

Langtang Valley Trek



Trip Grade: Moderate
Duration: 10 Nights/11 Days
Max. Altitude: 5545M

Destination: Nepal
Region: Langtang
Activity: Trekking & Hiking
Theme: Lodge Trekking

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Overview

Langtang valley is a beautiful place for trekking and is the nearest mountain region from the capital city of Nepal. Langtang National Park is rich for its mountain herbs, endangered animals, beautiful landscape, amazing local people and scenic mountain views. Langtang region is the third most popular trekking destination in Nepal. Trekking Experts offers this Langtang Valley Trek which allows you to explore flora and fauna, diverse local culture and beauty of Himalayas. Langtang Trek is designed for moderate trekkers who love nature, culture and mountains. With few hours' drive from Kathmandu, you will entry Langtang National park and will start your trekking. The people and local culture of these areas are interesting in terms of its unique culture, traditions, and spoken languages. Local inhabitants of Tamang, Newar, Sherpa and Magar and their villages will amaze you during the trip.

The trip follows with the varieties of rhododendron, bamboo forests, pines forest, waterfalls and snow-capped mountains which make your trek one of the most diverse treks. The trip combines remote and spectacular valley of Langtang, high mountains such as Langtang Lirung (7234 meters), beautiful and scenic passes like Tsergo Ri, Naya Kanga, diverse flora and fauna of Langtang National park and view the wonderful ice flutes of Gyangchempo.

Highlights

- Varieties of Rhododendrons, pine forest, bamboo forest along the trail
- Majestic waterfalls, rivers and snow capped mountain views
- Spectacular views of high mountains i.e. Langtang Lirung, Gyangchempo, Peaks
- Panoramic views from Tsergo Ri
- Beautiful Langtang Valley and diverse flora and fauna of Langtang National Park
- Explore and experience the local people and their cultural of Tamang, Sherpa, Newar
- Encounter with beautiful national bird of Nepal 'Danfe', musk deer, monkeys and other wild animals

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310m

Day 02: Kathmandu – Syabru Bensi (alt. 1500m)

After early morning breakfast, you'll drive to Syabrubesi which will take about 5 to 6 hours from Kathmandu. You'll head out of Kathmandu to the highway, slowly heading towards the north along a main valley road. You will come across many beautiful views of the river, terraced fields, small villages and snow capped mountains if the sky is clear. The road takes you to a little busy town called Dhunche; the headquarter of Langtang Naional Park where trekking permits will be checked. While passing along the road at the bank of Trishuli River, you will catch a glimpse of Ganesh Himal, terraces and green hills. Passing through Dhunche will make you feel as though you are heading towards deep land. Then continuing the drive, you will arrive at Syabrubesi with many things to explore and a riverside hot spring.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1500 meters

Day 03: Syabru Bensi- Lama Hotel (alt. 2470m)

After breakfast at lodge in Syabru Bensi, you'll start your first of trekking in this trip. You'll begin your trek from Syabrubensi following the route of the Bhotekosi and Langtang River. You'll come across fertile jungle, terraced fields and pass through rural settlements with bamboo and birch groves. In this place, if you are lucky enough you might have the chance to spot rare and local wildlife like the red panda, peasant and other animal. The trek ascends gently to Rimche (2400m) through Bamboo which lies at the bank of the Langtang River. Following the trail, you'll reach the Lama Hotel.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6 Hours **Walking Altitude:** 2470 meters

Day 04: Lama Hotel- Langtang Village (alt. 3430m)

After breakfast at lodge, you will trek to Langtang Village following Langtang River and upward through dense forests. Along the way, you might be able to see some of the snowy peaks ahead if the weather is good. Along the way the narrow river valley broadens out from GhoraTabela (3030m). In this area, there was once a Tibetan resettlement and currently, GhoraTabela has an army check post that will register our papers and a few nearby lodges. As you trek further you will come across Chyamki village (3230m); a small settlement. As we walk past Chortens, water mills, Mani walls and prayer wheels. After passing prayer wheels driven by flowing water and prayer flags, you'll reach Langtang village. Langtang Village is a large settlement of mostly Tamang people with a nearby monastery. The village was destroyed devastated earthquake in 2015 which took lives of nearly hundred people. But again, lodges and villages are restored.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6 Hours **Walking Altitude:** 3430 meters

