Langtang Valley Trek

Trip Facts

Duration: 11 days
Trekking Destination: Langtang
Maximum Altitude: 3870 M
Group Size: 2 People Or Above
Transportation: Driving
Mode Of Trekking Tour: Hotel/Tea House
Trekking Hour: Approx 5-8 Hrs
Best Season: March/April/May/Sept/Oct/Nov

Langtang Region is only a few hours drive from Kathmandu. Despite being so close to Kathmandu it is as wild as any Tibetan highlands with rural landscape. It is one of the most popular trekking regions for those wishing a short trek from Kathmandu into the Himalayas .During the trek one can enjoy varieties of rhododendron, bamboo forests, majestic waterfalls and snow-capped Himalayas .The Langtang Valley Trek starts with a day's bus ride from Kathmandu to Syabrubesi. It is from Syabrubesi that the official walk begins. We head upward to Lama Hotel and Langtang village until we arrive at the famous Kanyanjing Gompa. After exploring the region, we trek the same route back to Syabrubesi from where we head back to Kathmandu.

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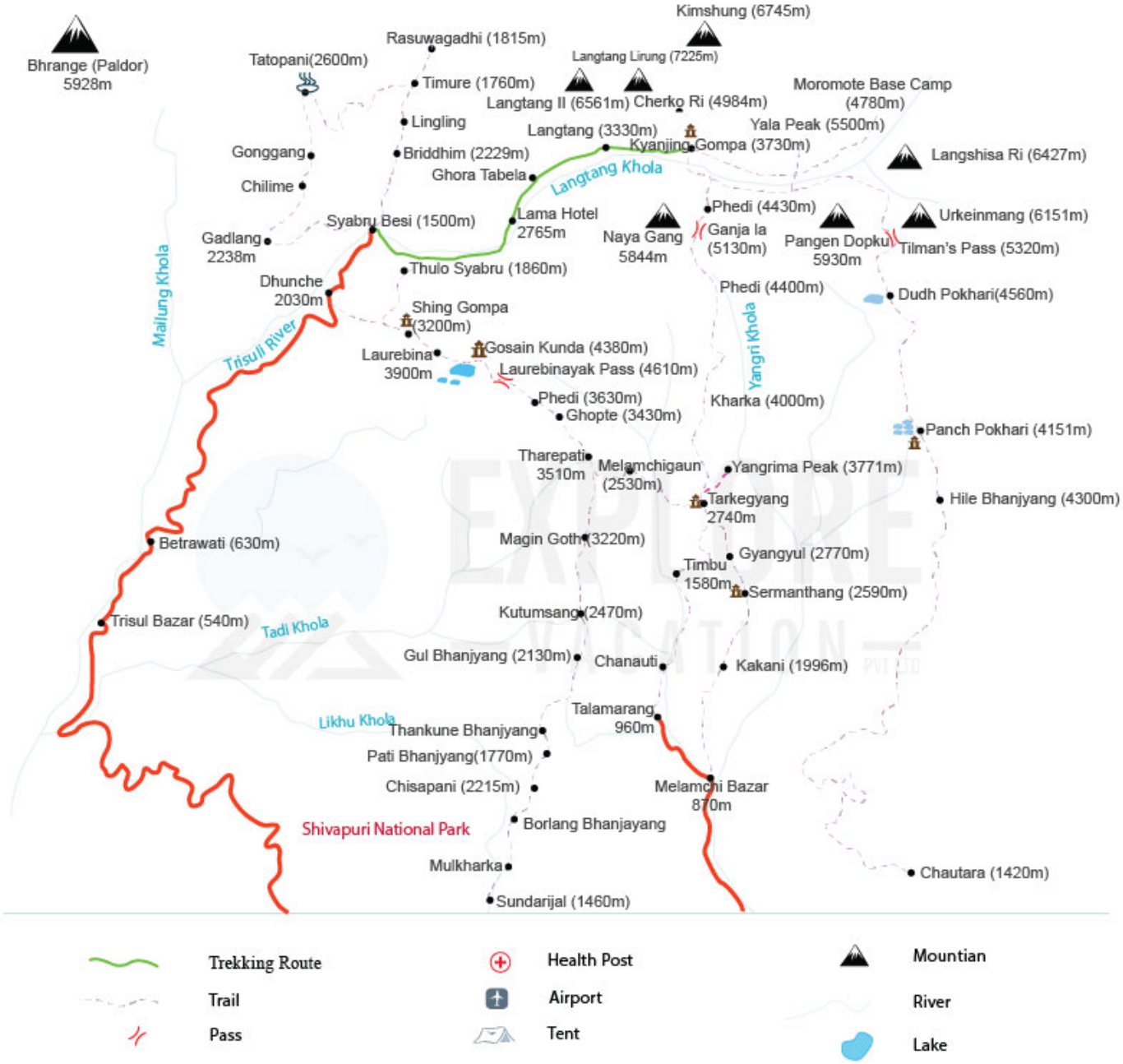

