

# LANGTANG VALLEY TREK



**Langtang Valley Trek** is a hidden gem among trekking routes in Nepal. Trek to Langtang is also termed as the glacier valley trek and takes you close to the sky touching the snow-capped Himalayas and beautiful glaciers. A trek to Langtang valley gives you an opportunity to witness the wonderful and superb views of different mountains of Langtang region. This [Langtang valley trek](#) takes you through a dense alpine forest, deep rivers, and incredible species of birds. You will be able to witness the Tibetan influenced lifestyle of Tamang and Sherpa people on the trekking trail. Langtang Valley trekking brings you closer to the never you never would have expected along with showcasing the actual hilly lifestyle of Nepalese people.

The major highlight of **Langtang valley trek** is the amazing and eye-catching views of Langtang and Ganesh mountains. It is a multitude trekking expedition in the southern Tibetan border area sandwiched between snowy peaks of the south and northern Himalayan range of Nepal. Langtang Valley Trek route passes through Langtang National park ensuring you the pristine countryside experiences. The magical charm and close up view of the Himalayas of this region always go beyond the trekker's expectation. Also, it is not only the mountains and its views, which make this trekking incredible, but also the rich Sherpa culture and their beautiful hilly lifestyle is also an additional perk of this trekking.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

17 days

## AT A GLANCE

- A varied route with magnificent views of the high Himalayan Mountains.
- The serene atmosphere of the high mountains, Monasteries & many villages of Tamang
- Quick access from Kathmandu

## Cost Includes

- Healthy meals during whole trek
- Lodge Accommodation during whole trek
- KTM-Syabru Besi private 4W Jeep
- Sundarimal -Kathmandu by Private CAR
- Expert Local Sherpa guide
- Necessary Porters [ 1 Porter for 2 Person basis]
- Quality accommodation in Kathmandu
- MSTrekking kit bag and Group medical kit
- Company T-shirt and Trek Map
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guide and porter pay, Lodge, Insurance
- Full day sightseeing in Kathmandu on day 2

#### Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu
- Alcoholic Drinks & Mineral Water
- Gratuities for Guide & Porters

## ITINERARY

### Day 01:: Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, **Mountain Sherpa Trekking** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Your first overnight in the ancient city of temples, probably the most in the world.

**Accommodation:** Best Comfortable Hotel (Deluxe Room)

### Day 02:: Half Day sightseeing of Boudhanath, Pasupatinath Temple and trek preparations ( Hotel)

After a good night's sleep and having a hearty breakfast, we begin our exciting Kathmandu city tour with our private guide and driver. Today we will explore two beautiful and most popular tourist attractions world heritage site in Kathmandu Valley.

First we drive to **Boudhanath Stupa**, which is said to be the biggest in the world and a major center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

Our next Place is **Pashupatinath Temple**. This shrine is devoted to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. After visiting this place, we return back to our hotel, refresh, do some shopping for our trek the next day, checking our trekking gears, sorting our bag packs and then we have an early dinner and retire to bed, most probably.

**Accommodation:** Best Comfortable Hotel (Deluxe Room) **Meals:** Breakfast and Welcome Dinners

### Day 03:: Drive to Syabrubesi (1450m) by private 4 wheel comfortable Jeep- 6-7 hrs ( Lodge)

**Approx. Drive Time :** 6-7 Hours **Approx. Distance:** 122 Km

**We highly recommend driving by 4W Jeep instead of travel by local bus. We do provide experience driver and good conditions 4W Jeep for Langtang Trek which would be a lot comfortable, less scary and less risky than travelling buy bus.**

After an early breakfast we a scenic drive north from Kathmandu to Syabru Besi. Parts of the road are beautiful roughshod and the situation of the road often changes upon the season. We will travel via Trisuli Bazaar where the Indian Technical Mission completed the dam and hydroelectric project. Finally we drive on to Syabrubesi where we will make our first camp and final preparations for our trek. While passing along the road on the bank of Trishuli River we catch a glimpse of Ganesh Himal, terraces and rolling green hills. As we pass through Dhunche we feel as if we are heading towards deep land. At the same time, we also realize that the road after Betrawati is still under some construction. We bunk out overnight in a teahouse lodge.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

### Day 04:: Trek from Syabrubesi to Lama Hotel (2,380m/7,830ft): 5-6 Hours ( Lodge)

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 10 km **Highest Altitude:** Lama Hotel (2,380m/7,830ft)

After having our healthy breakfast at lodge in Syabrubeshi, we begin our walk to Syabrubesi alongside the Langtang Khola. We ascend and descend within oak and rhododendron jungles. After passing a bridge above the Langtang Khola (little river), we climb on a vertical trail, which will lead us to the Lama Hotel. The hike will be enjoyable with beautiful stops by waterfall and river view. We reach at Lama Hotel where we accomplish the trek for the day. Overnight stay in **Lama Hotel**

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

### Day 05:: Trek from Lama Hotel to Mundu (3543m/11,621ft) via Langtang village: 6-7 hours

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 15 km **Highest Altitude:** Mundu (3543m/11,621ft)

We continue ascending from Lama Hotel and relish the mountain scenery with plentiful waterfalls. As we get the green meadows of Ghoda Tabela, we begin to see the white peaks of the Langtang range. Our trail stays to ascent up the spreading valley, passing a few short-term settlements used by herders. We pass a Buddhist nunnery before getting the Langtang village, which was affected by the April 2015 quake. We continue on our way to Mundu. Overnight in Mundu.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

### Day 06:: Trek from Mundu to Kyangjin Gompa (3,870m/12,697ft): 4-5 hours ( Lodge)

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 6 km **Highest Altitude:** Kyangjin Gompa (3,870m/12,697ft)

After having breakfast at Lodge in Mundu, we will begin our trek to Kyangjin Gompa, a principal monastery of the region. We cross a wood cantilever bridge and get a wide valley after ascending a moraine. Along the way we pass by Chortens, water mills, prayer wheels with sacred mounds of rocks with scripts inscribed on them.

