

Langtang Valley Trek-08 Days

Duration: 10 Days



Overview

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| Trip Grade: Moderate | Max Altitude: 4773m |
| Activity: Trekking, hiking, sightseeing | Group Size: Min 02 Pax |
| Arrival On: Kathmandu, Nepal | Departure From: Kathmandu, Nepal |
| Meals: All meals during trek & breakfast in kathmandu | Accommodation: Stone Built Houses (tea houses) during trek |

Langtang Valley Trek, an epic trekking experience close to the Kathmandu valley yet quaint and untouched by the ills of development, is no less than the popular Annapurna Base Camp or Everest Base Camp Trek. A trekking experience with **less crowded trails**, breathtaking scenery, the view of majestic mountains and the unique culture of [The Tamang community](#), trekkers have a good alternative to the popular trekking trails. A shorter trekking trail and yet consisting all the elements of classical trail, Langtang Valley Trek is a must for explorers seeking novelty in the trekking adventures, wilderness with lush valleys and hills, pristine and perennial rivers, lush forests with vivid pink and red rhododendron flowers besides other floras, diverse vegetation and landscape, and delicious local yak Cheese! Whether you are a **Buddhist** or not, the **gompas and monasteries** in the region are a must visit due to the historical and cultural importance, a well-preserved aura of Buddhist culture and tradition since ages, and beautiful heritage. Langtang Valley Trek begins with a drive from the culturally rich Nepalese capital city of Kathmandu to the scenic village of **Syabru Besi**. In this trek with lower elevation, you shall be always in the company of lush vegetation and warm welcoming hosts. After the sightseeing in Kathmandu, we shall reach to **Syabru Besi** on a trip through a twisting road that offered a views of scenic foothills, views of mountains including the **Langtang Himalayan Range** and the **Ganesh Himal**, past terraced farmlands, interesting settlements and biotic diversity of **Langtang National Park**, you shall explore the beautiful valley. Across the mighty Bhoti Koshi River sourced in Tibet, you shall hike to the Lama Hotel through the trail with rich greenery and home to rare Red Panda, monkeys, and bears. Continue along the riverside through the forest, small settlements and grasslands, give way to the train of Yaks and locals en route and proceed steadily to the old and traditional village of Langtang. Famous for marvellous scenery, this village on the lap of Langtang Lirung Peak is home to Tamang culture, ancient monasteries, and famous Yak Cheese Factory. Climb on to Sindum and Yamphu villages, cross Laja River, trek past beautiful stupas and across suspension bridges spanning across deep gorges and over the lateral moraine to reach **Kyanjin Gompa**. Hike on to **Kyanjin Ri** for a spectacular view of Dorge Lakpa,

Langshisa, Dakpachhe and Gangchembu peaks and then a descent through previous routes to reach Syabru Besi and then drive to Kathmandu. A trek requiring a moderate level of fitness, Langtang Valley Trek can also be extended to [Gosaikunda](#), holy lake for both Hindu and Buddhists and the culturally rich **Tamang Heritage Trail**. A region termed "the most beautiful valley in the region"™ by some explorers and travelers, Langtang valley Trek provides you with wonderful photographic opportunities. It is an easy to moderate trek from February to May and September to December as the best trekking seasons. Even the novice trekkers with the ability to walk 5-6 hours can complete the trek. Join with "Himalayan Holyland Treks and Expedition" for professional guidance and quality service, carefully planned itinerary and the best memories to be cherished for a lifetime. Explore and enjoy this unique [trekking](#) experience with us!



Itinerary

Day 01: Arrival at Tribhuvan International Airport (TIA) Kathmandu(1350m) & transfer to hotel.

Our airport representative will welcome you and transfer to the hotel then explain the program further, collecting the necessary documents for the trek. Enjoy your overnight stay at the hotel. B/B basis.

Day 02: Drive to Syabru Bensi (1462m) by jeep/bus, 7/8 hrs.

Drive from Kathmandu to Syabru Bensi which takes about seven hours by bus. You head north out of Kathmandu driving through scenic foothills passing Kakani village which is also the viewpoint of Langtang Range and Ganesh Himal. While passing along the road at the bank of Trisuli River you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. The Langtang National Park starts from here and TIMS and permits are checked here. Lunch at Trishuli. Overnight at guesthouse. B/L/D

Day 03: Trek to Lama Hotel (2500m) Duration: 5h30 hrs.

Today, the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail gradually climbs to Bamboo passing through the Landslide area and through the forest sometimes. Afterwards, your trek ascends gently to Ramche (2400meters) through Bamboo (1960meters) which lies at the bank of Langtang Khola. You can have lunch at this place if you like. And at the end, your trail is level to the Lama Hotel. On the way, you could see red pandas, monkeys and bears if you're lucky. Lunch at Bamboo. Overnight at guesthouse. B/L/D

Day 04: Trek to Langtang Village (3307m) Duration: 5 hrs

The trail follows Riverside through the forest. Ghoda Tabela literally it means the Horse Stable. Then after we continue the trail towards Langtang which is slightly gradual and beautiful in the valley with the grazing Yaks. Langtang village is one of the very local and old villages along this trekking route and the view from here is more spectacular. This village is just on the lap of Langtang Lirung and there is a monastery and famous Yak Cheese Factory. Lunch at Thangshyap. Overnight at guesthouse. B/L/D

Day 05: Langtang village to Kyanjinn Gompa (3798m), 3 hrs. & hike to Kyanjin Ri (4773m).

The trail climbs gradually to Sindum and to Yamphu (3640m). Crossing the Laja Khola, there is a beautiful stupa just before crossing the bridge, then climbs a moraine to a viewpoint where you can see Kyanjing Gompa and the dramatic ice-fall flowing from Langtang Lirung. After lunch in Kyanjing Gompa, we go for hiking to Kyanjing Ri (4773m) from where we can see beautiful mountains like Dorge Lakpa, Langshisa, Gangchembu and then trek back to Kyanjing Gompa. This is also an old village with a very old monastery, the name of the village is also given from this monastery Kyanjing Gompa (Monastery) and just nearby the entrance of the village, we can see Yak Cheese Factory. Lunch at Kyanjin Gumpa. Overnight at guesthouse. B/L/D

Day 06: Kyanjin Gompa - Lama Hotel (2500m) Duration: 5-6 hrs.

Today we come back all the way downhill to Lama Hotel. We will see fantastic views of the towering mountain what you have missed on the way up. The lunch will be at Ghodatabela. Take your time to best enjoy nature and you are suggested to walk slowly. Overnight at guesthouse. B/L/D

Day 07: Lama Hotel to Syabru Bensi (1462m) Duration: 5-6 hrs.

We trek down to Syabru Bensi passing through several villages behind and we take lunch at Bamboo or Pahi. Overnight at Guesthouse. B/L/D

Day 08: Syabru Bensi to Kathmandu(1350m), 7/8 hrs drive by jeep/bus.

Scenic drive back to Kathmandu by public bus/jeep, 7/8 hrs. Lunch at Trishuli. Farewell dinner in Nepali restaurant and talk about the trek. Overnight at hotel. B/B basis.



Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu in a B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup in high places.
- => Three times meal during the trek.
- => Extra tea/coffee at the afternoon.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service (2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents (Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Hot shower, battery charge, bar bills & laundry service during the trek.
- => Extra night accommodation in Kathmandu, in exception of the itinerary.
- => Tips for guide and porters.