 110$ for Double /Twin

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

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- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

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FREQUENTLY ASKED QUESTIONS

1. What is Manaslu Circuit Trek via Barpak Village?

The Manaslu Circuit Trek via Barpak is among the finest treks in the Manaslu region, providing an opportunity to discover the largest Gurung villages, Barpak and Larpak, alongside the renowned Manaslu Circuit Trek. This 17-day journey commences in Kathmandu, followed by a drive to Barpak, situated in the historical Gorkha district. The villages of Barpak and Larpak suffered significant damage from the devastating earthquake on April 25, 2015. Afterward, you will descend to Khorlabesi, where you will connect with the classic Manaslu Circuit Trek and continue along the path to Larke La at 5,106 meters. The trek concludes with a descent to Dharapani, followed by a drive back to Kathmandu, marking the end of the Manaslu Circuit Trek with unforgettable experiences. If you have 17 days to spare and seek cultural immersion, this route is the ideal choice in the often-overlooked yet diverse Manaslu trekking region.

2. How long does the Manaslu Circuit Trek with a Barpak Village visit take?

The Manaslu Circuit trek, which passes through the villages of Barpak and Larpak, typically takes a minimum of 16 days. However, if you prefer a slower pace with greater flexibility, you can extend your journey to 18 to 20 days. This trek showcases the breathtaking diversity of the Manaslu region, renowned as a premier trekking destination for its spectacular views, waterfalls, monasteries, glacial lakes, rich nature, vibrant culture, and stunning landscapes.

3. What can travelers explore in Barpak Village?

Barpak and Larpak are the most significant Gurung villages where you can experience the warm hospitality of the Gurung people. The Gurung are one of the 142 ethnic groups in Nepal; they have

rich traditions and follow both Buddhism and Hinduism. The main attractions of the village include monasteries and charming houses that were rebuilt after the devastating earthquake. Here, you can witness the harmony, tradition, culture, and the friendly, warm hospitality of the locals. You can also enjoy the breathtaking nature and mountain views along the stunning landscape. The people of this region depend on agriculture, animal husbandry, and the armed forces in Nepal and even abroad, such as in the UK, Hong Kong, Singapore, and the French police. It is truly worthwhile to visit Barpak and Larpak villages during the Manaslu Circuit trek.

4. How Do You Get to Barpak Village from Kathmandu?

To travel from Kathmandu to Barpak, you have two choices: a public bus or a private jeep. If you're seeking a budget-friendly option, the bus is preferable, although you shouldn't expect comfort; however, you will certainly experience the Nepali way of traveling. On the other hand, private transportation provides significant flexibility and comfort, making it the safest choice for your journey. The distance is 160 km, and the cost for a jeep is $180. If you're in a group of up to 5 people, you can share the cost; if you're traveling solo, you'll need to pay the full amount. The bus fare is $10 per person.

5. How difficult is the Manaslu Circuit Trek with Barpak Village?

The Manaslu Circuit Trek, which includes Barpak village, is a moderately difficult trek that features the world's eighth-highest peak, Mount Manaslu (8163m). This trek traverses various climates, diverse terrains, and the rugged trails of the High Himalayas. On some lower-elevation days, trekkers will need to cover distances of 20 to 23 km. To access the Manaslu Circuit trail at Khorlabesi, the path is quite steep and can be slippery. The segment from Dharmasala to Bhimthang is considered one of the most challenging parts of the trek, starting early at 4:30 AM. This section requires a 17 km walk that takes approximately 7 to 8 hours, navigating through

moraines and glaciers, which involves a difficult ascent to 5016m. The descent to Bhimthang is also challenging due to slippery conditions and rolling stones. Despite these difficulties, it is regarded as one of the most beautiful treks on the planet. Therefore, the Manaslu Circuit trek demands a reasonable level of fitness, physical endurance, and mental resilience. It is suitable for both novice and experienced trekkers alike.

6. What Permits Are Required for the Manaslu Circuit Trek?

The Manaslu Circuit Trek is the most closely monitored trekking route in Nepal and necessitates obtaining at least five different permits prior to embarking on the journey. These include the TIMS, Manaslu Conservation Area Permit, Annapurna Conservation Area Permit, local community permits, and the essential Restricted Areas Permit, all of which are mandatory for the Manaslu Circuit Trek. To acquire these permits, it is required to partner with a local company such as Sherpa Nomad Trek Pvt. Ltd., and having a local guide is also essential. Most of these permits are aimed at the preservation of natural and cultural resources, as well as the maintenance of the trekking trails.

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