

**Address : Garden of Dreams Kathmandu Nepal**  
**Email : [info@alpinistclub.com](mailto:info@alpinistclub.com),[Subash2014grg@gmail.com](mailto:Subash2014grg@gmail.com)**

## **Manaslu Trek and Serenity of Serang Gumba**



The Manaslu trek with Serang Gumba offers breathtaking mountain vistas and rich cultural experiences. Highlights include the stunning views from Pungyen Monastery and the significant Buddhist landmark Serang Gumba

Experience the breathtaking Manaslu trek with Serang and Pungyen Monastery, renowned for its stunning mountain vistas, rich cultural encounters, and spiritual awakening. This trek showcases diverse landscapes, from lush green forests to high mountain terrains, including Mt. Manaslu and Sringi Himal views. The Budhi Gandaki River's gorges and valleys add to the scenic beauty.

## **Trekking Experience and Scenic Beauty**

The Trekking to Serang and Pungyen Gumba is an adventure in itself. Trekkers will traverse diverse landscapes, from lush forests to rugged mountain trails. The trek provides an opportunity to witness the region's rich biodiversity, including various species of flora and fauna. The panoramic views from Serang and Pungyen Gumba are truly awe-inspiring, offering a unique perspective of

the Manaslu and Himalchuli ranges.

## **Serang Gumba in Kutang valley**

Serang Gumba, prophesied by Guru Padma Sambhava in the 8th century as a Beyul – Hidden Sacred Land, is the heart of Kyimolung, known as the "Happy Valley" or "Valley of Peace." This sacred pilgrimage site is nestled in northern Gorkha, surrounded by Buddha Himal, Himalchuli, Ganesh Himal, and Shringi Himal.

## **Pungyen Gumba in Nubri valley**

Pungyen Gumba, also known as Pungyen Monastery, is a hidden gem located in the Manaslu region of Nepal. Situated at an elevation of approximately 4,000 meters, this remote and serene monastery offers breathtaking views of the surrounding Himalayan peaks, including the majestic Himalchuli and Manaslu ranges.

Pungyen Gumba can be accessed as part of the Manaslu Circuit Trek, one of Nepal's most rewarding trekking routes. The monastery is near Shyala and Sama village, the trek's highest point at 5,160 meters. The journey typically begins with a drive from Kathmandu to Manbu village, followed by several days of trekking through the beautiful and varied terrain of the Manaslu region.

## **Historical and Cultural Significance**

Both Serang and Pungyen Gumba holds great spiritual importance for the local Tibetan Buddhist community. The monastery serves as a center for meditation, prayer, and religious ceremonies. It is a place of deep tranquility and spiritual awakening, attracting pilgrims and trekkers seeking a peaceful retreat amidst the stunning natural beauty of the Himalayas.

## **Trekking Route for Serang and Pungyen Monastery**

The trek ranges from 600m to 5160m in elevation and is ideal for those seeking an off-the-beaten-path, physically challenging, and spiritually enriching adventure. As a restricted area, a licensed guide is mandatory. The route, part of the Great Himalayan Trail, can be completed in 21 days, staying in local teahouses.

Our Route Starting from Soti Khola after a drive from Kathmandu, the trek follows the Budhi Gandaki River, passing through areas with strong Tibetan influence. The highest point is the Larkya Pass at 5160m, offering spectacular views of Himlung, Cheo Himal, Larke Peak, Annapurna II, and Mt. Manaslu.

Descend through the alpine valley at Bhimthang, following the Dudh Khola to join the classic Annapurna circuit at Dharapani. The trek concludes at Besisahar, with transport options back to Kathmandu. This trek offers panoramic mountain views, rich biodiversity, and the chance to see wildlife like snow leopards and blue sheep. Our affordable packages include experienced guides and porters, ensuring a memorable trek. Allow 21 days from arrival to departure from Kathmandu

for this incredible journey.

