

Langtang trek

Overview:

The Langtang Valley has long been a favorite trek due to its expansive views, interesting Tamang culture, relatively gentle pace and accessibility from Kathmandu. This trek in Langtang valley is ideal for people looking to trek in a peaceful environment. The Langtang region is dominated by the Tibetan-influenced Tamang people and also a few Sherpas. You will therefore get the chance to feel and experience Tibetan cultures and rituals.

Our Langtang valley trek offers a variety of superb views of Himalayan peaks with dense alpine forests, numerous birds, thundering rivers and isolated villages. The Langtang Village Trek also offers the pristine hiking trails, the green vegetation, the untouched nature, the picturesque landscape, the sacred lakes, the glaciers and the breathtaking view of the Ganesh Himal Range and the Manaslu Range including the mountains or peaks: Langtang Lirung (7,246 m), Naya Kanga (5,846 m), Yal Peak (5,700 m), Dorje Lakpa (6,966 m) etc. In Langtang Village Trek we cross the different villages: Thulo Syabru, Bamboo, Lama Hotel and finally the largest human settlement in this region Langtang Village (3,541 m) to the last human settlement in this region: Kyanjin Gompa. During the hike we climb through dense forests of rhododendron, bamboo and oak trees and enjoy the quiet surroundings, the lush green vegetation, the twittering of the birds, the flora fauna and even the animal world. The Kyanjin Gompa is majestically located at the foot of Langtang Lirung, which is known as a destination for exploration and acclimatization. During the acclimatization in Kyanjin Gompa we explore the Langsisa yak pasture, the Yala cheese dairy and climb the Tsergo Ri (5,050 m). Tsergo Ri is the best vantage point from which we can see the untouched landscape, the panoramic landscape and the shiny massif or the mountains. From Kyanjin Gompa we drive the previous paths back to Syabrubesi to make the last trip to Kathmandu. Langtang trek is also known among families for comfortable adventures. Tea-houses at the Langtang trek are simpler compared with the popular Annapurna and Everest region though they are fine and will give you a comfortable sleep and some fine food.

Quick facts:

Destinations: Syabru Besi – Bhot Koshi – Langtang Village – Kyanjin Gompa

Duration: 10 days / 9 nights

Hiking Starting point: Syabru Besi

Hiking Ending point: Syabru Besi

Grade: Easy/Moderate

Transportation: tourist coach

Accommodation: tea house, tourist standard hotel

Max altitude: 3800 m

Activities: Hiking & trekking, cultural tour, Sightseeing

Cost: USD 800 per Person

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- 3 Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

➤ **Day 1: Arrive at Kathmandu (1400 m) / Meet & Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight at Hotel.

➤ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in hotel.

Our guide will meet you in your hotel and brief you about the upcoming trekking. He will guide you through all the formalities and necessary paper-works required for the trekking.

After that, we then do a Sightseeing in Kathmandu valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world; Swayambhunath, a famous monkey temple and Pashupatinath, a sacred Hindu temple complex. Apart from Sightseeing, we also get TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trekking.

Overnight at Hotel.

➤ **Day 3: Drive from Kathmandu to Sherpagaun (2,563 m)**

Drive through Trishuli Bazaar, Dhunche, and Syabrubesi before continuing to the peaceful Tamang village of Sherpagaun. Enjoy panoramic views of hills, rivers, and traditional mountain settlements Overnight at Guesthouse.

➤ **Day 4: Trek to Ghodabela (3,030 m) 5 hours**

Follow forest trails through rhododendron, bamboo, and pine before joining the main Langtang Valley route and reaching Ghodabela. the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail gradually ascends up to Bamboo passing through Landslide. Afterwards, your trek ascends gently to Rimche (2400 m) through Bamboo (1960 m) which lies at the bank of Langtang Khola. You can have lunch at this place if you like and at the end your trail is level to the Lama Hotel. On the route you could see red pandas, monkeys and bears if you are lucky.

➤ **Day 5: Trek to Langtang Village (3307 m): 5 hours**

From lama hotel, we continue gently ascending above the Langtang Khola. As the trail progresses, it becomes steeper. From time and again we can have the most exotic sights of Langtang Lirung lying at 7246 meters. The trail leads to a log bridge and on climbing further, we come across lush meadows of Ghora Tabela at 2992 m. We will see several lodges and a police check post. Further on, the route opens up into a wide valley of yak pastures and scattered Tamang villages showcasing water-driven mills and prayer wheels. On descending for a while, we arrive at Langtang village after crossing a stream and reaching to the height 3430 meters. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan style houses, hotels and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley etc.

Overnight at Guesthouse.

➤ **Day 6: Trek to Kyanjin Gomba (3798 m): 4 hours**

The trail skirts gradually through rich yak pastures and interesting traditional villages of Muna to Singdun. We cross a wooden cantilever bridge and reach a wide valley after climbing a moraine. Finally, on ascending along the mountain passes we arrive at Kyagjin Gomba. There is a small monastery and a government-operated cheese factory.

Overnight at Guesthouse.

➤ **Day 7: Trek to Lama Hotel (2500 m): 6 hours**

Morning visit around Kyangjin Gomba and afternoon return Lama Hotel, we take a route back to Lama Hotel following trail of we retrace our route, following the Langtang Khola to Langtang village and on to Ghora Tabela. We stop briefly for lunch and thereafter continue the steep descent to Lama Hotel.

Overnight at Guesthouse.

➤ **Day 8: Trek to Syabru Besi**

We hike back to Syabru Besi from Lama Hotel. We can walk along the rising and falling path leading to the village which provides us the opportunity to get a closer look at customs and culture of Tamang ethnic group.

Overnight at teahouse.

➤ **Day 9: Syabru Besi to Kathmandu**

After a delicious breakfast we drive back to Kathmandu, through the narrow ridges and the dusty road, the dense forest, the rustic village and the terraced farmland. The trip gives us the opportunity to enjoy the quiet surroundings, the green vegetation and the picturesque mountain ranges. After 8 – 9 hours of driving we reach Kathmandu in the late afternoon. Enjoy the evening or night life in the capital or rest and check your luggage for tomorrow's departure.

Overnight at Hotel.

➤ **Day 10: Farewell and Final departure**

After breakfast a staff member will pick you up from the hotel and transfers you to the airport for the final departure. We wish you a pleasant and safe flight back home and hope to see you soon again.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 - 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel and rescue insurance (Essential: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get a Visa upon arrival at the Airport)
- ☒ Domestic Flight
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.