Langtang Valley Trek :12 Days (all-inclusive)

3 Star Hotel Package

1270USD per person

*Including healthy meals

5 Star Hotel Package

1470USD per person

*Including healthy meals

Trip Style: Cultural Tour & Trek

Trip Difficulty: Moderate

Discover the Hidden Gems of Langtang Valley: A Journey Through Sherpagaon's Majestic Trails

The **Langtang Valley Trek** is a breathtaking journey through Nepal's pristine wilderness, offering trekkers stunning views, rich culture, and unparalleled serenity. Starting your adventure from Sherpagaon, accessible via a private jeep to Khamjing Village, enhances the experience with quieter trails and mesmerizing landscapes. To ensure your safety and comfort, Mountain Sherpa Trekking provides experienced Sherpa guides, cozy lodges with attached bathrooms, and nourishing meals to keep you energized throughout the trek. Meals are flexible, allowing you to choose from a variety of options, such as Nepali Dhal Bhat, noodles, or hearty breakfasts, tailored to your preferences. Our private transportation service ensures a stress-free journey, avoiding the hassles of crowded local buses while maximizing your convenience. By focusing on comfort, safety, and personalized care, we aim to make your **Langtang Valley Trek** a truly unforgettable adventure. Trust Mountain Sherpa Trekking for a seamless and enriching experience in Nepal's magnificent Himalayas.

7 Compelling Reasons to Book Our Langtang Valley Trek Package

1. **Luxury Stays in Kathmandu:** Stay at the finest 4 or 5-star hotels, centrally located for convenience and comfort, ensuring a relaxing start and end to your adventure.
2. **Expertly Designed Itineraries:** Benefit from 26+ years of Sherpa expertise in crafting journeys that balance adventure, culture, and acclimatization for a seamless trekking experience.
3. **Private 4WD Jeep Transfers:** Enjoy safe, comfortable, and exclusive transportation before and after your trek, making your journey hassle-free.
4. **Guided by the Best:** Trek with our reliable and friendly Sherpa guides, celebrated for their warmth, expertise, and unwavering commitment to your safety.
5. **Unmatched Safety and Enjoyment:** Experience the Himalayas with peace of mind, knowing your trek is led by experts dedicated to delivering exceptional service in every step.
6. **Comfortable Lodges:** Stay in the best available lodges, complete with attached bathrooms and hot showers where available, so you can recharge in style after each day's adventure.
7. **Fully Flexible Itineraries:** Your journey, your way. We customize your trek to suit your needs, ensuring an unforgettable and stress-free adventure.

DURATION: 12 days

Trip Facts

Arrival City
- Kathmandu, Nepal

Departure City
- Kathmandu, Nepal

Trek Region
- Langtang region

Trip Style
- Cultural city Tour
- Trekking & Hiking

Maximum Altitude
- 4,984 m/16,352 feet)

Trip Durations
- 11 Nights & 12 Days

Suitable for
- Solo, couple & family trip

Accommodations
- Best Hotel In City
- Lodge on Trek

Meals
- Daily Breakfasts In City
- Breakfast,Lunch & Dinner
- During Whole Trek

Service Level
- Reliable & friendly
- Authentic sherpa guide
- Clean Hotel and Lodge

Fitness Level
- Reasonable Fitness
- Per Day Walk: 5-8 Hours
- Walk & Run For Preparation

Best Time to Travel
- Autumn Season: September- December
- Spring : February-May

ITINERARY

Day 01:: Private transfer from Kathmandu airport to hotel by our guide

If your journey to Kathmandu graces you with clear skies, consider it the prologue to an extraordinary adventure. As your aircraft descends, be prepared for a breathtaking spectacle of glistening snow-capped peaks sprawling beneath you. These glimpses from above mark the beginning of a vacation that promises a cascade of unforgettable experiences, creating memories to be cherished.

Upon your plane's gentle touchdown at Tribhuwan International Airport, our attentive **Mountain Sherpa Trekking** representative and driver eagerly await your arrival. A seamless transition from the skies to the ground unfolds as they warmly greet you and accompany you to your hotel. Following a smooth check-in process, you'll have the opportunity to refresh yourself in the comfort of your room.

