



## Langtang Trek - 11 days - \$1700/Person

### Trip Info

**Trip Code:** WHT/NT-01

**Grade:** Easy

**Maximum Elevation:** 500M.

**Type:** Trekking/Hiking

**Activity:** Hiking and Camping

**Starts at:** Kathmandu

**Ends at:** Kathmandu

**Trip Route:** Syabrubesi-Lama Hotel-Langtang-Kyanjing Gonpa

**Best Season:** Autumn & Spring

**Accommodation:** Not Included

**Meal:** Not Included

**Offer:** 15% Discount

Langtang Valley Trek is a pleasant trip in Nepal that begins with tours of Kathmandu's UNESCO World Heritage Sites followed by a drive to Syabrubesi the next day. Following our route map, we begin trekking from the lower region of the Langtang Valley through small villages, farmlands and verdant forests to Kyanjin Gumpa. We also climb Tserko Ri for excellent sunrise views over the Langtang ranges. The region borders Tibet and was once an important trading route. We can still see the influence in the rich local culture. Furthermore, the Langtang Valley Trek's itinerary also takes us to the 'Langtang Village' which was heavily affected by the devastating earthquake that hit Nepal in April 2015. Our exciting 11-day trip in Nepal comes to a conclusion in Kathmandu, where it had started.

### Trip Highlights

- Guided trek by Sherpa professionals.
- Support people rebuilding their lives and livelihoods after the earthquake
- Visit of the local Cheese Factory in Kyanjing Gumpa
- Incredible mountain views of the Langtang Himalayas, valley and across to Tibet from Kyanjin Ri
- Enjoy panoramic views across vast open valleys at the end of the trek
- Scenic drive to Syabrubensi and back to Kathmandu.
- Varied vegetation and mixed landscapes.
- Pass through stunning forests, high alpine meadows, and yak pastures.
- The superb short trek destination.
- One of the world's most beautiful valleys.

## Itinerary

### Day 1 - Arrival in Kathmandu (1,350m/4,428ft)

After landing at the Tribhuvan International Airport, we will be greeted by a representative of White Himalayas Treks who will drop us off at our hotel. We then check-in at the hotel, freshen up and take a rest. In the evening, a welcome dinner will be hosted by Himalayan Glacier. Overnight in Kathmandu.

### Day 2 - Kathmandu: sightseeing and trek preparation

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks are considered World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is one of the largest stupas in the world. At noon, there will be a pre-trip discussion where we can meet our trek leader and other team members. Himalayan Glacier briefs us regarding our trek as well as provides us an opportunity to ask any questions we may have regarding our upcoming adventure. Overnight in Kathmandu.

### Day 3 - Drive from Kathmandu to Syabrubesi (1,550m/5,100ft): 7-8 hours

We leave Kathmandu in the morning for Syabrubesi, a village which is also the starting point for treks into the Langtang valley. Our journey will be on a winding road through frequent switchbacks. On a clear day we get to enjoy outstanding views of Manaslu, Annapurna and Ganesh Himal. Our trek for today ends with a descent into the small village of Syabrubesi. Overnight in Syabrubesi.

### Day 4 - Trek from Syabrubesi to Lama Hotel (2,380m/7,830ft): 6 hours

After breakfast, we begin our trek to Syabrubesi along the Langtang Khola. We ascend and descend simultaneously through oak and rhododendron forests. After crossing a bridge over the Langtang Khola (small river), we ascend on a steep trail which will lead us to the Lama Hotel. Overnight in Lama Hotel.

### Day 5 - Trek to Mundu (3543m/11,621ft) via Langtang village: 6-7 hours

We continue ascending from Lama Hotel and enjoy the mountain landscape with abundant waterfalls. As we reach the green meadows of Ghoda Tabela, we begin to see the white peaks of the Langtang range. Our trail continues to climb up the widening valley, passing a few temporary settlements used by herders. We pass a Buddhist monastery before reaching the Langtang village which was affected by the April 2015 earthquake.

### Day 6 - Langtang to Kyangjin Gomba (3,870m/12,697ft): 4-5 hours

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After breakfast, we will start our journey to Kyangjin Gompa, a principal monastery of the region. We pass by water mills, prayer wheels, chortens, with sacred mounds of rocks with inscriptions carved on them. We also pass by the largest mani wall in Nepal, made from stone with prayers written on them. After the short trek, we spend the rest of the afternoon exploring the Buddhist shrine in Kyangjin Gompa and surrounding areas with the amazing views of the mountains.

## **Day 7 - Acclimatization- Explore Tserko Ri (5000m/16,404ft) 7-8 hours**

We spend the whole day exploring Tserko Ri which will also help us acclimatize to the high altitude. We begin early in the morning. The trail passes through yak pastures before ascending to Tserko Ri. The sunrise view from the top of Tserko Ri is extraordinary. We get back to Kyangjin Gompa by late afternoon and explore the beautiful monastery while enjoying views of the Himalayas, glaciers, birds and yaks.

## **Day 8 - Kyangjin Gompa to Lama Hotel: 6-7 hours**

We begin our trek after breakfast and retrace our steps to Lama Hotel. Most of the trekking today will be downhill as we pass through forests and beautiful Tamang villages. We also get to enjoy different view of the Himalayas that we had missed climbing up. Overnight in Lama Hotel.

## **Day 9 - Lama Hotel to Syabrubesi: 4-5 hours**

We basically retrace our steps back to Syabrubesi. The trek will be easier as it will mostly involve descending. Overnight in Syabrubesi.

## **Day 10 - Syabrubesi to Kathmandu**

After breakfast, we drive back to Kathmandu. We spend the rest of the day packing and maybe catching up on some last-minute souvenir shopping. Himalayan Glacier will celebrate our successful trip in the Langtang Valley by hosting a farewell dinner. Overnight in Kathmandu.

## **Day 11 - Final departure**

Our adventure in Nepal comes to an end today! A White Himalayas treks's representative will take us to the airport approximately three hours before our scheduled flight. On our way home, we have plenty of time to plan our next adventure in the wonderful country of Nepal.



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## Cost Includes

- Pickups and drops from airport(s) and hotel(s)
- Trekking Guide Fee, Food, Insurance etc
- Trekking Permits
- Tips for guides and porters

## Cost Excludes

- All meals during trek in Local Lodge
- Hotel and foods in Kathmandu
- Porter fee & Insurance
- All fees for sightseeing including entry fees for visiting temple(s), monument(s), trekking and national parks
- Nepalese visa fee & International airfare
- Tips for guides and porters