Lama Adventures Pvt. Ltd.

Langtang Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accomodation
Easy	12 Days	Langtang	4984m	Trekking	2 - 20 PAX	Tea House and Hotel

Overview

Langtang valley trek is one of the most popular trekking areas in Nepal. The Langtang valley comprises many beautiful landscapes, meadows and old monasteries. This trek gives you lots of surprises from nature where you get to walk past the forests and get an amazing view of mountains and glaciers following the chortens, mani walls and the monasteries which shine with pride of Buddhism. As we cross through many small settlements, the hospitality of the locals is so heartwarming. There are opportunities for a side trek as well to Tserko Ri which will be the highest point of the trek.

Langtang valley framed by the spectacular snowcapped peaks on backdrop of towering mountains mesmerizes with the beauty of rich flora& fauna, eye catching glimpses of waterfalls tumbling from the top of the hill, ever-flowing rivers perfectly matched with the captivating culture, tradition, religion of the highly respected Tamang community with their unwavering passion and respect for their culture and religion.

The Langtang Valley trek begins with the drive along the Trishuli river, heading north from Kathmandu through Trishuli Bazaar. Crossing Dhunche, you will reach Syaprubesi; a Sherpa village. This route was once the trading route with Tibet. Walking past forests, you might have a chance of spotting local wildlife like the musk deers or Danphe. From the Tserko Ri viewpoint, you see a stunning view of mountains and glaciers.

Apart from the natural beauty that attracts nature lovers in Langtang Valley Trek, the rich culture, religion ingrained to Tamangs is equally enchanting.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03 : Drive to Syabrubesi

Today we have a scenic drive to Syabrubesi, the bus passes through the epic villages and sights of the snowy mountains on clear days. The initial section of the drive is relatively pleasant to Trishuli bazaar, and short ascends to Dhunche and slowly dropping down to Syabrubesi. Overnight in Syabrubesi.

Day 04 : Trek to Lama Hotel

Today is our first-day walk, After crossing the bridge of Bhote Koshi river which follows all the way from Tibet, we walk along the right on Langtang Khola and gorge, the trails climb gradually up through the dense forest and passing the beautiful waterfall, hot spring and you probably see the wild beehive and Apes monkey. After Bamboo, the trail leads gradually steep up in the pine forest to Lama Hotel, Overnight in Lama Hotel.

Day 05 : Trek to Langtang Village

We start our trek to a beautiful and remarkable Tibetan settlement of village Langtang, we reach here after the trail passes through the dense pine forest along the Langtang Khola, and we get to see the first glimpse of Langtang Lirung. Then we will be passing Godhatabela and after Godhatabela, you will be crossing a landslide area which is the old Langtang village, all swept away by the 2015 earthquake sadly. You see the view of the new Langtang village from the landslide area. Overnight in Langtang.

Day 06 : Trek to Kyanjin Gumba

Today is a scenic trek walking through the beautiful landscape, yak pastures and spectacular waterfalls. We walk gradually up on the paved walk through the yak pasture until we reach Kyanjin Gumba. Kyanjing Gumba is the base to Tserko Ri, which we will be hiking up tomorrow early in the morning. Overnight in Kyanjin Gumba.

Day 7: Explore Tserko Ri

Today we wake up very early in the morning and start our hike up to Tserko Ri. You will be passing through Kyanjin Ri on the way to Tserko Ri. Both offer impressive views of white snow-capped mountains and massive deep valleys, sparkling, and frozen lakes. After spending some time in Tserko Ri, we retrace our way back to Kyanjin Gumba. Overnight in Kyanjin Gumba.

Day 08 : Trek to Lama Hotel

After breakfast at Kyanjin Gumba, we leave the Langtang valley by making our way back to Lama hotel. We pass through the Langtang village again and walk through beautiful dense forest until we reach Lama Hotel. Overnight in Lama Hotel.

Day 09 : Trek to SyabruBesi

Today is our last day of walking. The trail is mostly downhill today so we can go in a decent pace today. The trail, on a clear day, offers a great view of the valley. The path continues gradually up through the bushes and passes Sherpa Gaun. Then we descend down to Syabrubesi. Overnight in Syabrubesi.

Day 10: Back to Kathmandu

After breakfast, we start our scenic drive to Kathmandu along the Bhote Koshi River. Upon your arrival in Kathmandu, you have free time to relax for a while and have a good shower. Enjoy your time in Kathmandu and buy some souvenirs for your loved ones at Thamel. Overnight in Kathmandu.

Day 11: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 12: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accomodation, brekfast and dinner.
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

Cost Excludes

Personal equipment for Trekking & Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.