Once settled, a comprehensive briefing awaits, outlining the exciting daily activities that lie ahead. With the logistics sorted, the remainder of the day is yours to explore the surroundings and acquaint yourself with the charm of this ancient city of temples – a city with an unrivaled abundance of historical and cultural wonders.

Your inaugural night in Kathmandu marks the beginning of a journey that promises not just a vacation but a profound exploration of one of the most captivating cities in the world.

Day 02:: Boudhanath, Pashupatinath sightseeing and trek preparation (hotel).

Awakening from a restful night's sleep, fueled by a hearty breakfast, we step into the vibrant rhythm of Kathmandu with anticipation. A private guide and driver stand ready to guide us through the treasures of the city, promising a day of exploration and cultural immersion.

Our first stop unfolds at the majestic **Boudhanath Stupa**, a global icon and the largest of its kind. This spiritual haven stands as a cornerstone of Tibetan culture in Kathmandu, designed as a colossal mandala—a symbolic representation of the Buddhist cosmos. The air is infused with a sense of serenity as we navigate the intricacies of this sacred site.

Next, we venture to the revered **Pashupatinath Temple**, a sanctum dedicated to the Hindu deity Lord Shiva. Regarded as the holiest Hindu shrine in Nepal, the temple's aura resonates with centuries of devotion. Here, we witness the sacred ritual of cremation at 'Aryaghat,' the temple's cremation area. This solemn site serves as the final resting place for the former royal family of Nepal and the local Nepalese community.

Returning to our hotel, we indulge in moments of relaxation and prepare for the upcoming trek. The afternoon unfolds with the buzz of shopping for trekking essentials, a meticulous check of our gear, and the strategic

organization of our backpacks. As the day transitions to evening, we savor an early dinner, preparing ourselves for the exciting journey that awaits us the next day.

In the embrace of Kathmandu's cultural richness, we retire for the night, poised to commence our trek with a wealth of experiences already woven into the tapestry of our adventure.

Day 03:: Drive Kamjin Village & Trek to Sherpagaun (2,550m/8,366ft) - Lodge

Approx. Drive Time : 6-7 Hours **Approx. Distance:** 145 Km

Start Your Langtang Trek at Kamjin for a Scenic Adventure

While most trekkers begin their Langtang journey from **Syabrubesi,** we recommend starting from **Kamjin Village or a little further**. This option offers a more peaceful and picturesque beginning to your trek, leading you to the stunning **Sherpagaun**, a hidden gem far more beautiful and serene than Syabrubesi.

The drive to **Kamjin** is an unforgettable 6–7-hour journey through Nepal's breathtaking countryside. Traveling by private Jeep ensures comfort and safety, and with over **26 years of experience** as a responsible **Sherpa company**, we provide expert drivers who make your journey smooth and enjoyable. Along the way, we pass through Trisuli Bazaar, where we'll take a relaxing lunch break at a local restaurant. The route, tracing the banks of the Trishuli River, rewards you with awe-inspiring views of Ganesh Himal, terraced fields, and rolling green hills.

Beyond Betrawati, there are two possible routes: one via Dhunche, which is longer but more scenic and comfortable, and a shorter, bumpier alternative. Our experienced drivers always choose the Dhunche route to ensure a more pleasant and visually rewarding journey.

Once we reach Kamjin or slightly further, your trekking adventure begins. A short and delightful one-hour walk takes you to Sherpa Gaon, a peaceful village surrounded by nature's splendor. Here, you'll stay in the best available lodge, offering the comforts of hot showers, Western-style toilets, and attached bathrooms.

Sherpa Gaon's tranquil charm and authentic Sherpa hospitality provide the perfect setting to start your Langtang trek. With our deep local expertise, we ensure your journey is safe, comfortable, and filled with unforgettable experiences. Starting your trek from Kamjin is not just a scenic alternative—it's a gateway to a more enriching Himalayan adventure.

Day 04:: Trek from Sherpagaun to Thangshyap (3,240m/10,630ft) :5-6 hours

After a restful night at **Sherpagaun (2,550m)** and a hearty breakfast, we begin our trek around 7:00–7:30 AM. The day's journey starts with a relatively flat trail interspersed with short ascents and descents, leading us to the charming village of Rimche (2,400m) in approximately two hours. After a brief rest, we continue trekking toward Lama Hotel (2,430m), a small settlement nestled amidst dense forest.

