

## Langtang Valley Trek 9N/10D

Langtang Valley is accessible by a day's drive from Kathmandu; this area is still unknown to the majority of trekkers. Langtang Himalayas dominates this valley. Trekking here is relatively short but one which the trail, at altitudes of under 4,000m, except for a sunrise climb up to Tserko Ri at 5,000m, runs through rhododendron, and bamboo forests, along thundering waterfalls, and under stunning snow-capped mountains.

Langtang valley trek includes diverse experiences introducing the Buddhist culture of Tamang and Hyalmo peoples. A famous and ancient monastery of Kyanjin Gompa, situated near Tserko Ri upholds this tradition. Spectacular views on this trek include Dorje Lakpa (6,990m), Langtang Ri (6,370m) and Langtang Lirung (7,245m).

The hiking trail of Lantang Valley trek passes through Langtang National Park, ensuring pristine countryside and flora and fauna, as well as yak pastures and even home-based cheese factories! Himalayan pheasants, Himalayan deer, Himalayan bears, monkeys, and the elusive red panda, are native to this region.

The mega earthquake of April 25, 2015 hit the valley and Langtang Village was completely destroyed. The resilient locals have, however, been busy rebuilding and some teahouses and lodges have been rebuilt and are open. The best way for people to help is to continue to visit this area.

Trekkers who want to trek off the beaten track and see something completely different from many of the more touristy areas in the country, this is a perfect trek. Besides that, for those who are discovering Nepal for the first time, this is the perfect introduction.

### Trip Facts:

Duration: 10-15 days

Max. Elevation: 3800m (Kyanjin Gompa) / 4773m (Kyanjin Ri)

Start/finish: Syabru Besi

Difficulty level: Easy to moderate

Accommodation: Teahouse trek

Best season: Mar-Jun, Sep-December

## Langtang Valley Trek Highlights

- Pass through stunning forests and alpine meadows
- Enjoy panoramic views across vast open valleys
- Listen the sound of nature and chirping birds
- Tantalize your taste buds and try the local yak cheese

### Itinerary:

Day	Highlights	Overnight
Day 01	Arrival in Kathmandu	Kathmandu
Day 02	Drive from Kathmandu to Syabrubeshi	Syabrubeshi
Day 03	Trek from Syabrubeshi to Lama Hotel	Lama Hotel
Day 04	Trek from Lama Hotel to Langtang Valley	Langtang Valley
Day 05	Trek from Langtang valley to Kyanjin Gompa	Kyanjin Gompa
Day 06	Explore around Kyanjin Gompa and climb to Tsego Ri	Tsego Ri
Day 07	Trek Kyanjin Gompa to Ghoda Tabala	Ghoda Tabala
Day 08	Trek back from Ghoda Tabela to Syabrubeshi	Syabrubeshi
Day 09	Drive Syabrubeshi to Kathmandu	Kathmandu
Day 10	Final Departure to your destination	

### Cost Includes

- Accommodation on Guest House (Lodge) during the trekking
- 2 nights Hotel in Kathmandu and Syabrubenshi on B& B Basis

- An experienced and well trained English Speaking trekking guide
- Daily breakfast in Kathmandu and Syabrubenshi
- Three meals during trekking
- Airport Pick up and drop off
- Kathmandu to Syabrubenshi and Syabrubenshi to Kathmandu drive
- All the government taxes
- TIMS card
- Guide and Porter Insurance, salary, food and accommodation during the trek
- Necessary porter 1”2 (one porter for two guest) and the porter will carry 30kg in maximum

### **Cost Excludes**

- All the domestic and International Flight fare
- Accidental, Travel and Medical Insurance
- Emergency Rescue and Helicopter Evacuation
- Bar, Beverages and any kind of drinking
- Personal Expenses

Price: \$788