

Trip Name : Langtang Valley Trek

Trip Cost	US \$650
Starting Point	Drive in KTM-Dhunchhe
Ending Point	Drive out Syabru Besi-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	9 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	5033 mt.

### Trip Highlights:

- Free of complications of a flight
- Trekking to the foot of the glaciers - Kyanjin Gompa
- Mixed culture of Tamang and Lama Societies
- Ascent of Tserko Ri (5,033m/16,513ft)
- Visit of Tibetan village in Langtang
- Spectacular views of Langtang Ri and Ganesh Himal
- The great countryside and beautiful landscapes
- Impressive vegetation en-route

### Trip Details:

Langtang-a narrow valley rich in culture and cherished by nature is situated towards the north of Kathmandu. The Langtang valley trail follows through the ethnic Tamang settlements, lush green and rhododendron forest and the wide spread Kyanjin valley known as Kyanjin Gompa. This amazing land borders to Tibet but still far away from Tibetan Plateau. A trek to Langtang valley combines the diversity of spectacular views of the Himalayas, exploration of traditional villages, climbing of small peaks and visit to the glaciers at comfortably low elevations. There are numerous highlights of Langtang valley trekking but the main are rhododendron and bamboo forests with an abundance of wildlife, majestic waterfalls, magnificent views of the snow covered white giant Langtang Lirung (7,246m/23,774ft) and ascent to the Tserko Ri (5,033m/16,513ft) from where the 360 degree mountain views are truly panoramic. In Kyanjing Gompa, there is an opportunity to experience the spiritual lifestyle of dedicated Buddhist monks performing their rituals in a beautiful Monastery. Visit to the traditional cheese factory where the cheese is manufactured by hand will also be interesting. The entire Langtang region is protected within the boundaries of Langtang National Park and home to the shy Red Panda. If you are lucky, you might be able to spot them out. Trekking in Langtang valley is not considered as strenuous due to the gradual ascent along the river valley but it demands some challenges too.

Trekking Encounters offers a customized itinerary as per our trekkers' holiday schedule and committed to deliver quality services as per their expectations. Please also visit the extended itinerary [Langtang Gosainkunda Trek](#) including the Gosainkunda Lake.

Alternatively, this trek can also be combined with Tamang Heritage Trail.

### **Combined Itinerary of Tamang Heritage Trail and Langtang Valley Trek**

Day 01: Drive (132km) from Kathmandu to Syaphru/Syabru Besi (1,460m/4,790ft).

Day 02: Trek Syabru Besi to Gatlang (2,238m/7,342ft).

Day 03: Trek Gatlang to Tatopani (2,607m/8,553ft).

Day 04: Trek Tatopani to Nagthali (3,165m/10,384ft).

Day 05: Trek Nagthali to Thuman (2,338m/7,670ft).

Day 06: Trek Thuman to Khangjim (2,235m/7,333ft).

Day 07: Trek Khangjim to Lama Hotel (2,410m/7,907ft).

Day 08: Trek Lama Hotel to Langtang Valley (3,330m/10,925ft).

Day 09: Trek Langtang Valley to Kyanjing Gompa (3,800m/12,467ft).

Day 10: Exploration day at Kyanjin Gompa/Climb Tserko Ri (5,033m/16,513ft).

Day 11: Return trek Kyanjing Gompa to Lama Hotel.

Day 12: Trek Lama Hotel to Syabru Besi.

Day 13: Drive (132km) Syabru Besi to Kathmandu.

### **Weather in the Langtang region:**

Trekking in the Langtang region is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to end of May and the autumn season starts from the beginning of September to end of November. The winters are very cold and summers are wet. The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. Trekking in late winter (Jan and Feb) is more difficult towards Gosainkunda Lake. The high passes remain closed because of the ice/snow blockade. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape.

### **High Altitude Warning:**

Altitude sickness is a serious concern in the Langtang region that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

### **Experience Required:**

We have categorized Langtang Valley trekking as medium grade trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Langtang Valley trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- Langtang National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation

- Kathmandu-Dhunchhe and SyabruBesi-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

#### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

#### **Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

#### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

#### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

#### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 : Drive from Kathmandu to Dhunche (2,030m/6,660ft).**

Today we drive for 118km (6-7 hours by Jeep and 8-9 hours by only local bus) from Kathmandu to Dhunche. We cross the ring road and along the Rani ban (forest), climb to Kakani from where we have good views of the Himalayas including Manaslu, Ganesh Himal and Langtang before we reach Rani Pauwa where most of the local buses stop for a tea break. We then travel down to Trisuli via a flat piece of land which is where we stop for lunch (local food e.g. daal-bhat) at Battar Bazaar (540m/1,771ft). After lunch we continue our journey climbing up to Dhunche via Kalikasthan. We also pass through the National Park check post before Dhunche.

**Day 02 : Trek Dhunche to Thulo Syabru Village (2,210m/7,251ft).**

We walk along the road to Thulo Bharkhu (1,860m/6,102ft) then a steep climb up to Brabal (2,190m/7,185ft) where we stop for lunch. After lunch we continue our trek through the beautiful countryside of oaks and pine trees to our overnight stop at Thulo Syabru village. Trekking time 5-6 hours.

**Day 03 : Trek Thulo Syabru Village to Lama Hotel (2,410m/7,907ft).**

After breakfast we descend down along the village and cross the bridge then climb the other side. We then descend down to the landslide and have a slow climb along the Langtang River all the way to the Lama Hotel where we have our overnight stay. Trekking time 5-6 hours.

**Day 04 : Trek Lama Hotel to Langtang Valley (3,330m/10,925ft).**

Today our trek takes us through oaks, hemlock and bamboo where if we are lucky we will see a variety of birds. We ascend along the Langtang Khola (River) passing Ghoratabela (2,992m/9,816ft) where we can see views of the Langtang Himal just above us. Langtang is a large village where people live all year round cultivating potatoes, buckwheat, barley and vegetables. There is a village monastery which can be visited at anytime as the headman has a key to the monastery. Trekking time 5-6 hours.

**Day 05 : Trek Langtang Valley to Kyanjing Gompa (3,800m/12,467ft).**

This is a short beautiful alpine trek along the meadows which have grazing yaks, sheep and mountain goats. The village has the Yala Cheese Factory and an ancient monastery which can be visited at any time. Trekking time 2-3 hours.

**Day 06 : Exploration day at Kyanjin Gompa/Climb Tserko Ri (5,033m/16,513ft).**

Today we have an excursion to see the glacier and climb Tserko Ri, this is comparatively a small, rocky peak while not being a mountain of any real prominence, it is conveniently easy to climb and from its summit magnificent views can be had. This is also an excellent lookout which can be reached by climbing the slopes immediately behind Kyanjin where we will see the majestic Langtang Lirung (7,246m/23,774ft) rising above the glaciers. A visit to the Yala Cheese Factory completes the day.

**Day 07 : Return trek Kyanjing Gompa to Lama Hotel.**

After breakfast, we descend down the same trail as we climbed on day 4 and 5 and stay at Lama Hotel. Trekking time 6-7 hours.

**Day 08 : Trek Lama Hotel to Syabru Besi (1,460m/4,790ft).**

Today we trek to Syabru or Syaphru Besi which is a small village in the Langtang National Park. Trekking time 4-5 hours.

**Day 09 : Drive Syabru Besi to Kathmandu.**

Drive to Dhunche and along the same road we continue back to Kathmandu (132km). We become relaxed after the adventurous drive.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**