From Lama Hotel, the trail ascends gently and crosses the Langtang Khola as we move toward **Riverside (2,800m)**, a serene area with two small lodges. This segment, about 1 hour and 20 minutes, is shaded by the lush forest, making it a pleasant walk. Along this stretch, you'll enjoy spectacular views of **Langtang Lirung (7,234 meters / 23,734 feet**), adding to the beauty of the journey.

Continuing from Riverside, a steady climb brings us to **Ghodatabela (2,970m),** where we'll pause for a well-deserved lunch. The trek from Riverside to Ghodatabela takes approximately 1 hour and 45 minutes. Ghodatabela, meaning "Horse Stable," offers stunning surroundings and a peaceful atmosphere for a midday break.

Post-lunch, the trail flattens out with no major ascents, allowing for a more relaxed walk. In about 1 hour and 10 minutes, we reach **Thangshyap (3,200m)**, our destination for the day. Here, we'll stay in the best available lodge, offering modern comforts such as **hot showers, Western-style toilets, and attached bathrooms** to ensure a

comfortable overnight stay.

Day 05:: Trek from Thangshyap to Kyanjin Gompa (3,860 meters / 12,664 feet- 5-6 hours

After a good night's sleep at **Thangshyap (3,140 meters / 10,302 feet)** and a delicious breakfast, we will start our trek around 7:00–7:30 in the morning. Today's trek will be incredibly beautiful, offering some of the best views along the route.

We will pass through several picturesque villages, with the first being **Gompa Danda (3,200 meters / 10,498 feet)**. After that, we will trek through the charming **Langtang Village (3,430 meters / 11,253 feet),** where we'll take a short break to enjoy a cup of tea or coffee and explore the beauty of the area. Continuing our journey, we will reach the small village of **Mandu (3,555 meters / 11,662 feet)** and then another village called **Sindhum (3,600 meters / 11,811 feet)**, where we will stop for lunch.

After lunch, we will trek for about 1 hour and 30 minutes to reach **Kyanjin Gompa (3,860 meters / 12,664 feet)**. Upon arrival, you'll have the chance to immerse yourself in the local culture, explore the village, and experience its unique charm. A visit to the local cheese factory will provide insight into the region's traditional practices and add an authentic touch to your adventure.

For your comfort, you will stay at the best lodge in Kyanjin Gompa, offering amenities such as hot showers, attached bathrooms, and comfortable beds.

Day 06:: Hike to Tserko Ri (4,984m/16,350ft) or Kyanjin Ri (4,350m/14,271ft)

The **Langtang Valley** in Nepal beckons trekking enthusiasts with two exhilarating hikes—Tserko Ri and Kyanjin Ri—each promising breathtaking views of the Himalayan peaks.

Tserko Ri, standing tall at 4,984 meters (16,350 feet), presents a challenging yet rewarding ascent. The panoramic vista includes the **Langtang Valley** and snow-capped wonders like Langtang Lirung, Dorje Lakpa, and Shishapangma. The 7-8 hour round trip involves a steep climb, demanding proper acclimatization, ideally with a day's stay at Kyanjin Gompa beforehand.

Kyanjin Ri, at 4,350 meters (14,271 feet), offers a shorter, less challenging trek. Taking 4-5 hours round trip, it reveals breathtaking views of Langtang Valley and nearby peaks. Although less steep than Tserko Ri, it necessitates proper acclimatization and reasonable fitness.

Both journeys commence from Kyanjin Gompa, a quaint settlement in Langtang Valley, providing a gateway to the region's natural splendor. The best time for these treks is autumn and spring when skies are clear.

Embarking on Tserko Ri or Kyanjin Ri with our expert **Sherpa guide** ensures a safe, enjoyable trek. Their assessment of your fitness level aids in choosing the perfect hike. With their guidance, acclimatization becomes seamless, and you can relish panoramic mountain views. Don't miss this adventure of a lifetime—join us on a **Langtang trek** with our seasoned Sherpa guides.