## Highlight

- Tibetan populations and monasteries
- At the foot of Manaslu Himal 8160m
- A route still little frequented
- Possibility to continue with the tour of Manaslu
- Maximum altitude 5,100m larkya pass

## Trip Itinerary

### DAY 1: ARRIVE IN KATHMANDU

Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Final altitude: approximately 1350 m

Meals: Dinner

Accommodation: night in the hotel

### DAY 2: PREPARE FOR TREKKING AND EXPLORE KATHMANDU VALLEY (1350M)

Have breakfast and then you have the whole day to explore the best Kathmandu Sightseeing spots with your guide. You can visit and explore one of the most famous Shiva temples, Pashupatinath, recognized as the monkey temple; Swyambhunath, the largest Stupa in the world, also called Boudhanath Stupa; and finally the Royal Palace, Kathmandu Durbar Square. The next day, you will begin your trek on the Annapurna Circuit, so you have to check your equipment to make sure that you are ready for your adventure and climb. Have dinner and stay overnight in the same hotel in Kathmandu

Day tour

Final altitude: approximately 13,50 m

Meals: Breakfast

Accommodation: night in the hotel

### **DAY 3: KATHMANDU — ARUGHAT — MANBU VILLAGE (1300M)**

We leave by bus in the direction of Arughat- manbu. The road offers great views of the Trisuli River Valley, but shortly after the road turns away from it, we turn north through beautiful tropical scenery. At Arughat Bazaar we change vehicles. We go up the course of the Budhi Gandaki, through fields and rice paddies, to Manbhu, passing through the villages of Arkhet, Almara Lapubesi, and machhakhola.

Drive in a private vehicle

Final altitude:1300m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

### **DAY 4: TREKKING FROM MANBU-YARSA TO KASHI GAU (2000M)**

In the early morning, after enjoying a hearty breakfast, we will begin our trek by walking along an uphill road, passing through the scenic Dhunchet village. As we continue our journey, we will cross a river using a suspension bridge, and then start a gradual ascent that will take us approximately 2 hours until we finally reach the charming Yarsa village.

6 hrs of walking

Final altitude:930m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

### **DAY 5: TREKKING FORM KASHI GAU- KERAUJA TO RUNCHET (1900m)**

In the early morning delightful breakfast to energize ourselves for the day ahead. Our trek commences as we walk along an uphill road, passing through the picturesque Kashi Gau village, surrounded by its serene beauty. Crossing a river via a suspension bridge, we continue on our path and eventually arrive at the enchanting Kaerauja village. Here, we are greeted with breathtaking views of majestic mountains, including the awe-inspiring Ganesh Hilar and Buddha Himal. As we proceed further, the trail involves some ascent, offering us an opportunity to immerse ourselves in the tranquility of the surrounding landscape. For the next 2 hours, we walk along an uphill road, relishing the natural beauty and soaking in the essence of this scenic region. Finally, our journey brings us to the Runchet village, where we can enjoy a well-deserved rest and embrace the warm hospitality of the gurung locals.

7hrs of walking

Final altitude:1900m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

## **DAY 6: TREKKING FORM RUNCHET - JAGAT VILLAGE (1500M)**

In the early morning, we enjoy a hearty breakfast before embarking on our trek along the scenic trail, passing through the charming Hulchowk village. We take a break for lunch, and then we descend to Dova. Continuing on, we gradually ascend and cross a river using a suspension bridge, leading us to the breathtaking Jagat village. Here, we are treated to stunning mountain views, including the majestic Ganesh Himal and shiringi Himal. Notably, Jagat serves as a checkpoint for obtaining a special permit, allowing us to explore restricted areas safely.

6hrs of walking

Final altitude:1500m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

## **DAY 7: TREKKING FROM JAGAT TO DENG(1850M)**

We begin our trek by walking along a stone path, crossing a river, and passing through the scenic Salleri village. Continuing on, we reach Sirdibas and then Philim village. After a rewarding morning of trekking, we stop for a well-deserved lunch break in Chisopani village. Our journey continues as we cross a long waterfall, and eventually, we arrive at Nyak Phedi. Continuing onward, we reach Pewa village and finally make our way to Deng, marking another milestone in our unforgettable trekking experience.

