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 homestay available along the route.

Langtang Valley Trek is one of the most popular treks famous for its snow-capped peaks, pine and rhododendron forests, mountain streams, and meadows. Langtang Trek, also known as glaciers trek, is located at 122 kilometres north of Kathmandu in Rasuwa district and is less busy than other crowded trails. The Langtang region is home to Tamang and Tibetan communities who have a strong Buddhist culture and tradition. Dominated by Mt. Langtang Lirung (7246m), the Langtang Trek provides a spectacular view of the Langtang Lirung, Gyanchenpo, Dorjelakpa, Gyanjala, Gosainkunda, and Ganesh Himal ranges. The route is notable for its two high passes, Tilman Pass (5308m) and Ganja La Pass (5160m).

Regular public buses and private jeeps travel directly from Kathmandu to Dhunche (1960m) or Syabrubesi (1503m). After that, you can begin your journey to Langtang Valley, going through Khangjim (2235m), Sherpagaun (2563m), Lama Hotel (2340m), Ghoratabela (3030m), Langtang Village (3430m), and lastly Kyangjing Gompa (3830m). The Langtang Village was most severely damaged by the 2015 earthquake. Trekking has resumed in Langtang after local communities restored lodges and trekking pathways.

Kyangjing Gompa offers stunning views of Langtang Ri and Yala Peak, as well as the prospect of a day trip to Langshisa Kharka (4285m) and Langtang Glacier (4800m). You can also climb Tshergo Ri without paying the royalties. The entire trail runs through Langtang National Park, which is home to endangered species such as the Red Panda, Snow Leopard, and Himalayan Black Bear. The woodland contains a mixture of pine, oak, and rhododendron species.

The Langtang Valley trekking trail is excellent for people of all ages and physical abilities. There are pleasant lodges along the way.

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

Equiment 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 for Nepal Visa (if required, USD30 + passport photo). Meet our company representative with a 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 introduces 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 holiest and venerated Hindu temple of Pashupatinath. The golden-roofed pagoda-style temple hosts numerous monuments, cremation site, a deer and monkey park, and an eastern classical music center.

Optional Trip: Catch an early morning mountain flight (6:40 am to till 7:40 am) 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 the 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 a 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 Gompa 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 Gompa (3870m, approx. 8KM - 4/5hrs) - O/N Local Lodge (BLD)

The trek from Langtang Village to Kyangjing Gompa 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 to Kyangjing across an attractive Mani wall before showing up to Mundu village at

3442m. Further up walk through tracks of moraines to reach Kyangjing Gompa. 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 Gompa. 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 Gompa, 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 Gompa, Kyangjing Gompa, Langtang Glacier
- Visit Yak cheese factory in Kyangjing Gompa
- Opportunity to climb popular and royalty-free Tshergo-Ri peak (4984m)

Other Features:

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- Starting point of trek: Syabru Bensi
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- 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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