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LANTANG VALLEY TREK

Overview

The Langtang Valley, often known as the valley of the glacier, is well-renowned for its exquisite Tamang Heritage culture, stunning Himalayan ranges, and magnificent mountain views. Along with the Everest Base Camp Trek and the Annapurna Base Camp Trek, it is one of the top 3 most popular trekking locations in Nepal. Due to its steady ascent through rocky farmlands and thick subtropical Langtang woods, the Langtang trip is the ideal altitude for both experienced and novice hikers. The trekking region is located not far from the Nepal-Tibet border, north of Kathmandu. Modernization hasn't had much of an impact on the valley's residents, despite its proximity to Kathmandu.

Through this excursion, you can discover the gorgeous Alpine landscapes as well as the inhabitants' rural customs and culture. The Rhododendron and Bamboo Forests, which offer a wealth of wildlife habitat, stunning waterfalls, Chortens, mani walls, and monasteries, which show the impact of Buddhism in this serene area, are just a few of the trail's most remarkable attractions.

Magnificent views of mountains exceeding 7000 meters, including Langtang Lirung (7,200m), Ganesh Himal (7,600m), Langtang-II (7,227m), and more, may be seen during this 8-day trip through the Langtang Valley. The trail also provides breathtaking views of the Himalayan Mountain ranges, including Tserko Ri (5033m), Kyanjin RI, Gangchempo (6388m), Dorje Lakpa (6990m), and Laure Binayak pass (4,609m).

Itinerary

Day 1: Drive from Kathmandu to Syabrubesi.

From Kathmandu, we will travel 117 kilometers (7 hours) to Syabru Besi. The road is winding, mostly unpaved, and located in the mountains. Roaring rivers, terraced farms,

typical Nepali villages, and snow-capped peaks may all be observed from the route. Driving to Syabru Besi from Dhunche will take us through picturesque foothills and ridgeline scenery. Syabru Besi is a bustling market town with a lot to discover, including relaxing riverfront hot springs. You can admire the glimpse of terraces, green hills and Ganesh Himal from Syabrubesi.

Destination: Syabrubesi

Altitude Gain: 1503

Duration: 8

Accommodation: Lodge

Day 2: Trek from Syabrubesi to Lama Hotel.

After breakfast, we begin our 11.3-kilometre journey to Lama Hotel from Syabrubesi (7 miles). After climbing a hill and crossing the Bhote Koshi River, the trip continues along the Langtang River through a lush jungle and terraced fields, where a perfect vista of waterfalls is revealed. We move past the landslide region up ahead, climb to Bamboo, and then steadily ascend to Rimche, which is situated along the Langtang River bank. The trials today treat you with the spectacular vista and rich culture plus the lifestyle of the mountain people. To get there, you have to pass across several streams and cross them while admiring the falling waterfalls. You might also see stunning rhododendron and oak forests, as well as wildlife like red pandas, Himalayan black bears, wild boars, langurs, and throated martins.

Destination: Lama Hotel

Altitude Gain: 2470

Duration: 6

Accommodation: Lodge

Day 3: Trek from Lama Hotel to Langtang village.

We will hike through breathtakingly gorgeous paths on the journey from the Lama Hotel to Langtang. The walk today is simpler than the previous day because of the short ascent on the route. After breakfast, we continue our trek through the lush jungle as we follow the Langtang River. Exotic scenery may be seen from Langtang Lirung. At 3000 meters, we will come across the lovely Ghoda-Tabela meadow. We will halt at the Ghoda-Tabela army checkpoint to register our paperwork. Heading on, we pass through prayer flags and prayer wheels driven by flowing water before arriving at the picturesque Tamang village of Langtang. Along the way, we passed through several kinds of wood and witness

astonishing waterfalls on the Kangjella and Langtang ranges.

Destination: Langtang Village

Altitude Gain: 3430

Duration: 6

Accommodation: Lodge

Day 4: Trek from Langtang village to Kyanjin Gompa.

