

## Langtang Valley Trek



As most of the trekking in Langtang entirely takes place below 4000m, the trekking trail is suitable for trekkers of all ages and under any physical condition. There are comfortable lodges, guesthouses and home stays available along the route.

Langtang Valley Trek is one of the most popular treks famous for its snowcapped peaks, pine and rhododendron forest, mountain stream and meadows. Located just 122km north of Kathmandu in Rasuwa district, Langtang trek is also known as glaciers trek and is comparatively less crowded than others.

Langtang region is home to Tamang and Tibetan communities and their rich Buddhist culture and tradition. Dominated by Mt. Langtang Lirung (7246m), the Langtang Trek offers a splendid panorama of Langtang Lirung, Gyanchenpo, Dorjelakpa, Gyanjala, Gosainkunda and Ganesh Himal ranges. The trek prominently features two high passes, namely Tilman pass (5308m) and Ganja La pass (5160m).

Regular public buses and private jeeps go directly from Kathmandu to Dhunche (1960m) or Syabrubesi (1503m). Thereafter you can start your trek to Langtang Valley passing through Khangjim (2235m), Sherpagaun (2563m), Lama Hotel (2340m), Ghoratabela (3030m), Langtang Village (3430m) finally culminating in Kyangjing Gompa (3830m). The Langtang Village suffered maximum damage by 2015 Earthquake. Trekking activity has since resumed in Langtang as local communities have rebuilt lodges and trekking trails.

Kyangjing Gompa affords breathtaking views of Langtang Ri and Yala peak and with a possibility of a day hike from here to explore Langshisa Kharka (4285m) and Langtang Glacier (4800m). You also have the opportunity to climb Tshergo Ri without the need to pay royalty. The trail entirely passes through Langtang National Park, which is home to such endangered species as Red Panda, Snow Leopard and Himalayan Black Bear. The forest combines a mix of pine, oaks and rhododendron species.

The Langtang Valley trekking trail is suitable for trekkers of all ages and under any physical condition. There are comfortable lodges along the route.

Duration: 12 days

Price: \$1140

Rating: 4 Star

Group Size: 2-15+ pax

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

### Quick Facts

Trekking region : Langtang

Length of this trip: 12 days in Nepal

Trek: 08 days including travel days KTM to KTM

Starting point of trek: Syabru Bensi

Trek distance: 112 Km Approx

Best season to trek: All season

Attractions: Mountain, landscape, remote villages, people

Mode of transportation : Public Bus / Private Transport

Himalayan sights: Langtang, Ganesh Himal

Accommodation: Hotel, local loges & Home Stay

Trekking Grade: Easy

Highest access of the trek: 3300m - Nagthali

Culture & races: Tibetan influenced Tamang Culture & races

Driving distance from KTM: Dhunche - 110 KM Syabrubesi - 122 KM

### Equipment Lists:

Footwear	Well broken-in walking shoes, thick socks, light socks, camp shoes.
Clothing	Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.
Other equipment	Sleeping bag (4 seasons), trekking holdall or stash sack with lock, daypack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve.

Other items      Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, tie cord, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit

## Itinerary:

### Day 1: Arrival in Kathmandu (1350m) O/N HOTEL - (D)

On arrival in Kathmandu Airport, clear custom and apply Nepal Visa (if required, USD30 + passport photo). Meet our company representative with placard displaying your name and transfer to hotel in Kathmandu. If there is enough time in the afternoon, you can explore Thamel or surrounding sites. Briefing about the program introduce with the Guide and evening welcome dinner.

### Day 2: Cultural Sightseeing around Kathmandu city & Trekking preparation (B)

Today you will have a day guided tour of two world heritage monuments, namely Bouddhanath and Pashupatinath. Bouddhanath is one of the most popular and biggest Buddhist stupas in the world, a magnet for Tibetan Buddhism. Not far away you will visit one of the most holy and venerated Hindu temple of Pashupatinath. The golden-roofed pagoda-style temple hosts numerous monuments, cremation site, a deer and monkey park and a eastern classical music center.

**Optional Trip:** Catch an early morning mountain flight (6:40am to till 7:40am) to experience bird's eye view of Mt. Everest and many other tallest Himalayan peaks.

### Day 3: Drive from Kathmandu- Dhunche - Syabru Beshi (1503m / 9 hrs by Bus or 6 hours by Jeep) O/N Local Lodge (BLD)

The drive from Kathmandu to Syabrubesi takes about 9 hrs by public bus and 6 hrs by private jeep, heading towards north of Kathmandu. You will pass through scenic highway along Trishuli river with occasional glimpses Manaslu, Ganesh Himal and Langtang peaks until you reach Dhunche, the district headquarters of Rasuwa district. From here it is another 45 minutes winding drive to Syabrubesi through muddy road. Stay overnight in local lodge at Syabru Bensi.