Day 07:: Trek from Kennjin Gompa to Lama Hotel 2,470 meters/8,103 feet

Embarking on the journey from Kyanjin Gompa to Lama Hotel spans approximately 14 kilometers (8.7 miles) and demands around 6-7 hours to complete. The trek initiates from Kyanjin Gompa at an elevation of 3,870 meters (12,697 feet) and concludes at Lama Hotel, situated at an altitude of 2,470 meters (8,103 feet).

Your route retraces the path down the valley, navigating through enchanting forests and traversing suspension bridges over the **Langtang Khola river**. The trail winds through picturesque villages such as Langtang and Mundu, gradually descending towards Lama Hotel.

While the descent is predominantly downhill, easing the journey compared to the ascent to Kyanjin Gompa, it's crucial to acknowledge the steep sections. The descent, though less physically demanding, can pose challenges for your knees. To ensure a safe trek, maintain a slow pace and exercise caution during the descent.

Day 08: : Trek from Lama Hotel to Thulo Syabru 2,210 meters / 7,251 feet- 4-5 hours

After an early morning breakfast at **Lama Hotel (2,470 meters / 8,103 feet)**, we begin our trek around 7:00 AM. After about a 20-minute walk, we reach Rimche.

From Rimche, the trail descends slightly as we approach the riverside settlement of **Bamboo (1,970 meters / 6,463 feet),** which takes about 2 hours. Before reaching Bamboo, we cross a suspension bridge over the Langtang Khola (River). Continuing the trek from Bamboo, the path climbs steadily through forests, leading to **Pairo (Landslide) (1,800 meters / 5,906 feet),** a spot known for its fascinating views of cascading waterfalls.

The next segment involves a steep climb to Upper **Syabru (Thulo Syabru) (2,210 meters / 7,251 feet)**. Although this section can be challenging, the effort is well-rewarded with breathtaking panoramic views of **Ganesh Himal, Langtang Himal**, and, on clear days, glimpses of the Tibetan plateau.

Thulo Syabru is a picturesque Tamang village adorned with traditional houses, fluttering prayer flags, and serene monasteries. Upon arrival, you can explore the village, engage with locals to learn about their culture, or simply relax and soak in the stunning surroundings.

You will stay in a comfortable lodge in Thulo Syabru, offering clean rooms, hot showers, and hearty meals to prepare you for the next day’s adventure.

Day 09:: Trek from Thulo Syabru to Dhunche (1,960 meters / 6,430 feet)- 4-5 hours

After an early morning breakfast at **Thulo Syabru (2,210 meters / 7,251 feet)**, we begin our descent around 7:00 AM. The trail starts with a gradual downhill walk, weaving through terraced fields and dense forests of pine, oak, and rhododendron. The fresh mountain air and surrounding greenery make this section of the trek a refreshing experience.

As we descend further, the trail offers occasional glimpses of Ganesh Himal and the lush valley below. After approximately 1.5–2 hours of walking, we reach the small village of **Bramhiny (2,150 meters / 7,054 feet).** Here, you can take a short break to rest and enjoy the peaceful surroundings.

From Bramhiny, the trail becomes steeper, with a continuous descent through mixed forests and scattered settlements. As we approach **Ghatte Khola (1,650 meters / 5,413 feet)**, the sound of the rushing river provides a serene backdrop. We cross a small bridge over the river before continuing downhill.

The trail then transitions into a gentler gradient, passing through farmland and small villages where you can observe local Tamang communities going about their daily lives. After another 2–3 hours of trekking, we arrive at **Dhunche (1,960 meters / 6,430 feet),** the administrative center of the Rasuwa District.

Dhunche is a bustling town with various amenities, including shops, restaurants, and guesthouses. Upon arrival, you can relax, explore the town, or visit the Langtang National Park office to learn more about the region’s flora and fauna.

You will stay in a comfortable guesthouse in Dhunche, offering clean rooms, hot showers, and a cozy environment to rest after the day’s trek.

Day 10:: Drive to Kathmandu by Private Comfortable 4WD Jeep from Dhunche

Experience a seamless and breathtaking journey from Dhunche to Kathmandu with Mountain Sherpa Trekking,

your reliable choice for comfortable travel. Our **private 4WD jeep service,** driven by experienced professionals, ensures a safe and enjoyable expedition, offering stunning views of the Himalayan mountains and the picturesque countryside.

