



Langtang Valley Trekking

Free cancellation up to 25 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
 - Nepal Trekking and Hiking
 - Backpacking
 - Trekking and Hiking
- **Travel Style:** Budget
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
 - English
- **Tour Vibe:** Active
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
 - Couple
 - Family/Kids
 - Solo
 - Women
 - Youth
- **Country:**
 - Nepal
- **Routes:**
 - Kathmandu, Bagmati, Nepal
- **Pickup:** Kathmandu, Nepal;

From:12:00 AM

To:12:00 AM

- **Drop-off:** Kathmandu, Nepal;

From:12:00 AM

To:12:00 AM

- **Age Range:** 5 - 70 (Years Old)
- **Tour Highlights:**

Walkthrough the beautiful Pine forest and Yak pastures to witness the splendor of Langtang.

Explore Mani walls, Chortens, and monasteries adorned with colorful prayer flags.

Unveil the snow-clad mountain panoramas and turquoise glaciers.

Witness the incredible sunrise or sunset views of upper Himalayas from the vantage point Kyanjin Ri.

Enjoy the sublime views of overall Langtang (Praised as one of the most beautiful valleys in the world).

- **Tour Introduction:**

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- **Itinerary:**

- **Day 1: Arrival in Kathmandu (1,400m)**

Upon your arrival in Kathmandu, we'll meet you receive you outside the airport terminal. Following the exchange of warm greetings, you'll be escorted to your hotel. In your hotel room, you can provide the much-needed rest to your jet-lagged body and utilize the amenities provided by your hotel. At the end of the day, you can explore the splendid marketplace of Thamel. It's wonderful atmosphere, overfilled with distinctive colours and fragrance will surely assist your body to reenergize. You'll be also invited to our office for a pre-trip meeting where you'll also meet your trekking guide.

- **Day 2: Kathmandu Explore Day and Trek Preparation**

The second day of your escapade is allocated for Kathmandu exploration. Instead of a guided tour, you are free to explore Kathmandu Valley and observe its different landmarks on your preference and schedule. Don't panic, we know it is a new place for you; therefore, we'll provide you assistance before you begin your tour. If you are not comfortable with that then we can arrange a guided sightseeing tour for you, accompanied by a professional tour guide. Out of several places to visit, there are mainly seven buildings and monuments which illustrate the religious, historical and artistic significance of Kathmandu Valley comprehensively. Sacred Pashupatinath Temple situated on the banks of holy Bagmati River, time-honoured Buddhist stupas of Swayambhunath and Boudhanath, ancient Hindu temple of Changunarayan, and the three Durbar Squares Complexes situated in the sister cities of Kathmandu, Bhaktapur and Lalitpur are the structures, which together represent the valley of Kathmandu as the UNESCO world heritage. You don't have to worry if you are not finished visiting these sites at the close of the day as you'll have some time to come across the remaining sites. In the late afternoon, you can make the necessary preparations for your upcoming trek.

- **Day 3: Drive to Syabrubesi (1,550m) 7-8 hours**

Early in the morning, we'll drive along the riverside of Trishuli River via a private vehicle. Accompanied by the scenery of foothills and ridgeline, this thrilling but scenic drive will gradually take you across the settlements of Trishuli Bazaar, Betrawati and Dhunche then ultimately to the village of Syabrubesi (1,550m). Along the way, you will observe spell-binding panorama embracing Mt. Annapurna II (7,937m), Mt. Manaslu (8,163m), Ganesh Himal (7,422m) and other neighboring snow-clad peaks complemented by beautiful countryside comprising green hillock, rivers, terraced farmlands and rustic villages.

- **Day 4: Trek from Syabrubesi to Lama Hotel (2,380m) 5-6 hours**

Today, we will begin our trekking venture. We'll pursue the trail that traverses Bhote Koshi River via suspension bridge then advances along the Langtang Khola. Afterwards, the trail progresses through the landslide area, then makes its ascent past woodland covered by blue pine, oak, fir and massive spruce to Ramche (2,400m), a settlement positioned on the bank of Langtang Khola. During the course of this journey, we can spot a variety of wildlife such as Langur monkeys, red pandas, Himalayan black bears, and yellow-throated martens. At last, the trail leads us to Lama Hotel (2,380m).

- **Day 5: Lama Hotel to Syabrubesi (1,550m) 4-5 hours**

Through the lush greenery, we continue our descent with the enchanting vistas of mountaintops and green hills by our side. At last, we make it to Syabrubesi (1,550m). As we take our time to return, we can acquire more understanding of the ethnic Tamang culture and their traditional lifestyle during our way back to our today's destination.

- **Day 6: Langtang Valley to Kyangjin Gompa (3,870m) 4-5 hours**

This day, we follow the windy trail that proceeds uphill to the top of a ridge highlighting a giant chorten. Now, the trekking trail leads the way beyond colossal Mani wall and a spurting stream to the Mundu Village (3442m). Succeeding its headway across multiple wooden cantilever bridges over several small streams; the trail finally arrives at Kyangjin Gompa (3,870m). As the name suggests, this place is celebrated for Kyangjin Gompa, an elegant monastery. In addition, this place is also home to a government-run cheese manufacturing facility. You can explore this facility and get a taste of cheese and curd made from Yak milk. A wander around this outlandish land delivers the 3600 views of mountains including Langtang Lirung (7,246m), Tsergo Ri (5,000m), Ganja La (5,160m), Dorje Lhakpa (6,430m), Yala peak (5,500m), Langshisa Ri (6,427m) and Naya Kang (5,844m).

