Sherpa Nomad Trek
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Manaslu Circuit Trek via Serang Gompa - 17 Days

SERANG GOMPA MANASLU CIRCUIT TREK: 17 DAYS JOUNREY

The **Manaslu circuit trek** is one of the breathtaking off-the-beaten-path treks that offers an opportunity to discover the hidden beauty of the region, along with a detour to explore the cultural and natural significance of its monuments. This 17-day Manaslu circuit trek package allows you to visit the ancient Tibetan monastery known as Serang Gompa, where you can learn about Tibetan Buddhism, meditation, and the historical and cultural importance of Buddhism. Located in the remote Nubri region of the Manaslu Conservation Area, beneath the Shringi Himal and above the village of Bhi, Serang Gompa is one of the major monasteries in the area. It offers ritual activities alongside teachings for the monks. As a visitor, you can stay and observe the monks' daily activities, participate in meditation and puja, and experience the harmony between Buddhism, nature, and the mountains. Spend the night in the stunning valley before returning to the Manaslu circuit route, where you can meet fellow trekkers and follow the classic trail to Larke La Pass, where you will be rewarded with spectacular views of the majestic Himalayan peaks and landscapes.

Embark on a 17-day journey through the Manaslu Circuit, including an exploration of **Serang Gompa**, starting from Kathmandu. Enjoy a scenic drive to Machha Khola (900m), the beginning point of your trek. After spending a night there, prepare to delve into the heart of the Manaslu region. Experience the powerful roar of the Budi Gandaki River, the tranquil charm of Gurung villages, and the lush green valleys of both subtropical and subalpine landscapes as you make your way to Serang Gompa via Deng (1860m), Bhi, and Kwak villages. The trek involves a steady ascent to Serang Gompa from Bhi Village, an ancient Gurung settlement in Nepal. Serang Gompa, also known as Kyimolung, is a historic Tibetan monastery of the Nyingma tradition, often referred to as the 'land of happiness and heaven.' It serves as a school for monks, offering profound insights into

Buddhism, meditation, and puja, making it an ideal place to spend the night amidst nature and spirituality.

Continuing your journey, you will pass through **Ghap, Namrung, Sho, Lho, and Shyala**, where you can enjoy the alpine climate, unique vegetation, Tibetan villages, their culture, and the magnificent mountains. Explore the Pungen Gompa and Manaslu Base Camp before reaching Larke La Pass at 5106m. This journey reveals the pristine natural beauty and cultural diversity of the region. It also provides an opportunity to witness the breathtaking views of the Annapurna range without participating in the Annapurna Trek. Bhimthang, a stunning village, offers close views of the Manaslu range. The trek then descends to Dharapani through beautiful pine forests adorned with rhododendrons. The remarkable Manaslu Serang Gompa Trek concludes in Kathmandu after a scenic drive from Dharapani to Besishahar and finally back to Kathmandu.

THE COST OF MANASLU CIRCUIT TREK WITH SERANG GOMPA

The Manaslu Circuit Trek with the Serang Gompa Package starts at USD 1300 and can go up to USD 1800 per person. This is the luxury offering from Sherpa Nomad Trek for the Manaslu Circuit. The price may fluctuate based on factors such as service level, duration, group size, transportation mode, and more. This package represents the best luxury option for the Manaslu Circuit Trek, providing premium services at a competitive price. The package includes arrival and departure transfers, a four-star hotel stay in Kathmandu, top accommodations in the mountains, complimentary Wi-Fi, hot showers, all necessary permits, mountain meals, three cups of tea and coffee each day in the mountains, private transportation to all destinations, a local guide, and a porter for every two guests. Join Sherpa Nomad Trek Pvt. Ltd. for exceptional service, authenticity, safety, security, and impeccable hospitality—all at an affordable price. This is your opportunity to explore the Himalayas with outstanding local experts. The exact cost for the Manaslu Circuit with the Serang Gompa package varies according to group size as follows:

- For solo trekkers, the cost is USD 1800

- For groups of 2 to 6 people, the cost is USD 1400 per person
- For groups of 7 to 10 individuals, the cost is USD 1300 per person.

MANASLU CIRCUIT TREK VIA SERANG GOMPA HIGHLIGHTS

- Enjoy a scenic drive from Kathmandu to Machha Khola in a private jeep, with opportunities to stop for meals and photos along the way.
- Discover the lower Manaslu region, where you can see waterfalls, lush green valleys, rivers, Gurung villages, and the daily lives of local people.
- Stay at Serang Gompa and Tibetan Gompa, immersing yourself in the rich cultural and spiritual traditions of the Nyingma Tradition.
- Explore the diverse flora and fauna found in both the lower and upper Manaslu areas.
- Experience the breathtaking landscapes and the majestic Himalayan range, including Ganesh Himal and Manaslu.
- Engage with the local culture, characterized by friendly people, kindness, and inspiring scenery.
- Visit Tibetan villages and learn about their rich culture and monasteries.
- Hike to Pungen Gompa for stunning views of Manaslu (8163m), Nadi Chuli (7871m), Himachuli (7893m), Chara Peak, Buddha, Gorkha Himal, Nike Peak, and more.
- Trek to Manaslu Base Camp (4800m), a premier hiking destination known for its mountain views, glaciers, and Birendra Lake.
- Cross Larke La Pass (5106m), a spectacular high pass that offers thrilling views of mountains and glaciers, and witness the Annapurna and Manaslu ranges after the pass.
- Traverse through rhododendron and pine forests while enjoying the sights of Manaslu Mountain.

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DETAILED ITINERARY

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

Day 2: **From Kathmandu to Machhe Khola (930m): 180 km, 6-7 hours by jeep**

Day 3: **Trek from Machhe Khola to Jaget (1410m): 6-7 hours**

Day 4: **Trek from Jagat to Deng (1860m): 6-7 hours**

Day 5: **Trek from Deng to Kwak Village (3000m): 5-6 hours**

Day 6: **Trek from Kwak Village to Serang Gompa (3100m): 5-6 hours**

Day 7: **Trek from Serang Gompa to Ghap Village (2500m): 6-7 hours**

Day 8: **Trek from Ghap Village to Lho Village (3180m): 6-7 hours**

Day 9: **Trek from Lho Village to Sama Gaun (3550m) via Pungen Gompa (4000m): 6-7 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: **Tibetan Boarder exploration 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 Pass (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 Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 13 nights Mountain Accommodation in the best Lodge during the Trek
- One Night stay at Specious Serang Gompa- $40 per person per night
- 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, 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

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PRICE EXCLUDES

- 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: USD 90 for single and USD 110 for double/Twin Rooms per room.

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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

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- Sun hat or cap, & Warm beanie
- 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)/Thermos
- 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

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- Power bank (10,000–20,000 mAh)
- 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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