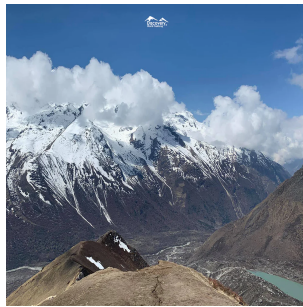


# Langtang Trek



## Description

Cost per person \$ 699  
**\$ 699 / Person**

"Langtang Trek: 8 Days of Pure Himalayan Bliss."

This is one of the most popular trekking areas in Nepal. The Langtang National Park encompasses beautiful landscapes, meadows, and old monasteries.

This trek will pleasantly surprise you as you walk past the forests savoring the stunning views of mountains, valleys, and glaciers. The Chortens, mani walls, and monasteries reflect the influence of the Buddhist religion in this peaceful region. There are opportunities for side treks such as a hike to Tserko Ri or Kyanjin Ri.

The trek begins with a drive along the Trishuli River, north of Kathmandu, past Trishuli Bazaar and Dhunche to Syabru Bensi, a Sherpa village. This route is an ancient trading route between Nepal and Tibet.

As you walk past numerous forests, you might spot local wildlife like the musk deers, Himalayan monal, tahrs, wild dogs, serows, or even snow leopards.

It will take you two days to reach Langtang. You will be trekking from Syabrubesi to Lama Hotel on your first day on the route. Then the next day from Lama Hotel, you will reach Langtang Village, where you will receive a hearty welcome from the local Tamangs.

The next day we will trek to Kyanjin Gumpa, where we will spend one extra day acclimatizing. While acclimatizing, we will be exploring the local monasteries, visiting a cheese factory, and hiking to Tserko Ri (5,450m/17,880ft) Viewpoint. From this viewpoint, you will see stunning views of glaciers and high mountains like Langtang Lirung (7,227m), Langtang II (6,586m), Yala Peak (5,520m), and Naya Khang (5,844m).

Another important viewpoint is Kyanjin Ri at an elevation of (4,773m / 15,655 ft) which provides majestic views of the entire Langtang Lirung face and Langtang Lirung Glacier below the peak.

The whole Trek experience will be once in a lifetime experience for many. From Kyanjin Gumpa, we return to the Lama Hotel trekking south and then back to Syabrubesi. The next day we will take a bus back to Kathmandu, which will take about seven to nine hours. You will return to your respective hotels in Kathmandu, cherishing a short enjoyable trek experience.

This is an enjoyable trek that everyone should participate in at least once in their lives. This trek provides opportunities to explore the Langtang region, step on famous viewpoints, and experience the local lifestyle.

## Itinerary

### **Day 1: Drive from Kathmandu (1400m / 4,393ft) to Syabrubesi (1,503m / 4,655ft)**

After early morning breakfast, the drive to **Syabrubesi begins**. We head north out of Kathmandu. During the journey, you can catch fantastic views of rivers, terraced fields, small villages, and snow-capped mountains.

The road takes you to a small town - **Dhunche**. While on the road that follows **Trishuli River banks**, you will catch glimpses of **Ganesh Himal (7,422 m (24,350 ft))**. From Dhunche, we continue the drive until we reach Syabrubesi. You can explore this town for a while but do not forget to experience the riverside **hot spring**.

### **Day 2: Trek From Syabrubesi (1,503m / 4,655ft) to Lama Hotel (2,470m / 8,103ft)**

We begin our trek from Syabrubesi, following Bhote Kosi and **Langtang Rivers** passing through fertile jungles, terraced fields, and **rural settlements** rich in bamboo and birch groves. You might spot rare wild lives like the red panda from the path. After a while, the trek ascends gently to **Rimche (2,400m / 7,874ft)** through dense **bamboo fields** alongside the banks of **Langtang River**. We continue on our route until we reach Lama Hotel - the destination for the day.

### **Day 3: Trek from Lama Hotel (2,470m / 8,103ft) to Langtang village (3,430m / 11,255ft)**

We begin our day with an early morning breakfast and start trekking alongside a river through the **lush landscape**, climbing upward through the dense forests. Along the way, you might see the snowy peaks ahead if the weather is favorable. Ultimately the narrow river valley broadens out at **Ghoda Tabela (3,030m)**. In the past, there was a **Tibetan resettlement project running here**, but currently, **Ghoda Tabela** has an army check post where we will register our papers. In addition to the army check post, there are a few lodges here.

As we trek further, we will come across **Chyamki village (3,230m)** - a small settlement and walk past Chortens, water mills, mani walls, and prayer wheels, which signals we are nearing **Langtang Village**. We continue past prayer wheels driven by flowing water and prayer flags to scenic Langtang, a large settlement of mostly Tamang people.

#### **Day 4: Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)**

The trek today will be short and easy. We will pass by many **small plateaus**, big mani walls, yak pastures, small villages, and meadows. Since we will be gaining **elevation**, we trek slowly so that our bodies can acclimatize. After hiking for a while, we will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. It signals that we have reached the ancient monastery- **Kyanjin Gompa (3,830m / 12,565 ft)**. Kyanjin Gompa lies surrounded by the **Himalayas**, and from here, we get stunning views of several snow-capped peaks.