- **Day 7: Rest Day in Kyangjin Gompa and Explore Tserko Ri (5,000m) 4-5 hours**

This very day is entirely dedicated to acclimatization and exploration of the surrounding area. As thinner atmosphere with low levels of oxygen is found at the higher elevations, it is necessary for us to acclimatize to the surroundings properly so that we don't turn into a victim of AMS (Acute Mountain Sickness). Also, it is a fact to be noted that we can speed up the process of acclimatization via short hikes. So, we hike to Tserko Ri (5,000m), the highest point of our entire trek. The ascent utilizes about 4-5 hours depending on your physical fitness. Adorned with prayer flags, the apex of this peak bestows the sublime panorama of whole Langtang Valley along with snowy peaks of Dorje Lakpa and Shisha Pangma to the east, Langtang to the west, and Yala peak to the north. Moreover, you can also plainly spot the Ganja La Pass.

- **Day 8: Kyangjin Gompa to Lama Hotel (2,380m) 6-7 hours**

With few glimpses of alluring mountain vistas, we trek downhill on the same trail along the Langtang Khola, back to Langtang village then Ghora Tabela. From here, we make a descent further past the village of Ramche and arrive at Lama Hotel (2,380m) in the end.

- **Day 9: Syabrubesi to Kathmandu**

Bidding our final farewells to the fascinating valley of Langtang and its good-natured residents, we drive back to Kathmandu via a private vehicle. This ground journey on the rugged path along the ferocious river Trishuli takes about 7-8 hours depending on traffic conditions. En route, we can enjoy the view of aesthetic landscapes comprising native settlements, pristine streams, terraced hills and snow-covered peaks as a backdrop. Once in Kathmandu, you can visit the landmark sites that are yet to be explored. Also, you can perform some souvenir shopping for your family or loved ones.

◦ Day 10: **Final Departure**

The day eleven is the last day of your stay in Nepal. We hope that you are well pleased with our service and expertise and expect to meet you again during your next travel venture. To ensure you won't encounter. One of our representatives will guide you to Kathmandu Airport, 3 hours prior to your scheduled flight back home. Bon Voyage!!

WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
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- **Pickup & Drop-Off**

- **Guide**

- Professional and friendly guide and Helpful porter

- **Meals**

- Welcome Dinner and Drinks
- Fresh Fruit
- Three meals (Breakfast, Lunch, and Dinner) during trek
- Deluxe accommodation with free breakfast in Kathmandu

- **Transport**

- Coach / Bus
- All the ground transportation by private vehicles/tourist bus/ Public as per the Itinerary

WHAT'S EXCLUDED

- Flights

- Insurance

- Transport

- **Other Excluded:**

- Nepal Visa Fee
- International Airfares
- Travel Insurance of the clients
- Extra night Accommodation and Activities
- Tips for the staffs (recommended but not mandatory)
- Dinner, Lunch, and drinks in the city
- Drinks in the Trekking
- Personal Expenses (Mobile recharge card, batteries charger, hot water, shower, extra potters, laundry)

Covid Safety

we need covid PCR Negative Report

Tour Cancellation Policy

Free cancellation up to 25 day(s) prior departure, Or traveler will pay 100 % of the tour amount

Good To Know

When to go Langtang Valley Trek?

The suitable time for the Langtang region trek is fundamentally the same as in the rest of the Nepal **Spring and autumn season**, but still, the trek can be considered in winter at the lower part of **Sherpa farmland of Helambu and Cultural Tamang Heritage** trail. Snow in **winter (December to February)** Mainly affects the upper Langtang Valley, the Ganja La Pass, and Gosainkunda Laurbina La Pass trek and heavy rainfall in the **raining season (June to August)**, the trail could be slide and leeches at low altitudes. Spring season month of March to May, forest fills with various wildflowers and colorful rhododendron trees with stunning Pristine Himalayan Peaks. The autumn season month of September to November is renowned as the best trekking season around the year basis of weather condition, time, and visibility.

Langtang Valley Treks Permits?

Without the **National Park permit and TIMS Card**, we could unable to Participate in Langtang Region Trekking. We have to pay Rs. 3000 National Park fees and Rs.1000 for TIMS Card (Trekker's Information Management System) individually. To obtain the necessary permit we need to have 2 copies of passport size photos and a copy of passport.

Foods and Accommodation?

Langtang Valley Treks itinerary offers 3 nights' Accommodation in Kathmandu at Hotel Dream City on BB plan (Bed and Breakfast). On the Arrival day, we have a welcome dinner in Kathmandu host by Himalayan Trekking Path Company. Before treks, we stay in Kathmandu for two nights and after the treks complete one night. During the trekking, we will have basic accommodation at the tea house and offers full board meals (breakfast, lunch, and Dinner) for six nights.

Why Langtang Trekking?

Mountain north of Kathmandu offers tremendous scopes of trekking courses that are uncomplicated and ensured yet noteworthiness begins inside a day drive from the Capital City of Nepal.

Saving serenity airless swarmed in any event, during high season looking at Annapurna and Everest district separated off the beaten path could be lifetime experience from Nepal. Investigate

the Langtang Valley with untainted Culture and Nature magnificence.

Langtang Valley was completely influenced by gigantic Earthquakes in April 2015. The world-well-known glacier valley washed by a torrential slide, Local people constructed the inns after the debacle, sitting tight for help from the travel industry, let add to them with your vacation.

The path leads from Syabrubesi along the surging Langtang Khola and going through looks at Mt. Langtang Lirung, yak Pasture to a snow-capped knoll of Kanjing Gumba. Kyanjing Gumba is an appreciation for witness Mountains near to, visit cheddar processing plants, and cloisters are incredible.

FAQs