7hrs of walking

Final altitude:1350m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

## **DAY 8: TREKKING FORM DENG TO BHI VILLAGE (2200M)**

As we trek through the area, we come across several "Tibetan" villages, each with engraved stone walls and prayer wheels, showing us how their culture differs. The path can be a bit challenging at times due to rockslides. We also walk through a lush and damp forest where

we might spot some monkeys, who are friendly and not aggressive. Before we reach the village of Rana and bhi vilage, we encounter a steep uphill climb. Bhi village is a lovely and traditional village with a unique stove right in the middle of the main street, and we can see local women busy weaving on their looms.

6hrs of walking

Final Altitude:2200m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

## **DAY 9: TREKKING FROM BHI TO SERANG GUMPA**

Manaslu trek with Serang Gumba offers sensational mountain vistas, rich culture, and spiritual awakening. The trek showcases diverse landscapes, from lush green forests to flowering rhododendrons. The Budhi Gandaki River flows through gorges and valleys. Serang Gumba, known as Kyimolung, is a powerful Buddhist site, considered a Beyul or Hidden Sacred Land, offering spiritual realization and stunning mountain views. Located in northern Gorkha, it is nestled between Buddha Himal, Himalchuli, Ganesh Himal, Mt. Manaslu, and Shringi Himal.

6hrs of walking

Final Altitude:

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

## **DAY 10: EXPLORE / REST DAY IN SARANG GUMPA**

Manaslu trek with Serang Gumba offers sensational mountain vistas, rich culture, and spiritual awakening. The trek showcases diverse landscapes, from lush green forests to flowering rhododendrons. The Budhi Gandaki River flows through gorges and valleys. Serang Gumba, known as Kyimolung, is a powerful Buddhist site, considered a Beyul or Hidden Sacred Land, offering spiritual realization and stunning mountain views. Located in northern Gorkha, it is nestled between Buddha Himal, Himalchuli, Ganesh Himal, Mt. Manaslu, and Shringi Himal.

## **DAY 11: TREKKING FORM SARANG TO GHAP VILLAGE (2200M)**

follow the same route to bhi village. after bhi we cross the bridge and slight ascent to a ghap village

4 hours of walking

Final altitude: approximately 2700m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

## **DAY 12: TREKKING FROM GHATO LHO VILLAGE (3200M)**

The path can be a bit tricky as we ascend to the small villages of Gapshe. We cross through a humid forest where we might spot some monkeys, but they are not aggressive. Before reaching the village of Namrung, we face a steep climb. Namrung is a beautiful typical village with a unique stove in the middle of the main street, and we can see women working on their looms. We pass through superbly cultivated plateaus and various villages like Baksan, Lihi, and Wangsang. As we walk against the backdrop of Manaslu, the scenery is strikingly picturesque, with the mountain standing out immaculately against the colorful fields. We reach Shyo, offering us splendid views of the Ganesh Himal and the Himal Chuli. Along the way, we encounter a series of beautiful chortens and mani walls. Reach in Lho we take the opportunity to visit the village, its school, and its small monastery.

7hrs of walking

Final altitude: approximately 3200m

Meals: breakfast – lunch – dinner

Accommodation: night in the lodge

## **DAY 13: TREKKING FORM LHO- SHYALA - PUNGYAN (3870M) TO SAMA GAU (3500M)**

We also have a beautiful view of the Manaslu Himal. We visit Lho Monastery before continuing to Shyala. From Shyala we head towards Sama then we branch off towards the old monastery of Pung Gyan at 3,870 meters above sea level. This stage is a little-used variant of the Manaslu tour and allows us to perfect our acclimatization. We are in a wild environment between a rock and grassy plateaus. The panorama is exceptional and we admire the Manaslu which is getting closer to us every day. We are not far from the glaciers and the chortens and mani walls remind us of a human presence from a not-so-distant time. We retrace our steps to take the "classic" path and go to the village of Sama.

