

## Langtang Valley Trek - 13 Days

The Langtang Region trekking in Nepal offers stunning mountain views, diverse landscapes, and unique cultural experiences. Langtang region trekking is associated with Langtang National park. Trekkers typically start from Syabrubesi and follow trails that lead through picturesque villages like Lama Hotel, Langtang Village, and Kyanjin Gumpa. Highlights include encounters with Tamang and Sherpa communities, lush forests, high alpine meadows, and close-up views of Langtang Lirung and other Himalayan peaks.

The trek can range from 7 to 14 days depending on the specific route chosen and side trips taken. It's a fantastic option for those seeking a less crowded alternative to popular routes like Everest Base Camp and Annapurna Circuit.

## PRICE INCLUDES

- Accommodation in the mountains (dinner, breakfast and lunch)
- 3 nights in Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off, Kathmandu - Sybru beshi & Dunche to Kathmandu
- Trekking permit in the national park and TIMS Card
- One Experience trek leader, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 guests)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your own use)
- All government and local taxes.
- Nepalese team insurance
- Welcome dinner & Farewell dinner

## PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month (For this trek 15 days of visa is enough)
- Sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone pill charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- insurance( Its mandatory when you need immediate evacuations or rescue ).
- International flight

## ITINERARY IN DETAIL

### Day 1: Day 1 Arrival in Kathmandu

Upon arrival in Kathmandu you will sort out your visa and immigration papers and one of our team representatives will be there to collect your baggage and navigate you to the hotel.

Normally you will arrive in the evening and when you are refreshed then you can hike a little around your hotel, you will see colorful Kathmandu. Depending on your arrival your free time will be set out.

### Day 2: Day 2 Drive to Shyapru bhesi ( 1450m )

Early in the morning we will drive to Shyapru bhesi by bus. Shyapru bhesi is the entrance to Langtang National Park and a small town in the Langtang region.

Driving time : Approximately 6 hours

Distance : 137 km

### Day 3: Day 3 Trek to Lama Hotel ( 2480m ) 5-6 hours

After crossing a Bhotekoshi river, we arrive in a small village and we pass by the left side of the Langtang Khola. We walk for two hours on a Nepalese flat (a succession of ups and downs) in an often humid subtropical forest, and in which it is sometimes possible to observe monkeys.

We lunch at the silent Bombo village (1970m) at the side of the river. Then, it is by a fairly steep climb of one hour that we reach the village of Rimche (2400m). Half an hour further, we reach Lama Hotel (2480m), a small hamlet located in the middle of the forest.

### Day 4: Day 4 Trek to Langtang

We will embark towards an important village of this region, which region is named by that village (Langtang).

We walk in the forest, the valley widens, dominated by Lantang Lirung (7225m). An hour and a half later we arrive at Ghodabela (2972m), **lunch break at Thayangsyap** (3140m). We start to see **Tserko-Ri** (4984m). (The path climbs gently and in two hours we reach the village of Langtang (3410m) whose inhabitants are mainly of Tibetan origin. On the horizon we see the snow-covered slopes of Ganchenpo (6387m). The village was completely destroyed during the 2015 earthquake following an avalanche (rock, snow, ice).

The new village is rebuilt slightly higher in the valley. We can still see the traces of the earthquake.

### Day 5: Day 5 Trek to Kyangjin Gumpa (3860m)

We start to climb on a pretty steep slope towards where we can see long manies with lots of mantras written in the stones. We pass through some beautiful villages of Mundu and Singdum then the relatively easy climb continues to the

Yamphu, which we cross just before arriving at Kyanjin Gomba (3860m) at the foot of the Langtang Lirung glacier. We stay near to Buddhist monastery. Kyanjin Gomba mainly serves as summer pasture for herds of yaks. We can visit the cheese factory and monastery as well. We arrive for the lunch break at Kyanjin Gomba.

### **Day 6: Day 6 Hike to Kyangjn Ri 4350m and hike back to Kyangjin Gomba**

During this day we will climb up to Kyangjin Ri 4350m. From the summit we will see breathtaking views of Langtang valley and the surrounding peaks: Langtang Lirung (7225m), Yansa Tsenji (6575m), Ganchenpo (6387m). We descend to the camp for the lunch and after lunch free time to visit the cheese factory and monastery.

