

## Langtang Valley Trek - 11 Days

One of the shortest, nearest destinations from the Kathmandu, Langtang Valley Trek leads us to the home of Tamangs, an ethnic mountain community. As it is nearby Kathmandu valley, trekkers will not have difficulty reaching the trailhead. During the trek, you will explore Langtang National Park, popularly known as a treasure house of rare Himalayan flora and fauna. You will walk passing the culturally enriching Tamang Heritage trail. Upon reaching Kyangjin Gumpa, pay a visit to a cheese factory and sample yak cheese.

During the devastating earthquake of 2015, the Langtang region was most affected among all other trekking destinations. However, most houses, teahouses, and lodges are renovated these days. However, this region needs more visitors than ever. While trekking this region, you will be directly contributing to the welfare of the victims of that natural disaster.

In the short days, you will experience almost every aspect of the Nepalese lifestyle while choosing this trek. You will be walking in the hills, valleys, and glaciers passing several religious and cultural shrines during your trip. Visit the traditional homes of Tamangs and step inside ancient monasteries. Within days you will be walking along the glaciers tumbling down Langtang Himal. In addition, walk past Langtang National Park and get close to red pandas, langurs, and a host of rare Himalayan flora and fauna.

Join Altitude Adventure for this short Langtang Valley Trek and let our well-experienced and knowledgeable trekking leader guide you via this ecologically, historically, and culturally rich part of the Nepalese Himalaya.



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## PRICE INCLUDES

### Transportation

- All ground transfers as per in itinerary via private transportation [Hotel and Airport transfers, Kathmandu Sightseeing, Kathmandu-Soti Khola-Kathmandu]

### Accommodation and Food

- Three nights stay in Kathmandu in a 3-star category hotel [Twin Sharing]
- Seven nights stay in the best available local lodge during the trek [Twin Sharing]
- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek
- Breakfast while in Kathmandu
- Available seasonal fruits throughout the trek
- Farewell dinner in Kathmandu

### Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A porter for two trekkers/ climbers including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment
- A Government licensed English-speaking tour guide for the Sightseeing Program at Kathmandu

### Permits and Taxes

- Langtang National Park Entry Permit
- Trekkers' Information Management Systems (TIMS)
- All other government, local taxes, and official expenses

### Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Everest Base Camp trekking map, Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful trek
- A first aid medicine bag in each group (carried by trekking leader)

## PRICE EXCLUDES

- International Flight Cost

- Nepal Entry Visa Fees
- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb  
Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)





## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu [1,338 m/4,390 ft] - Transfer to Hotel

Our journey to Langtang Valley begins upon your arrival at Tribhuvan International Airport today. After your arrival at the airport, complete your visa and other customs formalities. As you approach the exit gate, you will be met by one of the official representatives holding a display card with your name printed on it.

After greeting each other, you will be transferred to your respective hotel and you be assisted in checking in too by our staff. You can spend the rest of the time in your own way; either resting in the hotel or strolling around the Thamel.

### Day 2: Kathmandu: Sightseeing and Trek Preparation

Good morning!

After breakfast, we will begin our sightseeing (guided tour) to several of the most historical, cultural, and spiritual World Heritage Sites of Kathmandu. Some of those landmarks are historical Patan Durbar Square, the holy Hindu shrine of Pashupatinath, and the world-famous Swyambhunath i.e. Monkey Temple, and Bouddhanath, one of the world's largest stupas.

At noon, there will be a pre-trip discussion where we can meet our trek leader and other team members. Altitude Adventure briefs us regarding our trek as well as provides us an opportunity to ask any questions we may have regarding our upcoming adventure.

### Day 3: Drive Kathmandu to Syabrubesi [1,500m/4,921ft] - 6 to 7

We begin our journey early. After breakfast, we will wait in the lobby for our guide to come to pick us up. After the arrival of our guide, we board the jeep and head out to your destination. The journey begins by driving along the north-western side of Kathmandu and climbing high over the ridges as you leave the city behind.

On the way, we will see small ethnic settlements, impressive views of Mt. Annapurna I, Ganesh Himal, Manaslu, and several others, pristine waterfalls, gushing rivers, and green hillocks, etc. Upon reaching Trishuli Bazaar, we have our lunch before continuing further on the road.

Continuing the drive after lunch, we pass the villages of Betrawati, and Dhunche we descend to Syabrubensi ultimately. This road once used to be a significant trade route between Nepal and China that went through Tibet.

