

# Langtang Valley Trek



## Overview

The third preferred trekking trail in Nepal, Langtang region is still unspoiled and mesmerizing trekking destination in Nepal. Despite the terrible hit of April 25, 2015, Earthquake, Langtang Region Trekking is always safe and enthralling. To convey this significant message to the travellers around the globe, Himalayan Social Journey coordinated the historical event 'Langtang Marathon' on 29th May 2016, in this region, and HSJ is facilitated as Langtang Goodwill Ambassador since then, HSJ has been working as 'The Goodwill Ambassador to Langtang Region'. We have been operating various trips in different regions of Nepal successfully but our special concern or simply put, we are specialized in organizing various exciting trip programs in Langtang Region. The Langtang Valley is simply breathtaking and Tamang Heritage and Gosainkunda are the cultural and spiritual tour and trekking in the lap of Himalaya. Travelling to Langtang and trekking with us, you are not only enjoying the beauty but also contributing to the socio-economic and cultural aspect of the livelihood of the people inhabiting there.

## Journey to Langtang Valley

North of Kathmandu near the Tibetan border, your journey starts in the lower Langtang Valley, sandwiched between a Himalayan range to the north and snowy peaks to the south. You will trek through forests, past waterfalls, Sherpa villages, and farmlands, getting to know the locals, many of them are of Tibetan origin. Experience the Langtang Valley's spectacular views of the mountains and glaciers and explore the villages almost unto you, as the trails are far less populated in this area. This region is also famous for its rare and abundant fauna and flora. As you are heading through the national park, keep your eye out for our rare and interesting wildlife: red panda, snow leopard, monkeys, deer, pike, hawks, raptors and the national bird of Nepal, the colourful Danphe.

## Highlights

- Trek through rhododendron forests, yak pastures, and villages
- Experience the local's unique Tamang culture and Tibetan villages

- Stunning view of the Icefall from Kimshung and Langtang Lirung peaks
  - Rare and abundant flora and fauna
  - Doman waterfall
  - Yak cheese factory
- Our Langtang Region trekking programs include:*

13 Days LANGTANG GOSAINKUNDA HELAMBU TREK 16 Days Tamang  
Heritage Trek 11 Days Langtang Valley Trek 12 Days Langtang Gosainkunda Trek

# Outline Itinerary ( 11 Days )

## Day 1 : Arrival Day

Your arrival to Tribhuvan International Airport and transfer to Hotel.  
Orientation in the evening at around 5 PM. At evening welcome dinner.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Sightseeing of Kathmandu

After breakfast, our Himalayan Social Journey City tour guide will take you to different UNESCO listed world heritage sites of Nepal. Today, you will visit Pashupatinath Temple or Kapan Monastery, Boudhanath, Swaymbhu and Patan Durbar square. Overnight at Himalayan Suite Hotel or similar. (B)

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Drive to Syabru Besi

In the wake of morning breakfast, you travel by means of transport through Trishuli Bazaar, and afterwards Dhunche to Syabrubesi. In spite of the fact that roads are uneven and harsh, the journey shall turn out to be so pleasurable with sights of lovely scenes and snow-secured

mountains. You remain at a hotel in Syabrubesi. Ensure you rest on time as your body is worn out on the long and suffering bus ride.

**Max Altitude** Syabru Besi (1,462 m)

**Duration** Drive (6-7hrs)

**Overnight** Yella Peak Guest House

**Meal** Breakfast included

## Day 4 : Trek to Lama Hotel

As the trek starts, you go through Trisuli River and pursue Langtang River. Walking through a suspension bridge, you need to stroll through Pahiro to reach to Bamboo. The trail at that point crosses a subtropical woodland. Red Panda, Langur monkey, wild pigs and different feathered creatures occupy the woods. The trail at that point rises through Rimche to end the day trek at Lama Hotel.

**Max Altitude** Lama Hotel (2,500 m)

**Duration** 4-5hrs

**Overnight** Original Lama Hotel

**Meal** Breakfast included

## Day 5 : Trek to Langtang Village

Subsequent to morning breakfast, the fifth-day trek starts with a delicate tough ascension up the trekking trails. However, the trail before long gets steep as you trek further. You shall have a look at excellent Langtang Lirung and other snow-shrouded tops beginning showing up, your trek turns out to be additionally intriguing. You can give your legs a rest and have your lunch in Ghoda Tabela. As you climb up, you will reach to a wonderful valley – Langtang where you will see yaks brushing everywhere throughout the fields. You will go

through your fifth night in Langtang Village.