What makes us stand out is our dedication to providing a personalized experience tailored to your preferences. Enjoy the freedom to stop at any scenic point of interest or local restaurant along the route, allowing you to create a unique journey filled with memories that will last a lifetime.

At **Mountain Sherpa Trekking**, customer satisfaction is our priority. Our unwavering commitment to top-notch service ensures that your voyage from Syabrubesi to Kathmandu is not only safe and comfortable but also an unforgettable adventure.

Say goodbye to bumpy and uncomfortable rides. Choose Mountain Sherpa Trekking for a smooth and scenic journey with a personal touch. Book now, and let us handle the details, guaranteeing that your travel experience is truly exceptional!

Day 11:: Full day city tour of Patan and Bhaktapur- Hotel

After a restful night at one of Kathmandu's finest luxury hotels and indulging in a lavish buffet breakfast, your unforgettable cultural tour begins at 9:00 AM. Your experienced guide and professional driver will pick you up from the hotel to explore two of Nepal's most iconic and historic cities: **Patan** and **Bhaktapur.**

First Stop: Patan (Lalitpur)

Known as the "City of Beauty," Patan is a UNESCO World Heritage Site and a treasure trove of ancient art and architecture. As you step into Patan Durbar Square, you'll be surrounded by intricately carved temples, statues, and palaces that showcase the Newar craftsmanship at its peak. Highlights include:

1. **Krishna Mandir:** A stunning stone temple dedicated to Lord Krishna, featuring exquisite carvings depicting scenes from the Mahabharata and Ramayana.
2. **Patan Museum:** Located within the former royal palace, the museum houses a remarkable collection of traditional Nepali art and artifacts, giving you insight into Nepal's rich history and culture.
3. **Golden Temple** (Hiranya Varna Mahavihar): A serene Buddhist monastery adorned with gold-plated facades and intricate statues.

The narrow alleyways of Patan are filled with workshops where artisans still practice ancient techniques of metalwork, pottery, and wood carving. You can even visit one of these studios to witness the artistry firsthand.

Second Stop: Bhaktapur

After exploring Patan, we head to Bhaktapur, often referred to as the "Living Museum" of Nepal. This ancient city is a perfectly preserved gem, showcasing the unique culture and traditions of the Newar people.

1. **Bhaktapur Durbar Square:** The heart of the city, this UNESCO World Heritage Site is home to the majestic 55-Window Palace, the iconic Nyatapola Temple (Nepal's tallest pagoda-style temple), and the Vatsala Temple, known for its intricate stone carvings.
2. **Pottery Square:** Watch artisans shape clay into beautiful pots and figurines, continuing a tradition passed down for generations. You can even try your hand at pottery!
3. **Taumadhi Square:** This vibrant square is surrounded by stunning temples, including the Bhairavnath Temple, dedicated to Lord Bhairav.
4. **Dattatreya Square:** Featuring the impressive Dattatreya Temple and a nearby museum showcasing historic woodwork, this area highlights Bhaktapur's artistic heritage.

As you stroll through Bhaktapur's cobbled streets, you'll also get the chance to sample Juju Dhau (King of

Yogurts), a famous local delicacy.

Return to Kathmandu

After a day immersed in Nepal's cultural splendor, your guide will drive you back to your hotel in Kathmandu. You'll have plenty of stories and memories to cherish from your journey through these two timeless cities.

Day 12:: Transfer to Kathmandu airport by private car and fly back home.

As you conclude your adventure with **Mountain Sherpa Trekking**, indulge in a leisurely breakfast at your hotel on the final day before checking out and heading to the airport. Recognizing that your time in the **Langtang Valley** region has been filled with adventure and excitement, our priority is to ensure that your departure is seamless and stress-free.

The commitment of the Mountain Sherpa Trekking team to delivering top-quality service extends to every aspect of your journey, including your airport transfer. Be at ease knowing that we will arrange a private car transfer to Kathmandu airport, ensuring you reach well in time for your homeward flight.