### **Day 7: Day 7 Trek back to Lama Hotel 2480m**

We will trek back the same way we go up and we follow the Langtang river with beautiful coniferous forest and stop at Lama hotel for a overnight.

### **Day 8: Day 8 Trek to Thulo Shyapru (2240m ) 5 hrs to 5:30 hours**

We continue to descent towards the village of Thulo Syabru, a pretty and large village in the region which is located in the ridge with a Buddhist monastery. We follow the path that we climbed on the first day of trekking towards Bomboo and Pairo. After 3 hours of walking, we change the path and go up to our Thulo Syabru evening camp. We cross the suspension bridge to arrive at the pretty village.

### **Day 9: Day 9 Trek to Shing Gomba (3580m) 5 hrs to 5:30 hours**

We leave the charming village of Syabru to head towards Singh Gomba. As this hike progresses, we discover some typical houses, potato crops as well as pleasant tea rooms upon arrival at Dursagang Danda. We continue our hike through a forest of rhododendrons and big pines trees, before arriving at the top of the ridge where we discover an old chörten. We then enter the second valley and arrive at our lodge for the night. The small Buddhist monastery of Singh Gomba is 100 meters down the path on the left. We can visit cheese factory.

### **Day 10: Day 10 Trek to Dunche (2010m) 5-6 hours**

We follow the steep path down till Dunche which is Central market for Langtang region and people are come here to shopping and other official works.

### **Day 11: Day 11 Drive back to Kathmandu (1350)**

Drive to kathmandu around 5-6 hours by private jeeps or bus.

### **Day 12: Day 12 Free day in Kathmandu**

Free day in Kathmandu allowing you to visit the main sites of the city: Durbar Square, Sawayambunathn, Bodnath or Pashupatinath. You can also explore the streets of Bhaktapur, an ancient medieval Newari city or the ancient royal city of Patan

### **Day 13: Day 13 Depart to your Home Country**

Leisure time depending on your departure flight. Our team member will drop you to airport.

## FAQ

### 1. How difficult is the Langtang Valley Trek?

The Langtang Valley Trek is moderately complex. Trekkers can expect daily walks of 5-7 hours on varied terrain, including some steep ascents and descents. While no technical climbing skills are required, a good level of physical fitness is essential to enjoy the trek fully.

### 2. How long is the Langtang Valley Trek?

The Langtang Valley Trek typically takes 13-15 days to complete, depending on the itinerary and pace. This duration includes time for acclimatization, exploration of key sites like Kyanjin Gumpa, and travel to and from the trailhead.

### 3. Why is the Langtang Valley Trek popular?

The Langtang Valley Trek is famous for its accessibility from Kathmandu, stunning mountain scenery, and cultural immersion. Trekkers can enjoy panoramic views of the Langtang range, visit ancient monasteries, and experience the warm hospitality of the Tamang people. The trek is also less crowded than other trekking routes in Nepal, offering a more peaceful experience.

### 4. Is the Langtang Valley Trek suitable for beginners?

Yes, the Langtang Valley Trek suits beginners in good physical condition. The trek is relatively short and not as high-altitude as some other treks in Nepal, making it an excellent choice for those new to trekking. However, beginners should still prepare adequately and be mindful of the altitude.

### 5. What is the best time to trek the Langtang Valley?

The best time to trek the Langtang Valley is spring (March to May) and autumn (September to November). These seasons offer the most favorable weather, with clear skies and moderate temperatures, ensuring the best mountain views and comfortable trekking conditions.

### 6. Is the Langtang Valley Trek safe?

Yes, the Langtang Valley Trek is generally safe for trekkers. The region is well-established, with a network of tea houses and marked trails. However, it's essential to trek with a guide, especially for those unfamiliar with the area, and to take precautions against altitude sickness and sudden weather changes.

### 7. Is Langtang Valley Trek worth it?

The Langtang Valley Trek is worth it for those seeking a blend of stunning Himalayan scenery, rich cultural experiences, and a peaceful trekking environment. Offering breathtaking views of the Langtang range, opportunities to immerse in the traditional Tamang culture, and the advantage of being less crowded than more popular treks, it's an excellent choice. Additionally, its proximity to Kathmandu makes it accessible, and trekking through the diverse

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landscapes of Langtang National Park adds to the trek's appeal. Whether you're a beginner or an experienced trekker, the Langtang Valley Trek provides a rewarding and memorable adventure.

