



Four Pass Trek



Introduction

An ideal trek for those who want to discover a hidden valley and trek off the beaten trail. Challenging high passes mean that you do need to be fit. A fantastic experience in a natural and unexplored part of Nepal positioned in the remote corner of the Annapurna region. The trek begins from Besisahar. The Nar and Phu Valleys only opened for visitors in 2002. This is exotic terrain that offers medieval Tibetan culture in a pristine and almost untouched form. There are some spectacular mountain views and great alpine scenery, Tilicho lake and the surrounding geography near the end of the trek only helps to make this trek more amazing for those adventurers who are in search of a real Shangri-La. The trail passes through the Challenging high passes, Kangla pass (5322m) and Tilicho Pass or Mesokanto La pass (5360m) both offer fantastic views of the Annapurna massif, Lamjung Himal, Manaslu Himal, the Dhaulagiri range and Tilicho peak. After travelling through the unique Nar Phu valley, we return to Manang, a beautiful village on the Annapurna trail, then continue the trek to Tilicho Lake, the highest lake in the world, followed by the onward trekking to Eastern pass and Mesokanto La before reaching Jomsom.

Mt. Manaslu (8163m) is the 8th highest peak in the world and is a well-loved and most delightful trekking route, providing with pristine mountain views, rich culture and genuine adventure sum up the trek experience. The name Manaslu means "The Spirit-Mountain" in the local tongue, referring to the benevolent and strong deity. This region of Nepal sees few trekkers, which makes a visit here more exclusive and unspoiled. Manaslu trekking has been open since 1991; it provides spectacular beauty along the border of Nepal and Tibet. Mt. Manaslu is located east of the Annapurna range. We can extend this trek with Tsum Valley trek. Manaslu incomparable beauty and rich blend of Tibetan and Nepalese culture

offer a true adventure for visitors to Nepal. Here you will find the mountains and valleys covered with diverse and pristine ecosystems. Fantastic Mountain views, rich culture. Manaslu Larkya La Pass Circuit part of trekking area is known as part of really Nepalese lifestyle and their way of living. Manaslu Larkya La Pass Trek becomes attraction these days for the trekkers. Many trekkers would like to trek this part. These days, tea house has been building. You can do camping trek as well as tea house trek. If you do tea house trekking, there is simple accommodation and foods are Nepalese dishes. The Manaslu Larkya La Pass Circuit Trek offers a perfect combination of rich culture heritage, unsurpassed Himalayan beauty, and a rich mountain biological diversity. Manaslu Larkya La pass Circuit trekking is adventure trek and requires a good experience of trekking and a good physical condition. The trek ascends follow Buri Gandaki River to Larkya La Pass 5135m with attractive views of Himalchuli (7893m.), Manaslu 8163 m, Ganesh Himal, Ngadi Chuli (7879m) or (peak 29) and other mountains, beautiful varied landscape and different flora and fauna.

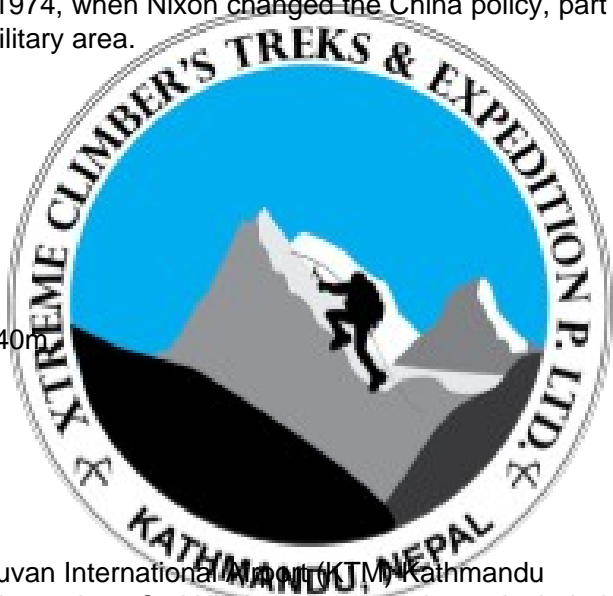
Mesokanto La pass alternative route of the Thorong La Pass trek. It is unique and wilderness trekking trail from Manang village to Jomsom in Annapurna region trek. The trails pass through the famous lake Tilicho which is highest point lake in the world altitude 4920 meters high. Tilicho pass is also known as Mesokanto la pass 5360 meter. which offer beautiful Himalayan views of Mount Manaslu 8163 m, Mount Dhaulagiri 8167m, Mount Annapurna I. 8091m & other 19 snow capped mountains of Annapurna region.

This trek is an exciting and beautiful route, is very technical, particularly the downhill section from the Mesokanto-La pass, and we do not recommend it for beginners, but with views of peaks at over 8000 meters and a variety of landscapes, plants and animals, it is well worth the effort.). It was for long almost totally closed save for a few climbers and expeditions, and since 1974, when Nixon changed the China policy, part of the area above Thini on the Jomsom side became a totally off-limits military area.