As we are in the gateway of the Langtang region, we begin our trekking adventure here. The air around the town is fresh and cool, with fluttering prayer flags everywhere. We get a nice and calm feeling during our stay here.

### Day 4: Trek Syabrubesi to Lama Hotel [2,480m/8,136ft] - 7 to 8 hours



The first day of our trek begins today. We wake with the beautiful sunrise over mountain peaks and get our breakfast. Getting ready, we begin our trek. Walking gradually, we enter Langtang National Park. Passing the rivers, small streams, lush vegetation filled with rhododendron and oak trees, and watching monkeys and other wild animals, we reach Lama hotel and make our way to a teahouse for an overnight stay.

#### **Day 5: Trek Lama Hotel to Langtang Village [3,543m/11,621ft] - 6 to 7 hours**

We continue our trek with an early morning breakfast initially walking alongside a river through the lustrous landscapes and then climbing through the dense forests. On the way, we might see the snowy peaks if the weather is crystal. Upon reaching Ghoda Tabela, we register our papers, get our lunch there and continue our trek. Passing a couple of villages, hills, mane walls, prayer flags, and wheels, we reach Langtang village, our day destination. Making our way to the teahouse, we check in and rest a while before going to explore the village around.

#### **Day 6: Trek Langtang Village to Kyangjin Gomba [3,830m/12,566ft] - 2 to 3 hours**

Good morning from Langtang valley.

With the gleaming rays of sun over majestic peaks, we get up and get prepared for today's trek. Packing our bags, we hand over our porters and get breakfast before beginning the trek.

Walking past the peaceful trekking trail, and rocky ridges, viewing the mountain sceneries and glaciers, and witnessing alpine vegetation and fauna, we immerse in nature while reaching our destination- Kyangjin Gomba.

Kyangjin Gomba is the last place with teahouses, a famous monastery with beautiful views of the mountains. This place is also famous for its cheese factory that offers yak curd, so if you like them, you can visit the spot to try some. As you explore the village, it offers a panoramic view of Dorje Lhakpa, Langshisha Ri, Ganja La, Tsergo Ri, and several others.

#### **Day 7: Hike Kyangjin Ri [4300m/14107 ft] or Cherko Ri [4984m /16351ft]: 5-7 hours**

Spending one more day at Kyangjin Gomba, we hike Kyangin Ri or Cherku Ri, or Langtang Glacier and return to Kyangin gomba for an overnight stay as we stay in Gorekshep and hike for Kala Patthar or Everest Base Camp during EBC trek. However, most people choose either Kyangin Ri or Cherku Ri for hiking.

Both from the top offers amazing mountain sceneries. Cherko Ri hike takes a longer time [6-7 hours], hence we will take packed lunch. We enjoy the spectacular sceneries of the Langtang Himalayan range [Langtang Lirung, Yala Peak, Langtang II], snowy surroundings with tumbling glaciers, and return down to Kyangin gomba for an overnight stay.

#### **Day 8: Trek Kyangjin Gomba to Lama Hotel [2,480m/8,136ft] - 6 to 7 hours**

Capturing the last views of the peaks, we begin the return hike from today. After breakfast, we begin our hike towards Lama Hotel. We will follow the same trail that we already used earlier. We will stop at Ghoda Tabela for lunch. Here, at the army check post, we register our exit. After a leisurely lunch, we continue down through the dense river valley forests to Lama Hotel, where we will be staying for the night.

### **Day 9: Trek Lama Hotel to Syabrubensi - 5 to 6 hours**

The last day of our trek begins after breakfast at our teahouse. We head to Syabrubensi today and conclude our trek. We will be walking along the Langtang River, heading downwards to the beautiful river valley.

As you descend through bamboo and birch forests, you will see amazing landscapes and cross the Langtang and Bhote Koshi rivers to reach Syabrubesi. We will check in one of the teahouses there and spend overnight there.

### **Day 10: Drive Syabrubensi to Kathmandu - 6 to 7 hours**

On the tenth day, we drive back to Kathmandu leaving the entire Langtang region behind. The journey passes through terraces, local settlements, rivers, high hills, and more.

You will be directly transferred to your hotel upon reaching Kathmandu. You must feel fatigued after the long day so that you can rest in your room. But if you still have energy left, then stroll around markets and enjoy the nightlife of Kathmandu. Get prepared for your international flight.

### **Day 11: Final Departure**

This is the last day of your trip. As per your flight schedule, one of the representatives of Altitude Adventure Treks and Expeditions will transfer you to the airport at least three hours before your scheduled flight. Have a safe flight.