

Langtang Valley Trek



Day 1: Arrival at Kathmandu Airport. We will meet you at Kathmandu Tribhuvan International Airport and transfer you to your hotel. When you have had time to settle in and freshen up, you will be invited to visit our office (or meet at the hotel) for a briefing about your program. You will meet with your trekking guide and discuss the trek; also we will process the trekking permits. If you arrive at night we will have the same discussion the following morning after breakfast

Day 2: Tour of Kathmandu City and any last minute

preparations. This morning, after breakfast you will leave for a day tour around Kathmandu (if you wish). You can visit sacred Pashupatinath Temple and Swayambhunath; both are UNESCO World Heritage sites. We can also visit the biggest Buddhist Stupa at Boudhanath and view many fine arts and the historical architecture of Kathmandu's Durbar Square (reflecting the ancient Nepalese culture). On return to your hotel you will have time to explore the local area, have dinner and perhaps take a leisurely stroll through the popular streets.

Day 3: Kathmandu drive to Syabru Bensi (1550m). After breakfast we drive out along the north-western hills of Kathmandu for apx. 7-8hrs. You will see the white snow-capped mountains of Annapurna II, Manaslu, Ganesh Himal and other minor peaks along the route as well as green hillocks, rivers and villages. Witness the Himalaya and mountainous lifestyle through the terraced fields and rustic villages. The scenery of foothills and ridgeline vistas pass through the Trishuli Bazaar, Betrawati and Dhunche; you will know that you are heading towards a land deep in history. We will take lunch at the Trishuli Bazaar before continuing on further to Dhunche. We descend down to Syabru Bensi for the overnight stay.

Day 4: Syabru Bensi to Lama Hotel (2450m), walking distance 10.9 km. This exciting first day trekking crosses through the Bhote Koshi River flowing down from Tibet and follows the Langtang Khola. After a visit to the Gumpa of Guru Rinpoche we will follow the stone-paved main street out of town over Langtang Khola. After crossing the suspension bridge the trail gradually ascends up to 'Bamboo' passing by a famous old landslide. The trail goes through the sub-tropical forest which is covered by oak and maple, massive spruce, fir and blue pine. We pass through forests of oak and rhododendron. There is abundant wildlife here such as: yellow-throated martens, wild boars, Langur Monkeys, Red Pandas and Himalayan Black Bears. Ever onward your trek ascends gently to Rimche (2400m). And at the end of the day our trail is level to the Lama Hotel for the overnight stay.

Day 5: Lama Hotel to Langtang Village (3430m), walking distance 14.8 km. The day starts with a gentle climb but it soon becomes steeper; climbing through forests of hemlock, oak, maple and white or pink rhododendrons high above the Langtang Khola. The tantalizing glimpses of snow-capped peaks begin to appear (along with a fleeting view of Mt. Langtang Lirung, 7244m.). This trail leads to a log bridge and further on we come across lush meadows of Ghora Tabela (2992m). The trail ascends gradually as the valley opens up into a classical U-shaped glacial. We will follow the trail across the helipad and yak pastures, climb briefly through rhododendrons to reach several Tamang villages. The trail crosses a stream that powers several water-driven mills and prayer wheels to the large settlement of Langtang 3430m (headquarters of Langtang National Park). The village has flat-roofed Tibetan-style houses and elaborately carved wood windows (the upper village is worth exploring). The valley is surrounded by stone walls enclosing fields where buckwheat, potatoes, wheat, turnips and barley are grown. It's easy to find a yak and wild goats wandering around you.

Day 6: Langtang village to Kyanjin Gumpa (3870m), walking distance 6.8 km. The trail winds through the village *MANI WALL (below inset)* and climbs a ridge topped by a large 'chorten' (Sanskrit for a stupa). It then climbs gradually



past an impressive 'mani wall' crossing a stream to the small village of Mundu (3442m). After crossing several small streams with wooden cantilever bridges and moraines, you can finally see the monastery of Kyanjin Gumpa and the dramatic icefall flowing from the peaks of Langtang Lirung and Kimshung. Here is a famous government-operated cheese factory. We will have a chance to taste the cheese and curd made with Yak milk; it is wonderful. After having lunch we can explore the area with many

(Day 06: continued) views of Langtang Lirung (7246m), Genjempol, Kyangjin Ri (4750m.), Tsergo Ri (5000m.), Ganjala (5160m.), Langshisa- Ri (6427m.), Dorje, Lakpa (6430m.), Naya Kang (5844m.) and Yala peak (5500m).

Day 7: Acclimatization day / Exploration day in Kyanjin. Today is the rest and exploration day of the trekking. We visit the monastery and the cheese factory or may walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyanjin Ri (4350m) and Tserko Ri 5,000m. (which is highest point of this trek). We will hike easy today for a breath-taking panorama of the Langtang Lirung, Langtang range, Kimshung, Yansa Tsenji. We also have the options to do a side trip to Langshisa Kharka (there are several alternative side trips today). Spend our night back at Kyanjin.

Day 8: Trek back to Lama Hotel (2450m), walking distance 21.6 km. Have your breakfast while enjoying snow-capped mountains and a breathtaking view. We will follow the same trail back down, alongside the Langtang Khola to Langtang village and on to Ghora Tabela. After having lunch we will continue a steep descend to the Lama Hotel. All the way down you will see fantastic views of towering mountains that you may have missed on the way up. Overnight at the Lama Hotel.

Day 9: Trek to Syabru Bensi (1550m), walking distance 10.9 km. Today after breakfast we hike back to Syabru Bensi. The trail is mostly downhill through lush greenery while enjoying more spectacular views. We will walk along the rising and falling pathways leading to a village which provides us the opportunity to get a closer look at the customs and culture of the enchanting Tamang people. Soon we reach Syabru Bensi for the overnight stay.

Day 10: Drive to Kathmandu: 7-8hrs. We will drive back to Kathmandu passing farming terraces, streams, rivers, local settlements, high hills and the Trishuli river side. It takes about 7 to 8 hours (conditions permitting) to reach your hotel in Kathmandu. In evening we will have the celebratory dinner and cultural show in a typical Nepali Restaurant with memories and tall tales of your trekking adventure. Overnight in Kathmandu.

Day 11: Farewell Departure. After breakfast we will provide transfer to KTM (Tribhuvan International Airport).

Note #2: Above itinerary includes FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners while on trek. BB (Bed and Breakfast while in Kathmandu. Drinks ARE NOT included while trekking but are available along the route

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 11 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 3 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, tourist bus to Pokhara and all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 3 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Annapurna Trekking Map.

- Tourist bus to Pokhara
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay two nights in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.