### Day 4: Day 4: Syabrubensi - Lama Hotel (2450m, approx. 12 KM - 5/6 hours) - O/N Local Lodge (BLD)

Today is our first day of trekking. We follow the Langtang River and pass through the dense forests of oak, maple and rhododendron teeming with many animals such as red panda, wild boars, langur monkeys and black bears. We cross two suspension bridges, visit a Gumpa and pass by Bamboo village (1970m) and Rimche (2400m) along the route. The rest of the trail until Lama Hotel is continuously uphill. Included meals: BLD

### Day 5: Lama Hotel - Langtang Village (3430m, approx. 16KM - 6/7hrs) - O/N Local Lodge (BLD)

Warm up with morning tea and sumptuous breakfast. Our trail today continues to climb up from Langtang Khola to reach a meadow at Ghoratabela (3,030m) and then to Tamang village of Chyamki (3,230m). Enjoy the first views of Langtang Lirung (7227m) from here while you pass up unique water mills and sacred rocks to reach Langtang village (3430m). The entire Langtang Village was wiped out by 2015 earthquake except for one house. As you will find out many lodges have been rebuilt and ready to welcome trekkers. Included meals: BLD

### Day 6: Langtang village - Kyangjing Gumpa (3870m, approx. 8KM - 4/5hrs) - O/N Local Lodge (BLD)

The trek from Langtang Village to Kyangjing Gumpa is an easy one in terms of distance but is categorized as moderate in difficulty for you will quickly gain 400m altitude by the time you reach Kyangjing. The trek is mostly through yak pastures, comprising a mix of downhill and uphill trails. En route you will come Kyangjing across an attractive Mani wall before showing up to Mundu village at 3442m. Further up walk through tracks of moraines to reach Kyangjing Gumpa. Immediately all around, you will be greeted by

breathtaking views of Langtang Lirung, Langshisa - Ri, Dorje Lakpa, Kyangjing Ri, Naya Yaking, Tsergo Ri, Yala and Ganja La.

**Day 7:** Acclimatization day / Exploration day in Kyangjing 5/6 hrs - O/N Local Lodge (BLD)

Today you will spend time exploring the main attractions in and around Kyangjing Gumpa. Depending on your interests you can take a rest and acclimatize or climb high peaks in the surrounding area.

If you would like to have some adventure, you can climb Tserko Ri (4984m) or Kyangjing-Ri (4350m) peak for excellent sunrise as well as the magnificent views of Langtang Lirung (7,227m), Langtang II (6,596m), Yala peak (5,500m), Kimshung and Yansa Tsenji. You can follow the moraine sideways to see the spectacular glaciers of Langtang Lirung.

**Day 8:** Trek back to Lama Hotel (2450m, approx. 20KM - 6-7 hours) - O/N Local Lodge (BLD)

Today you will return to Lama Hotel tracing back the same trail you came up. As you descend from Kyangjing Gumpa, the trek is fairly easy as it passes through lush green vegetation with occasional murmuring sound of Langtang Khola. On the way you will walk past Langtang Village and Ghora Tabela where you will have a quick lunch. It will take another 3 hrs descent to reach Lama Hotel.

**Day 9:** Trek back to Syabru Bensi (1503m, approx. 11KM - 4/5hrs) - O/N Local Lodge (BLD)

As the last day of your trekking, you will take a leisurely pace to drop down to Syabru Bensi. The beautiful scenery of Langtang peaks and the green vegetation all around will continue to follow you.

**Day 10:** Syabrubesi (1467m, 3 hrs) - drive back to Kathmandu for 6 - 9 hrs - O/N Local Lodge (BLD)

You will drive back to Kathmandu today. You can either travel by scheduled public bus or on a private jeep.

**Day 11:** Sight Seeing Bhaktapur or Patan or Kathmandu for 4 hours with car and driver (B)

If you need cultural tour guide with separate cost, you have to inform us earlier.

**Day 12:** Farewell Departure. After breakfast we will provide transfer to KTM (Tribhuvan International Airport).

Depending on your departure flight schedule, our staff will see you off at Kathmandu international airport.

## Highlights:

- Tibetan/Tamang communities and their rich Buddhist culture and tradition.
- Trek through rhododendron and pine forests into Langtang Valley
- Encounter with wild species such as Red panda, snow wolves and Himalayan Thar
- Breathtaking views of Langtang Lirung, Langtang Ri, Langshisa, Langtang Himal, Ganjala peak
- Visit Sing Gumpa, Kyangjing Gumpa, Langtang Glacier
- Visit Yak cheese factory in Kyangjing Gumpa
- Opportunity to climb popular and royalty-free Tsergo-Ri peak (4984m)

## Other Features:

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- Starting point of trek: Syabru Bensi
- Trek distance: 112 Km Approx

- Best season to trek: All season
- Attractions: Mountain, landscape, remote villages, people
- Mode of transportation : Public Bus / Private Transport
- Himalayan sights: Langtang, Ganesh Himal
- Accommodation: Hotel, local loges & Home Stay
- Trekking Grade: Easy
- Highest access of the trek: 3300m - Nagthali
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