**Max Altitude** Langtang Village (3,307 m)

**Duration** 4-5hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 6 : Trek to Kyanjin Gompa

You go through a Buddhist place of worship and trek to Mundu. After you traverse streams, wooden scaffolds and moraines, you get a look at Buddhist religious community called as Kyanjin Gompa. The town is named after a Buddhist religious community Kyanjin Gompa which is comprised of nearby woods and stones. There are Buddha pictures and icons. You can visit a cheddar ie, Cheese processing plant there. You can rest or tour the region after lunch. Langtang Lirung, Kyanjin RI, Tsergo RI, Langshisha RI, Yala Peak are some mountain tops you can see from Kyanjin Gompa.

**Max Altitude** Kyanjin Gompa (3,798 m)

**Duration** 3-4 hrs

**Overnight** Namastey Guest House

**Meal** Breakfast included

## Day 7 : Excursion day around Kyanjin Gompa.

The seventh day is for rest. As you have moved to more than 3800-meter elevation, your body needs to conform to the adjustment in the earth. Additionally, it is a safeguard for height affliction. On the off chance that you feel good, you can investigate Kyanjin as you can visit the religious community, cheddar plant, and icy masses. You can likewise climb to Kyanjin RI or Tserko RI. From those focuses, you can see the stunning view of Langtang Valley, Langtang Lirung, and some

other snow-shrouded mountain tops. Tserko RI remains at a height of 5,033 meters which is the most elevated peak of Langtang Valley trek. Overnight at Namastey Guest House.

**On this day, if you wish to take the flight to Kathmandu straight, you would have the option to take a helicopter ride at \$400/pp based on 5 pax.**

**Max Altitude** Kyanjin Gompa (3,798 m)

**Overnight** Namastey Guest House

**Meal** Breakfast included

## **Day 8 : Trek back to Lama Hotel**

You drop in excess of 1430 meter for around 6 hours trek for medium-term remain at Lama Hotel. As you return through a similar trail, you can take a rest in Ghoda Tabela and eat. Ensure you appreciate the heavenly perspective on the snow-secured mountain extends while diving down to Lama Hotel – it's an incredible sight.

**Max Altitude** Lama Hotel (2,500 m)

**Duration** 5-6 hrs

**Overnight** Original Lama Hotel

**Meal** Breakfast included

## **Day 9 : Trek back to Syabru Besi**

You trek downhill through beautiful forests and villages to Syabrubesi from where you shall be driving back to Kathmandu.

**Max Altitude** Syabru Besi (1,462 m)

**Duration** 4-5hrs

**Overnight** Yala Peak Guest House

**Meal** Breakfast included

## Day 10 : Drive back to Kathmandu

Drive back to Kathmandu through Pasang Lhamu Highway along the Trishuli riverside. 7 to 8 hours drive will take you back to Kathmandu. At night, you get the opportunity to impart encounters to your aides or companions with supper at the lodging.

**Max Altitude** Kathmandu (1,400 m)

**Duration** Drive (6-7 hrs)

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 11 : International Departure

It is now time to say goodbye. You will be driven to the airport for your departure with a heartwarming farewell. You will be provided breakfast before your departure from the hotel.

**Meal** Breakfast included



## Include / Exclude

- Airport pick up and drop
- Transportation by sharing jeep KTM- Sebrubensi- KTM
- Three-star category hotel in Kathmandu (Himalayan Suite Hotel or similar ) in twin sharing bed and breakfast basis
- Accommodation in the lodge with breakfast during the trek in twin-sharing basis
- All meals, accommodation, insurance and other expenses of trekking crew
- Necessary permit, TIMS, and national park fees
- Highly experienced English speaking guide and porters (2 people will have one porter)
- Welcome Dinner
- Necessary equipment (Sleeping bag and duffle bag- if needed) during the trek.
- Sightseeing tour in Kathmandu with tour guide by private vehicle
- All Government Taxes and any other official expenses
- 30 minutes massage on the last day
- Lunch and dinner during the trip except for welcome dinner. (It would cost \$140/pp to include lunch and dinner to the package)
- Personal equipment and your travel insurance
- Monuments entrance fee (NRS 200+400+1000+1000)
- Tips to the guide, driver and porter



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

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