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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a playcard bearing your name or the name of this travel agency .You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

Day 2:Day 02: Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Bouddha Nath) etc. Today we will also be finalizing official procedure and other necessary arrangements, provide more information on your forthcoming trip, equipments and team composition. Later in the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

Day 3:Drive to Syabrubesi (1,550m/5084ft)

Today we start early for a long road journey of of 7 to 8 hours to Syabrubesi which is the start point of the trek. The journey takes us through small pristine villages and terracced hills on the banks of the Trishuli River. We also get to view the enchanting panorama of the Himalayas, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region. Overnight at Lodge

Day 4:Trek to Lama Hotel (2,380m/7,806ft)

After a hearty breakfast we embark on our journey traversing the ridge on Syabru Besi’s main road and soon reach Ghopcha Khola. We trek through terraced fields and dense forest with a variety of plant species like oaks, maple, alder and bamboo .If lucky, we may also get to see the yellow-throated martin, wild boar, langur monkey, red panda and Himalayan black bear en route. The trial further crosses to the north bank of the Langtang Khola amid the spectacular vistas of cascading waterfalls and opens into scrub oak forest. On reaching 2470 meters, we arrive at Lama Hotel where we conclude the trek for the day. Overnight at Lodge

Day 5:Trek to Langtang village (3,430m/11,253ft)

After having breakfast you continue our trek ascending above the Langtang Khola. As the trail progresses, it becomes steeper and we get the most exotic sights of Langtang Lirung lying at 7246 meter. The trail leads to a log bridge and on climbing further we come across the lush meadows of Ghora Tabela at 3000 m. We will see several lodges and a police check post here. Further on, as we walk the route opens up into a wide valley of yak pastures and scattered Tamang villages with water-driven mills and prayer wheels. After reaching a height of 3500 meters and crossing a stream we arrive at Langtang village. 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 Lodge

Day 6:Trek to Kyanjin Gompa (3,870m/12,697ft)

Our trail today, skirts 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 the mountain passes, we arrive at Kyagjin Gompa where there is a small monastery and a government-operated cheese factory which is famous for its production of cheese and curd products. Our trek today is short, allowing us time to acclimatize and explore the surrounding. Overnight at Lodge

Day 7:Hike to Tserko Ri and trek back to Kyanjin Gompa

Today we start early for a beautiful once in a lifetime mountain sunrise views from Tserko Ri. The hike would take us approximately 4/ 5 hours at a leisure pace .Overnight at Lodge

Day 8:Trek back Kyanjin Gompa to Lama Hotel: 5-6 hrs

After breakfast we retrace our steps back to Lama Hotel. Descending gradually through lush forest vegetation on the banks of the river we pass en-route small Tamang communities and villages. Overnight at Lodge

Day 9:Trek back to Syabrubesi

After a leisure breakfast, you proceed downhill to Syabrubesi through lush vegetation and catching some fantastic last views of the Himalayas. We can take your time and enjoy nature at its best. Lunch will be served at Syabrubesi and the rest of the day can be spent strolling around this small settlement. Overnight at Lodge

Day 10:Drive Back to Kathmandu

As we conclude our fascinating and incredible journey we take a short hike down to the Malemchi Pul (bridge) Bazaar, where we catch our transport back to Katmandu. A farewell dinner will be hosted on completion of the trek! Overnight in Hotel

Day 11:Trek End, Departure

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know

Trip Cost Includes

- Arrival/Departure transfers.
- Accommodation in Kathmandu wtin sharing room with breakfast.
- Accommodation teahouse/lodge with all meals (Breakfast, Lunch and dinner) during trek.
- Sightseeing tour in Kathmandu valley including tour guide and entrance fees.
- Kathmandu-Syabrubesi-Kathmandu transfer by Private Transport.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- All necessary paper work and permits (National park permit and TIMS)
- First Aid Kit.
- All government and local taxes.

Trip Cost Excludes

- Meals in Kathmandu.
- Nepal entry visa fee.
- Your travel insurance
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Extra Tea & Coffee before/after meal.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tips for Guide & Porters.
- Any additional cost due to unforeseen circumstances

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