Should you find yourself with some time before your departure, consider squeezing in some last-minute shopping or sightseeing. This meticulously designed itinerary offers a perfect blend of trekking, cultural immersion, and natural beauty, leaving you with indelible memories of your unforgettable journey with Mountain Sherpa Trekking.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu to Khamjing and Dhunche to Kathmandu by 4WD Jeep with an experienced driver.
- 4 nights in a luxury 3-star or 5-star hotel with breakfast included.
- Best available lodge accommodation with attached bathrooms and hot showers throughout the trek.

Meals & Drinks Included As Per Below

- Hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Hot beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Langtang National Park entry permit fee and TIMS Card fees
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book with MST

Why Book your Langtang Valley Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal’s projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don’t do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during

your treks and climbs in the Himalayas which is most important for a successful trip.

Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 top reasons to Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues

Hotels & Foods

This trek includes **3 Nights Deluxe accommodations** in Kathmandu at a comfortable and luxurious hotel.As we know, the best accommodation is a crucial part of your trip planning, our hand selected best hotel accommodations are clean, in a good location and gives you value for your money. Our selected luxury 5 star hotels provide a wide array of excellent services and modern amenities. Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred and attentive service. You can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu after your trek. Or rest and relaxed in a tranquil and peaceful garden resort. We have two different package options available as outlined below.Book your prefect dream holiday trek package with local Sherpa expert and get exceptional service.

- Our 3 Star Hotel Package start from $1070 USD Per Person only
- Our 5 Star Hotel Package start from $1270 USD Per Person only

3 STAR HOTEL OPTION IN KATHMANDU (We have 2 different 3* hotel accommodation option to choose)

- **Sampada Garden Hotel**- Located at peaceful area Lazimpat, Katmandu. 15-20 minute walk from Thamel
- **Mandala Boutique Hotel** - This Hotel is located at Chhetrapati, just 3-5 minute walk from Thamel

5 STAR HOTEL OPTION IN KATHMANDU (We have 2 different 5 * hotel Accommodation option to choose)

- **Marriott Kathmandu -** Located at Naxal, Kathmandu. Combine with modern design with local creativity
- **Yak and Yeti Hotel-** Centrally located Luxury 5 star hotel in Kathmandu

LOCAL MOUNTAIN LODGE DURING TREK

7 Nights we provide you best available mountain lodge with cozy room with shared bathroom. Rooms are twin bed with two beds per room and do not have a bathroom attached except few places. The beds have mattresses and pillows and some blankets to borrow. The ‘living room’ area used for eating and relaxing is heated in the evenings. Lodges are always friendly places where you can meet many other trekkers. Many will have books to read and some have phones. Almost all have hot showers available, which are mostly gas heated.

Usually, breakfast will be at 8am and you will need to pack your bags ready for the porters to leave early. Lunch will be taken enroute in one of the many teahouses, and dinner is generally at 7pm.

What Kind of Food I can expect during Trek?

Morning Breakfast between 7:00-8:00 AM

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal bhat tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese etc

Drinking Water during Langtang Valley Trek

For many of us, the perfect choice may be to go for the mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travellers, where they take more than 450 years to decompose.

Take, for example, **Langtang Valley Trek,** The recommended amount of water intake on a high altitude trek like this is 3-4 litters a day. The trek is 7 days long. That's more than approximately 21 litters and 21 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 252-300 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 252 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

The Alternatives: The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

Striped- Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

Boiled water– This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liters.

Which means, the cost of drinking water will be around $30-$40 for 7 days langtang valley trek. Please note that 3-4 liters of fully boiled drinkable water will be provided daily during whole trek. you can book our all inclusive langtang valley trek package for safe and hassle free service. **There are no hidden cost.**

Purification tablets– Water refining tablets or chemicals like chlorine dioxide are other frequently used. They are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks.

Packing List

Packing List for langtang Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that cover the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)

3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or Warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1/2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 3-4 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant

5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial hand wash

Additional Supplies

1. Portable solar charger/power bank
2. Book

3. Journal/pen
4. Playing cards

Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles,We can provide you complementary for trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Ear plugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is better to wear trousers or a long skirt.

Additional info:

As you pack for langtang Valley Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be store at the hotel before you start your trek. We provide you a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 20-25 kg of your personal items. This must include your sleeping bag and down jackets. Therefor your duffel bag should not weigh more than 12 kg/26.5 lbs.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l

size is good for EBC trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone) etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you 4 season sleeping bags and good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.