Facts

Highlights

- Larkey Pass 5135m
- Khang La Pass 5306m
- Eastern Pass 5164 m
- Mesokanto La pass 5340m
- Manaslu
- Nar-Phu Valley
- Tilicho Lake Manang



Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (TIA) Kathmandu
- **Day 2 :** Drive from Kathmandu to Soti Khola 7,10m. 8 - 9 hours Included meals:Breakfast Lunch Dinner
- **Day 3 :** Soti Khola to Maccha Khola 900m. 6 - 7 hours Included meals:Breakfast Lunch Dinner
- **Day 4 :** Machha Khola to Jagat 1,410m. 6 -7 hours Included meals:Breakfast Lunch Dinner
- **Day 5 :** Jagat to Deng 1,804m. 6-7 hours Included meals:Breakfast Lunch Dinner
- **Day 6 :** Deng to Namrung 2,630m. 6 - 7 hours Included meals:Breakfast Lunch Dinner
- **Day 7 :** Namrung to Samagaon 3,530m. 6-7 hours Included meals:Breakfast Lunch Dinner
- **Day 8 :** Samagaon to Pungyen gompa return to Samagaon: 6 - 7 hours exploration Included meals:Breakfast Lunch Dinner
- **Day 9 :** Samagaon to Samdo 3,860m. 4 - 5 hours Included meals:Breakfast Lunch Dinner
- **Day 10 :** Rest Day in Samdo Included meals:Breakfast Lunch Dinner
- **Day 11 :** Samdo to Dharamsala/Larkya B. C. 4,460m. 4 - 5 hours Included meals:Breakfast Lunch Dinner
- **Day 12 :** Dharamsala to Larkya la 5,160m. to Bhimtang 3,720m. 8 - 9 hours Included meals:Breakfast Lunch Dinner
- **Day 13 :** Bhimtang to Gho 2,560m. Included meals:Breakfast Lunch Dinner
- **Day 14 :** Gho to Dharapani 1,920m. Included meals:Breakfast Lunch Dinner
- **Day 15 :** Trek to Dharmashala 3,230m 8-9 hours. Included meals:Breakfast Lunch Dinner
- **Day 16 :** Trek to Kayang 3,820m 8 hours. Included meals:Breakfast Lunch Dinner
- **Day 17 :** Trek to Phu 4,200m 5 hours. Included meals:Breakfast Lunch Dinner
- **Day 18 :** Trek to Naar 4,110m 5 hours. Included meals:Breakfast Lunch Dinner
- **Day 19 :** Trek to Kang La Phedi 4,530m 2-3 hours. Included meals:Breakfast Lunch Dinner
- **Day 20 :** Trek towards the Kang La pass. Included meals:Breakfast Lunch Dinner
- **Day 21 :** Trek to Manang 3,540m. Included meals:Breakfast Lunch Dinner

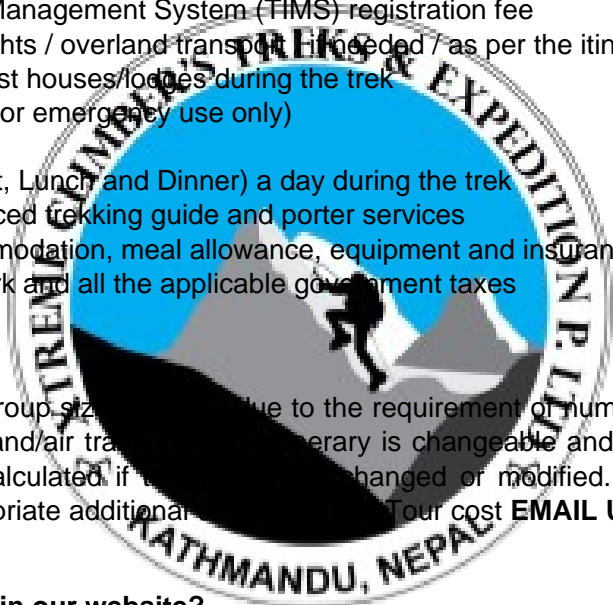
- **Day 22** : Manang Rest and Relax. Included meals:Breakfast Lunch Dinner
- **Day 23** : Trek to Tilicho Base Camp 4,200m. Included meals:Breakfast Lunch Dinner
- **Day 24** : Trek to Kaisang Kharka (4,000m) via Tilicho Lake 4919m, Eastern Pass 5340m and Mesokanto La Pass 5164m. Included meals:Breakfast Lunch Dinner
- **Day 25** : Trek to Jomsom 2,700m. Included meals:Breakfast Lunch Dinner
- **Day 26** : Flight to Pokhara, rest and explore around. Included meals:Breakfast
- **Day 27** : Flight back to KTM and transfer to Hotel. Included meals:Breakfast/Dinner
- **Day 28** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport pick-up on arrival and drop-off on departure
- Accommodation in Kathmandu on bed and breakfast basis as per the itinerary
- City tour in Kathmandu with guide by private car/van as per group size.
- Entire necessary National Park Trekking/Entry Permit Nar-Phu restricted area special permit
- Trekkers' Information Management System (TIMS) registration fee
- Round trip / internal flights / overland transport if needed / as per the itinerary
- Accommodation in guest houses/loftes during the trek
- Thuraya SAT Phone (For emergency use only)
- Radio Walki Talki
- Three meals (Breakfast, Lunch and Dinner) a day during the trek
- Qualified and experienced trekking guide and porter services
- Transportation, accommodation, meal allowance, equipment and insurance for trekking staff
- All the official paperwork and all the applicable government taxes



Cost and payment details

The cost is depending on group size, due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. Itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated, if itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full

board or base camp service) which directly affects the expedition cost.

4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [Whatsapp](#) or login to [Facebook](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee
- International airfare
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Personal climbing equipment
- Optional trips and sightseeing if extended
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guides and porters

