

# Langtang Valley Trekking

## Package Highlights

- Scenic drive of Kathmandu Shyaprubensi via mountain terrain road
- Trekking inside Langtang National Park - The second biggest national park in Nepal
- Typical Sherpa and Tamang village
- Kyanjin Guma, other old Buddhist Gumpa and Tibetan culture
- Tourist standard local tea house for accommodation and hygienic foods
- Langtang glacier and Panoramic view of Mountain
- Trekking through dense forest flora and fauna

## Trip Facts

- Starting Price: US\$880.00 (Per Person)
- Duration: 11 Days
- Grade: Very Strenuous
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Driving and Trekking
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Tsergo Ri 5,150m
- Min. Pax: Any

## Itinerary Details

### Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks will receive you from airport and transfer to the hotel. Meet, greet and introduction program at Hotel. If we get time, we can discuss about the trip and your trekking equipment.

### Day 02 : Day in Kathmandu. Sightseeing in UNESCO heritage sites and trekking preparation. Overnight at hotel

After your breakfast, our tour guide will lead you to sightseeing in major three UNESCO heritage sites. Pashupatinath temple (A biggest hindu temple) Baudhanath Stupa (Biggest Buddhist Stupa) and Bhaktapur Durbar Squire (Old king palace). Later cost back to hotel and final preparation of your trekking. introduce with your guide and supporter.

**Day 03 : Drive Kathmandu to Syaprubensi (7/8 Hours - 1450m) Overnight at local tea house**

Take early breakfast in your hotel. Start driving from Kathmandu to Syaprubensi. It is only 117 kilometer but long driving because of mountain road through local villages. It is also one of the scenic drives. Stop on the way at scenic place and for Lunch. Reach at Syaprubensi at around 2pm. Check in your room and have hot tea.

**Day 04 : Trek Syaprubensi to Lama hotel (6/7 hours - 2480m) Overnight at local tea house**

After your breakfast in Syaprubensi, start trekking through Rhododendron forest to Lama Hotel. We cross Bridge of Trisuli River and walk again bank of Langtang River. Starting trekking route is slightly uphill but at end of the day is with tough uphill. We also cross several suspension bridges and local tea houses.

**Day 05 : Trek Lama Hotel to Langtang vilalge (5/6 Hours - 3540m) Overnight at local tea house**

Walking again with dense Rhododendron forest today. After walking minor uphill, you will reach at Ghoda Tabela. There are small tea house rebuild after earthquake in Nepal. We also can see beautiful Mountain View of Langtang Lirung and Naya Khang. Reach Langtang valley which was a biggest Tamang village before earthquake. Now again locals are establishing their houses but enough tea houses are rebuild for trekkers.

**Day 06 : Trek Langtang village to Kyanjin Gumpa (3/4 hours - 3900m) Overnight at local tea house**

Start your trek as usual time. Today we are going to trek short and reach Kyanjin Gumpa by lunch time. You could see beautiful mountain range around and largest Buddhist Mani walls on the way of trekking. Reach at Kyanjin Gumba, last village of Langtang valley Trekking. Spend rest of the afternoon exploring by Buddhist Shrine and beautiful mountain ranges. You also can walk around and visit Yak cheese factory.

**Day 07 : Day hike to Tserko Ri (5150m) and exploration around. come back to Kyanjin Gumpa and overnight**

Early in the morning, we start walking to Tserko Ri. Tserko Ri is the highest hill of this trekking. We try to get there before sunrise to view good sunrise view. You may will have difficulties of breathing in less oxygen in high altitude. We can see Langtang Glacier, Langshisha Kharka (The big pasture of Yak) and panoramic mountain views. Back to Kyanjin Gumba for overnight.

### **Day 08 : Trek back to Lama Hotel (6/7 Hours - 2480m) Overnight at local tea house**

After breakfast in Kyanjin Gumba, we trek down same way back to Lama Hotel. It is long walking day through dense forest, local villages with ethnic peoples. Peoples in these villages are Nepalese Tamang but practicing similar cultures as Tibetan

### **Day 09 : Trek back to Syaprubensi (5/6 Hours - 1450m) Overnight at local tea house**

After your breakfast, we start trekking down to Syapru Besi. Trail is around for 5 hours easy walking almost at downhill. After reaching Syapru, your guide will make sure your transportation (jeep) for tomorrow which is send from Kathmandu

### **Day 10 : Drive back to Kathmandu and transfer to Hotel (7/8 Hours - 1350m)**

Start driving to Kathmandu. The same way driving back till Kathmandu is about eight hours. When we reach at Dhunche, we get up for final checking out our Langtang permit and TIMS. We also stop on the way for Lunch. Reach at Kathmandu and transfer to hotel. Meet official representative from Nepal Highland and give trekking feedback

### **Day 11 : Departure**

Till your departure time, you are free. We drop you to International airport for your final departure. You have to reach International airport normally before 3 hours from your departure time.

### **Cost Includes**

- All arrival and departure arrangement
- Accommodation in Kathmandu on twin sharing room with breakfast
- Accommodation on twin sharing in local tea houses while in trekking
- A full day sightseeing in Kathmandu valley with private transportation, tour guide and entrance fees
- Private jeep Kathmandu Shyaprubensi Kathmandu
- Langtang National Park entry fee and TIMS card for trekking
- Friendly and helpful trekking guide and supporter (2 pax = 1 supporter) with their salary, foods, equipment, insurance and accommodation
- Foods (Breakfast, Lunch and Dinner) with cups of hot drinks during trekking days
- Government tax official service charge
- First aid kit

### **Cost Excludes**

- Lunch and Dinner in Kathmandu
- Personal equipment, medical expenses, personal insurance, rescue

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- Soft drinks including drinking water and bar bills
- Nature of personal
- Tipping to staff

Our cost is for **Langtang valley trekking** is based on 2 pax a group. If you are more than 2 pax, your cost will reduce and if you are only one pax cost increase. In our cost, we are providing you private Jeep driving both way of Kathmandu Syaprubensi. If you choose to drive with local bus, cost also decrease. Driving with local bus is not comfortable. Â Â

### Useful Note

- Langtang Valley Trekking is tea house trekking. You will get toursit standard accommodation and foods as per your choice. It is better if you bring your own sleeping bag for your night.Â
- You do not need much equipment for this trekking. You can buy it in Kathmandu thamel. We can suggest you whatevery equipment you need.Â

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Itinerary of this trekking is general one. you can change it on the way discussing with your guide. Our guide is always flexible.Â

### Departure Note

- You can choose your own date for Trekking. Do not need to follow our fixed departure date. Our fixed departure date can be worth for single trekkers.Â