Transportation

KATHMANDU - SYABRUBESI (122 KM) = 7-8 HOURS DRIVE

While it's possible to reach Syabrubesi from Kathmandu by public bus, we strongly discourage this option due to challenging road conditions.

For your convenience and peace of mind, we consistently offer a clean and fully sanitized 4WD Jeep for the journey to Syabrubesi, a trip that typically takes about 6 to 7 hours.

The driving distance is approximately 122 kilometers from Kathmandu to Syabrubesi. Opting for a private Jeep with an experienced driver ensures a much safer, more comfortable, and faster journey to your destination.

As a responsible **Sherpa company** with over 25+ years of experience organizing Langtang Valley treks, we understand that the quality of service matters for an enjoyable holiday in Nepal. Therefore, we provide a comfortable 4WD Jeep with a driver boasting over 20+ years of experience for both the journey from Kathmandu to Syabrubesi before the start of the trek and the return from Syabrubesi to Kathmandu after the trek concludes.

This approach ensures a comfortable journey, as opposed to a long bus travel, offering flexibility to stop as needed—for bathroom breaks, taking pictures, enjoying a cup of tea, or engaging in conversations with locals based on your interests.

We appreciate your trust in us and look forward to providing you with an exceptional trekking experience in the Langtang Valley.

Travel Insurance

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing

amount of the oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Annapurna sanctuary trek itinerary is carefully designed to avoid from altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to Himalaya is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalayas views. If anything does happen and you unfortunately get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Travel insurance:

Travel insurance is necessary for any trip, but is mainly important when undertaking activities such as high altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue off a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance in this case to help expedite your processing.

FAQS

How Fit Do I Need to Be to Do the Langtang Valley Trek

The Langtang Valley trek is recommended for average individuals who are reasonably fit. This trek is less demanding than other treks in Nepal; thus, no prior experience is required. However, we suggest that you engage in some physical fitness programs, such as running, swimming, and hiking, before embarking on your journey.

Due to the ascents and descents involved in walking, the Langtang Valley trek may not be suitable for individuals with knee problems or weak ankles. Additionally, anyone with heart trouble or lung problems should consult with their doctor before undertaking this trek.

What type of accommodation can I expect in Kathmandu and during the trek

We offer two distinct packages for the Langtang Valley trek: a 3-star hotel package and a 5-star hotel package.

3-Star Hotel Package:

- Enjoy a comfortable stay in centrally located 3-star category hotels in Kathmandu for 2 nights before the trek and 1 night after the trek.
- These hotels offer modern amenities and provide hygienic breakfast.

5-Star Hotel Package:

- Opt for luxury with our 5-star hotel package, featuring a stay in a premium hotel with buffet breakfast for 3 nights in Kathmandu.

During the Trek:

- Experience the best lodge accommodations along the trekking route, equipped with attached bathrooms where available.
- Enjoy the convenience of hot showers for a refreshing experience after each day of trekking.

As a responsible Sherpa company, we prioritize quality service in all aspects of our treks. Your comfort and satisfaction are our top priorities throughout the journey.

What types of food can I expect during the trek

Your well-being is our top priority on the Langtang trek. We provide plentiful and hygienic meals, allowing you the freedom to choose from a diverse lodge menu. Our personalized dining experience, guided by Sherpas, ensures your preferences are met. Enjoy unlimited food and hot drinks to maintain high energy levels for a successful and enjoyable trek. We prioritize your dietary needs for a memorable Langtang Valley adventure

Do your guides hold a trekking guide license and have first aid training for high altitudes

Absolutely, our Sherpa guides are not only fully trained but also known for their friendliness, flexibility, and responsibility. Being a Sherpa-owned company, we take pride in having the best Sherpa guides for the Langtang trek, each with over 20+ years of experience. Sherpa guides are renowned worldwide for their trustworthiness and reliability.

Moreover, they have undergone a comprehensive 45-day training program at the Hotel Management and Tourism Center in Nepal. Additionally, all our guides have received high-altitude first aid training accredited by KEEP (Kathmandu Environmental Education Project).