7hrs of walking

Final altitude: approximately 3500m

Meals: breakfast – lunch – dinner

Accommodation: night in the lodge

## **DAY 14: SAMAGAON (MANASLU BASE CAMP OPTION)**

Acclimatization day. We visit the superb Tibetan village of Samagaon, the monastery, and the cells of the nuns, we make a short detour to Lake Birendra Kund (3,570 m) located at the foot of Manaslu. For the fittest and best acclimatization, it is possible to climb to the base camp of Manaslu at 4,850 meters (+1,350 m, -1,350 m, and about 10 hours of walking), for this, you will have to leave very early in the morning and plan a picnic.

7 hours of walking

Final altitude: 4800m base camp

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

## **DAY 15: TREKKING FROM SAMA TO SAMDO (3800M)**

We continue our progress towards the long Mani wall of Kermo Manan and the village of Samdo (3,800 m) located very close to the Tibetan border, not far from the confluence of the Sama Chu with the Budhi Gandaki, and which is home to a community of Tibetan refugees. A caravan trail joins Tibet by the Lajyung Pass (5,096 m).

7 hours of walking

Final altitude: approximately 3,980m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

## **DAY 16: TREKKING FROM SAMDO TO DHARMASALA (4470M)**

Altitude acclimatization day. It is possible to discover the surroundings of Samdo before continuing our progress toward Dharamsala. A stone hut only. The highest camp of the trip, the night will be cold.

4hours of walking

Final altitude: approximately 4470m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

## **DAY 17: TREKKING FORM DHARAMSALA — LARKYA LA (5,150 M) — BHIMTANG (3700M)**



Departure early in the morning, going up the course of the Larke Khola. The progression is easy at first, then becomes much steeper at the end of the ascent of the Larkya pass, the altitude of which varies quite significantly depending on the sources, from 4,910 m to 5,220 m. In any case, we have a great view of Tibet border peaks such as Cheo (6,812m), Nemjung (7,140m) and Himlung (7,126m), as well as Kang Guru (7,010m), Gyaji Kang (7,036 m) and even Annapurna II (7,937 m). On the other side of the pass, we often descend on snow, then scree, to reach the glacial valley of Bimtang, from where we can see the west face of Manaslu.

9 hours of walking

Final altitude: approximately 3,700m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

### **DAY 18: TREKKING FROM BHIMTANG TO SUKI KHOLA (2700M)**

we descend the valley of the Dudh Khola River to the wooded with rhododendrons and conifers forest to arrive at the surki Khola. We still cross mountain pasture hamle4hours of walking

4 hours of walking

Final altitude: approximately 2700m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

### **DAY 19: TREKKING FROM SURKI TO NACHE VILLAEG (2300M)**

After enjoying an early breakfast, we will begin our trek by walking towards Tiliche village. We'll cross the Dhukh Khola and venture into the lush forest. Along the way, we'll visit a small monastery. Continuing on the forest trail, we'll come across a suspension bridge that we'll cross. Following that, we'll ascend about 200 meters, leading us to the charming Nach village.

6 hours of walking

Final altitude: approximately 2400m

Meals: breakfast – lunch – dinner

Accommodation: night in the Tea house

### **DAY 20: DRIVE FROM NACHE -BESHISHAR TO KATHMANDU**

After a private jeep drive to Besisahar, we will change vehicles to continue our journey to Kathmandu.

7-8 hours of walking

Meals: breakfast – lunch

Accommodation: night in the Tea house

## **DAY 21: FINAL DEPARTURE TO INTERNATIONAL AIRPORT**

free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels.