Finally, on scaling the mountain passes, we enter at Kyangjin Gompa. There is also a little monastery and a government-operated cheese factory that we meet up hereabouts. We can sample some of the fresh cheese down here and even buy some of it. With the high altitude we are hiking into, we may experience the first feelings of the thin air at these high altitudes. We spend the rest of the afternoon discovering the Buddhist monument in Kyangjin Gompa and nearby areas with the amazing views of the mountains. We happily crash out in our teahouse lodges but first order up some hot soup.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

**Day 07:: Day walk to a viewpoint to see exciting peaks and glaciers; option to climb Tsergo Ri (4984m)**

**Approx. Hiking:** 6-7 hours trek. **Highest Altitude:** Tsergo Ri/Cherko Ri 4,984m)

We spend our day at Kyanjin Gomba with a chance to discover the region. There are numerous optional day hikes nearby here. The most popular hike is up to Kyanjin Ri (4,350m) and Kyimoshung Ri (4,620m). These two viewpoints above Kyanjin Gomba offer some of the most spectacular mountain views in Nepal. An extraordinary array of mountains surrounds us - Langtang Lirung and Kyimoshung, whose vast glaciers tumble to the valley floor. Connecting the Tibetan border is Dorje Lhakpa, Ganchempo and an entire host of 6,000+m peaks at the same time as across the valley are Naya Kang and the Ganja La pass. For the very active there is the chance to climb Tsergo Ri (often written Cherko Ri) - at 4,984m. This is a full day's hike (8-10hrs) but worth it for the views from the top. Another alternative is to hike towards the Tibetan border and Langshisha, where we get magnificent views of the mountains bordering Tibet.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

**Day 08:: Trek back to Lama Hotel (2480m) from Kyanjin Gomba - 4-5 hrs ( Lodge)**

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 21 km **Highest Altitude:**Lama Hotel (2480m)

Today we have our breakfast while enjoying snow-capped mountains and a breathtaking view. We will follow the same trail back down, alongside the Langtang Khola. We leave Kyanjin and repeat our path down past Mundu and throughout the moraine of Langtang to Ghora Tabela. After having our Lunch will continue walk down to Lama Hotel, where a small group of lodges in the forest are located.

Heading back into the jungle the trail undulates down the valley within Chhunuma and Riverside back to Lama Hotel (2,500m), you will see fantastic views of high mountains that you may have not see on the way up. Overnight stay in Lama Hotel.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

**Day 09:: Trek back to Syabrubesi (1450m) from Lama Hotel ( Lodge) : 4-5 hours ( Lodge)**

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 10 km **Highest Altitude:**Syabru Besi (1450m)

Today after breakfast we trek back to Syabru Bensi. The path is mainly down within lush greenery while enjoying more outstanding views. We will walk along the rising and decreasing trails leading to a village, which offers us the chance to get a closer look at the customs and culture of the fascinating Tamang people. today we will reach Syabru besi quickly after short walk. overnight stay in Syabru besi.

**Accommodations:** Best available mountain Lodge/ Guest House **Meals:** Breakfast, Lunch, Dinner

**Day 10: : Trek back to Kathmandu from Syabrubesi by Private 4 Wheel Jeep- Hotel**

We will drive back to Kathmandu passing rural villages, streams, rivers, local settlements, high hills and the Trishuli riverside. It takes about 7 to 8 hours (conditions permitting) to get back to your hotel in Kathmandu. We will provide you very experience driver and good conditions 4 Wheel jeep. So, you don't have to worry about the bumpy road. Our driver will drive you back Kathmandu very **safely**.

In evening we will have the **festive dinner** and cultural show in a typical Nepali Restaurant with memories and big stories of your trekking journey.

**Accommodation:** Best Comfortable Hotel (Deluxe Room) **Meals:** Breakfast, Lunch and Fareweel Dinner

## **Day 11: : Drive to the Airport to head back to that lovely place we call ‘home’**

After having healthy breakfast at our comfort Hotel in Kathmandu, our Airport guide and office vehicle will pick up you from your hotel depending on your flight time and transfer you to the Kathmandu international airport for your connecting flight home. Serving you was a delightful joy and pleasure, we at Mountain Sherpa Trekking will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of Langtang will give you lifetime memories of a vacation well enjoyed. Namaste friends! Till we meet again.

**Meals: Breakfast**

## **FAQS**

### **How Fit Do I Need to Be to Do the Langtang Valley Trek?**

Langtang Valley trek is recommended for average people who are reasonably fit. This trek is less demanding than other trek in Nepal, thus no prior experience is required. However, we suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

Because of ascents and descents walking, the Langtang Valley trek is not appropriate for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

### **What sort of accommodation can I expect in Kathmandu and in trekking?**

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the trekking routes, teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

### **What sort of food can I expect in trekking?**

Most teahouses (lodges) in Langtang Valley trekking trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

### **Do your guides have trekking guide license and first aid training for high altitude?**

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

### **What opportunities will I have for shower along the trek?**

In major places, we arrange guesthouse with hot shower. And in rest of the places, water in bucket will be provided for

shower.

**Is Mountain Sherpa trekking staff insured?**

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse through Company Information pages to view insurance details.