Are hot shower facilities available during the Langtang trek

Yes, definitely. In major locations along the trek, hot shower facilities are available. As a Sherpa company committed to providing quality service, it's important to note that hot showers during the trek are already included in our package. Our Sherpa guide will arrange for hot showers where available. In places where hot shower facilities are not available, we ensure the provision of warm bucket water for cleansing your body and face.

Is Mountain Sherpa trekking guide and Porter are insured

Yes, of course. As a responsible company with over 25 years of experience, we provide full insurance coverage for all our staff, including our Sherpa guides, assistant guides, cooks, porters, and other team members.

What should be the maximum weight for my trekking bag

We request that you limit the weight of your trek bag to a maximum of 15 kgs. Each porter is able to carry a maximum load of 30 kgs, which is equivalent to handling trek bags for two clients at 15 kgs per bag per person.

Where can I leave my extra things and valuables while I am on the trek

You have the option to store your valuable items, city clothes, and extra luggage at the hotel where you stay for 2 nights before the start of your trek. The hotel in Kathmandu that we utilize has a secure locked room specifically designated for storing clients' belongings in a safe manner. Alternatively, you may also choose to leave your extra belongings at our office.

Do you use porters on the trek or do we carry all of our own gear? Do you provide us duffle Bags

For your trek, we ensure that you have a dedicated and hardworking porter (1 porter for every 2 trekkers). Throughout the trek, your main luggage will be efficiently carried by our porter. Upon your arrival in Kathmandu, we will provide you with a waterproof duffle bag. All you need to carry is a small day bag for personal items such as your camera, water bottle, sunscreen, etc. Your comfort and convenience are our top priorities.

Is it safe for solo female travelers to undertake the Langtang Valley trek

Yes, trekking in the Langtang Valley with our expert Sherpa guide is absolutely safe. As a responsible Sherpa company, we provide a 100% guarantee of your safety. If you are a single female traveler, rest assured that we will assign a very friendly Sherpa guide who will take excellent care of you throughout the trek. You can embark on this journey without any concerns, knowing that your well-being is our top priority.

How can I proceed with booking the trek, and what are the payment options

If you would like to book the Langtang Valley trek, you can easily secure your spot by making an advance booking deposit of 25% of the total trek cost. This deposit can be paid through our secure online payment system or via bank wire transfer to our company account.

For Online Payment:

Visit this link: Book your trek online

For Bank Wire Transfer Details:

Please visit to this link for detailed information about our bank account: Bank Account Information

What is the success rate of your previous clients who have done the Langtang Valley trek with MSTE

With over 25 years of experience, we take pride in successfully organizing Langtang Valley Treks, ensuring 100% client satisfaction with our top-notch services. To date, we have achieved a 100% success rate for our Langtang trek. Our success is attributed to our expert local Sherpa guides and dedicated team. As a 100% local Sherpa-owned and operated company in Nepal, our guides and staff, all Sherpa locals, bring unparalleled experience to the Himalayan region. Sherpas, esteemed as elite mountaineers, have been integral to early explorers, especially during expeditions to climb Mount Everest. For genuine and real reviews from our clients regarding our Sherpa guide services, please visit the link below: **TripAdvisor Reviews**

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have more questions, do not hesitate to contact us. You can email us, call us, or message us anytime via WhatsApp. Please find the email and WhatsApp number below

E-mail: info@mountainsherpatrekking.com

Write us to on WhatsApp: +977-9851060947

+977-9849643731

Why book this trek with Mountain Sherpa Trekking & Expedition

Discover the top 7 reasons to choose Mountain Sherpa Trekking, a Sherpa-owned and operated company, for your Langtang Valley Trek:

Over 26+ Years of Expertise: Benefit from our extensive experience in organizing Langtang Treks.

Local Insight: As Sherpas, we bring a deep understanding of the region, ensuring an authentic experience.

Client Satisfaction: Our track record reflects **100% client satisfaction**, a testament to our commitment to excellence.

Expert Sherpa Guides: Our seasoned **Sherpa guides** contribute to the success and safety of your trek.

Tailored Itineraries: Enjoy customized itineraries designed to meet your preferences and ensure a memorable journey.

Safety First: With our focus on safety, we provide well-maintained equipment and follow the highest standards.

Community Connection: As a Sherpa-owned company, we maintain strong ties with local communities, fostering responsible and sustainable tourism.