Day 05: Langtang Village- Kyangjin Gompa (alt. 3865m)

After leisure breakfast at lodge, today you'll trek to Kyangjin Gompa. Today's trek is short; you'll be able to reach there at lunch time. You will pass by many small plateaus, big Mani walls, yak pastures, small villages and meadows. Since you will be walking towards a higher elevation, you can trek slowly so that our body can acclimatize to the altitude. Soon after, you will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. When you reach an ancient monastery called the Kyangjin Gompa. Kyangjin Gompa is another wonderful land of Langtang that is surrounded by the Himalayas and you'll get stunning views of the snow-capped peaks.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 3 Hours **Walking Altitude:** 3865 meters

Day 06: Kyangjin Gompa (alt. 3865m)

Today is fully free day to explore around Kyangjin Gompa and surrounding view points. Today is also the day to let your body acclimatize to the high. Kyangjin village is a small valley and it has so much to offer for trekkers. After breakfast at lodge, you will visit the monastery that portrays the religion; Buddhism and you may also get to see the monks do their prayer. Cheese factory would also be another thing to see there. Besides these, you also have optional hikes to Langshisa Kharka and the viewpoint of Tserko Ri (5450m). Tserko Ri will be the highest point of the trek. Tserko Ri is the best place to see the peaks like Langtang Lirung (7227m), Langtang II (6586m) and many other peaks. As the sun begins to set, you will return back to Kyangjin Gompa. If you spend more time the view point, you have to bring pack lunch.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 3865 meters

Day 07: Kyangjin Gompa - Lama Hotel (alt. 2470m)

After breakfast at lodge, today you'll return back to Lama Hotel following the same way. You'll take small break for lunch at Ghoda Tabela where the army check post registers your exit. After the leisurely lunch, you continue down through the dense forests of the river valley to Lama Hotel.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6 Hours **Walking Altitude:** 2470 meters

Day 08: Lama Hotel- Syabru Bensi (alt. 1500m)

Today being the final trekking day, after breakfast at lodge, you will head to your destination which is Syabrubensi. The trail follows Langtang River, heading downwards to the beautiful river valley. Descending

down through bamboo and birch forests, you will be seeing an amazing landscape to cross the Langtang and the Bhote Koshi rivers to Syabrubensi.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5 Hours Walk **Altitude:** 1500 meters

Day 09: Syabru Bensi- Kathmandu (alt. 1310m)

After accomplishing beautiful trek, today you'll drive to Kathmandu. After breakfast at lodge, you'll be picked up jeep/bus for Kathmandu. About 5-6 hours drive to Kathmandu, you will be getting scenic views of the Trishuli river valley as you head through south of the hills. Along the way you will see the terraced farmlands and meadows and hopefully a final glimpse of the snow-capped mountains. Upon arrival in Kathmandu, you'll be checked-in at hotel and will have free time to relax at hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 10: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 11: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

Meals & Accommodations

- i) 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast
- ii) 7 nights in local lodges with common rooms during the trekking with bed & breakfast on twin sharing basis

Transportation & Flights

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Syabru Bensi and Syabru Bensi-Kathmandu ground transfer by local public bus
- iii) 15 kg baggage per person for trek

Permits & Fees

- i) Langtang National Park Fee
- ii) TIMS Fee
- iii) Travel insurance for trekking crew

Guide & Supporting Crew

- i) 1 English speaking experienced trekking guide
- ii) 1 porter for every two members to carry personal baggage



Value-Added Services

- i) Welcome at airport on arrival with Khata ii) Farewell Dinner at typical Nepalese restaurant
- iii) Trekking Map and Kathmandu City Map iv) Comprehensive First Aid Kit



What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances & International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking crew