From Langtang to Kyanjin Gompa, it will take us around 3900 meters of trekking. The largest mani wall in Nepal, which is composed of stone with prayers engraved on it, will be observed when we are trekking. The enormous Langtang valley offers a spectacular view of the gigantic Himalayas. We travel through a glacier moraine and various tributaries. Finally, we reach Kyanjin Gompa, a place called after the nearby, historic monastery of Kyanjin Gompa, which was formerly the greatest settlement of Kyanjin. Kyanjin Gompa is bordered by the Himalayas and offers breathtaking views of glaciers, icefalls, birds, and yaks, including Kyanjin Ri (4750 m), Tsergo Ri (5000 m), Ganja La (5160 m), Langshisha-Ri (6427 m), Dorje Lhakpa (6430 m), Naya Kang (5844 m), and Yala Peak (5500 m), among others.

Destination: Kyanjin Gompa

Altitude Gain: 3865

Duration: 4

Accommodation: Lodge

Day 5: Exploration Day at Kyanjin Gompa.

On this day, we will stay at Kyanjin Gompa to adapt to the high mountain elevation. Beautiful up-close views of the tall mountains and glaciers can be encountered in the upper Langtang Valley. For stunning mountain vistas of the Himalayan peaks, including Langtang Lirung (7,227m), Langtang II (6,59m), Ganesh Himal (7406m), Naya khanga (5846m), and Yala peak (5,500m), we can hike up to Kyanjin Ri or Tseku Ri. We'll also be visiting several sites, such as the Kyanjin Gompa Monastery and the Yak Cheese Factory. Throughout the day you will be able to capture the tranquil natural beauty that enfolds the Langtang region throughout the day, encasing its spiritual significance.

Destination: Kyanjin Gompa

Altitude Gain: 3865

Duration: 3

Accommodation: Lodge

Day 6: Trek from Kyanjin Gomba to Lama Hotel.

We bid farewell to the upper highlands from Kyanjin Gomba and begin descending on a trail that will take us out of the valley. We proceed along the same route that led us to Kyanjin Gomba. We will pass ethnic Tamang settlements along the way, whose cultural and religious beliefs are identical to those of the Tibetans, before stopping for lunch at Ghoda Tabela where we register the departure at the army checkpoint. We descend to Lama Hotel after a leisurely lunch via the river valley's dense woodlands.

Destination: Lama Hotel

Altitude Gain: 2470

Duration: 6

Accommodation: Lodge

Day 7: Trek from Lama Hotel to Syabrubesi.

We will return to Syabrubesi, where we began our adventure, on the last day of our trek. We will be strolling alongside the Langtang River as we descend to the gorgeous river valley, enjoying the never-ending breathtaking views and magnificent rhododendron forests. It will take us 4 to 5 hours to complete our trek. With the team, we will toast lifelong memories of the spectacular Langtang Valley Trail as we spend the night at the lodge.

Destination: Syabrubesi

Altitude Gain: 1420

Duration: 5

Accommodation: Lodge

Day 8: Drive from Syabrubesi to Kathmandu.

After breakfast in the early morning, we will drive for seven to nine hours from Syabrubesi to Kathmandu. You will see stunning landscapes of the Trishuli river valley, terraced fields, meadows, and vistas of the snow-capped mountains during your ride. We will drop you off at your accommodation once we get to Kathmandu. The rest of the day is up to you to enjoy the rest of the day.

Destination: Kathmandu

Altitude Gain: 1400

Duration: 8

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in Tea House/Lodge during the Trekking.
- Pokhara-Kathmandu flight costs (includes tax and government fees)
- Kathmandu to Syabrubesi (trek start) and Sundari Jal back to Kathmandu (trek end) by private vehicle.
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Langtang National Park entry permit fee.
- Snacks (cookies) and seasonal fresh fruits every day.
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- Company's duffel bag will also be provided. (If needed).
- All essential official fees.

Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.