### **Your personal trekking gear**

- woolen hat
- fleece hat
- T-shirt
- Thermal full t-shirt (base layer)
- Fleece jacket
- Down jacket
- light insulating wear (mid-layer)
- Gore-Tex jacket
- Thermal Trouser (base layer)
- Trekking trousers (flexible )
- down pant
- Gore-Tex pants
- Gore-Tex gloves
- thin/warm gloves
- Rain punch
- woolen shock (thick)
- sandal
- camp shoes (sports shoes)
- Trekking boot
- sun /glacier glass (uv protection)
- snow gaiter (also buy in Nepal )
- sleeping bags or liners (if possible )
- personal first aid

- pocket knife
- washing soap, towel, tooth pest/ brush
- sun lotion enough +30 /50 & lip guard
- Trekking poles (u can buy in Nepal as well)
- headlights, water bottles, Thermos
- books, a camera, playing card

## Included

- **AIRPORT PICK-UP & DROP** : Airport - Hotel transfer – Airport (Pick Up and Drop).
- **ACCOMMODATION IN KATHMANDU** : 3 nights sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis.
- **WELCOME DINNER** : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- **PERMITS** : All necessary paper works: Trekking Permit including MCAP and special permit, TIMS Card & conservation entry fee.
- **SPECIAL PERMIT: Manaslu valley** restricted permit
- **STAFF INSURANCE** : Insurance for all involved Nepalese staff during the trek.
- **MAP** : Manaslu Region Trekking map.
- **MEMBER TRANSPORTATION** : Land Transportation: Kathmandu – machha khola and while returning Dharapani - Kathmandu (by reserved Jeep/bus, as per itinerary)
- **MEMBER LUGGAGE** : Up to 15 Kg per member for personal baggage during the trek carried by porters.
- **FOODS & LODGING** : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- **GUIDE** : Government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **PORTER** : Porters (2 trekkers: 1 porter) during the trek.
- **STAFF SALARY & ALLOWANCE** : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- **MEDICAL KIT** : Comprehensive Medical kit.

## Excluded

- **INTERNATIONAL AIRFARE** : International flight airfare (from and to Kathmandu).
- **NEPAL VISA FEES** : Nepal Visa fee is US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100)).
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu & Pokhara (also in case of early return from Trekking than the scheduled itinerary).

- **EXTRA NIGHTS IN KATHMANDU & POKHARA** : Extra nights' accommodation in Kathmandu & Pokhara. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **INSURANCE** : Travel and high altitude insurance, accident, medical & emergency evacuation.
- **PERSONAL EXPENSES**: Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- **PERSONAL EQUIPMENT**: Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- **TOILETRIES**: Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **FILMING**: Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE**: Internet facilities during the trek is not included.
- **TIPS**: Tips for Guide, porters, and staff.
- **EXTRA**: Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

**Notes: Costs may be prone to change in itinerary. So costs will be recalculated if the trekking/tour days get modified.**

Note: For unforeseeable reasons at this stage of climatic hazards, form or deformity of the participants or others (state of the roads, traffic, case of force majeure . your guide or guide may have to adapt the program, if necessary for the smooth running of your trip. He remains the sole judge and guarantor of your safety. Walking times are given as an indication and may vary from one participant to another.

## Trip Features

Duration	Grading	Group Size	Transport
22	moderate	7	private vehicle

Food	Accommodation	Activities	Trip Price
Breakfast - Lunch - Dinner	Hotel - Tea house- Tent	Trekking	2100 / Per Person

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## **Price From**

**2100 \$ USD / 1 Person**

**1775 \$ USD / 2 Person**

**1555 \$ USD / From 4 to 8 people**

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THANK YOU

Our staffs are always on hand to accept reservations and handle any last-minute modifications. Please get in touch with us if you have any queries regarding our services, costs, or bookings.

Contact No. +977 9843603583 || Email : [info@alpinistclub.com](mailto:info@alpinistclub.com), [Subash2014grg@gmail.com](mailto:Subash2014grg@gmail.com)