#### **Day 5: Exploration day at Kyanjin Gompa**

Today is our rest day to **acclimatize** and explore this **beautiful Langtang region**. The Langtang valley has so much to offer for trekkers. Higher elevation means you will be getting stunning views of the Himalayas ranges and glaciers.

You will be visiting Kyanjin Gompa and observing monks offering their prayers. The cheese **factory** would also be another interesting site to visit. We can also hike to **Langshisa Kharka** and the viewpoint of **Tserko Ri (5,450m/17,880ft)**- the highest point of this trek. **Tserko Ri** is the perfect viewpoint to admire peaks like **Langtang Lirung (7,227m)**, **Langtang II (6,586m)**, and many more. Yet another viewpoint - **Kyanjin Ri (4,773m / 15,655 ft)** provides majestic views of the Langtang range. As the sun begins to set, we will return to **Kyanjin Gompa for the night**.

#### **Day 6: Trek from Kyanjin Gompa (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)**

We will leave **Kyangjin Gompa admiring** the last glimpse of the beautiful mountains standing with pride and glory. But it is time for us to retrace the previous route we took to **Langtang Village**, and we will stop at **Ghoda Tabela** for lunch. The army check post at Ghoda Tabela will also register our exit. After a leisurely lunch, we continue down through the dense river valley forests to **Lama Hotel**, where we will be staying for the night.

#### **Day 7: Trek from Lama Hotel (2,470m / 8,103ft) to Syabrubesi (1,420m / 4,655ft)**

Today being the final trekking day, we head to **Syabrubensi** to drive back to Kathmandu. We will be walking along the **Langtang River**, heading downwards to the **beautiful river valley**. As you

descend through bamboo and birch forests, you will see amazing landscapes and cross the Langtang and Bhoté Koshi rivers to reach Syabrubesi. This marks the end of our trekking journey. The next day we will be driving back to **Kathmandu**.

## **Day 8: Drive from Syabrubesi (1,420m / 4,655ft) to Kathmandu (1400m / 4,393ft)**

We will drive from **Syabrubensi to Kathmandu**, which will take about seven to nine hours. This drive begins early morning. During this drive, you will be getting scenic views of the **Trishuli river** valley as we head south from the hills. Along the way, you will see terraced **farmlands**, meadows, and hopefully final glimpses of the **snow-capped mountains**. Once we arrive in Kathmandu, we will drop you at your **hotel**.

## **Equipment And Packing for Langtang Trek - 8 Days**

We recommend that you bring the items to the list below. Suppose your trek is longer or shorter than that. In that case, appropriate adjustments can be made to reflect the specific requirements, season, and length of the trip. Adventure Club Trek will provide the items marked with an asterisk (\*) at no additional cost. You are welcome to use your articles if you already have them and prefer your own. Many trekking items can be bought cheaply in the Thamel neighborhood of Kathmandu; quality will vary, with the items imported from China often being of higher quality. There are also several high-end shops in Kathmandu which carry well-known brands. Since our porters will carry your pack, please remember the weight limitation is 15kg (33 lbs since there is nothing there but some prayer flags. Also, please note that you still need to send me a list of gear.

- The Adventure Club Trek will lend each trekker a set of down Jackets, sleeping bags, and duffle bags.
- Our leading guide, trained in wilderness first aid, will carry a comprehensive medical kit.

### **Important Documents And Items:**

- Valid passport, 2 extra passport-size photos, airline tickets.
- Dollars, pounds, or Euros in cash for purchasing a Nepali visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and buying your drinks and gifts.
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

### **HEAD**

- A bandana or headscarf is also helpful in dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### **UPPER BODY**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition-weight thermal tops
- Fleece wind-stopper jacket or pullover

- Waterproof (preferably breathable fabric) shell jacket
- Down vest and jacket \*
- Gore-Tex jacket with hood, waterproof and breathable

## **LOWER BODY**

- non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **FEET**

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water-resistant, ankle support, "broken-in")
- 1 pair of trainers or running shoes and sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **HANDS**

- Pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves
- 1 pair of mittens consisting of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **TOILETRIES**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multipurpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror
- Personal Hygiene
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial handwash

## **SLEEPING**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*
- Fleece sleeping bag liner (optional)
- Rucksack and Travel Bags
- medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- large duffel bag \*

- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-diarrhea pills
- Anti-headache pills
- Cough and cold medicine
- Anti-altitude sickness pills: Diamox or Acetylpolyamine
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills, as they are respiratory depressants.
- Water purification tablets or the water filter
- Extra pair of prescription glasses, contact lens supplies
- Extras/Luxuries
- Reading book
- Trail map/guidebook
- Journal and pen
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)

## **FAQs**

### **1. Does EBC trek require an immunization certificate?**

No, it does not. But if you have any pre-existing medical conditions, let us know before booking the trip.

### **2. Is there an airport pick-up service by the company?**

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge holding a pamphlet with your name on it. S/he will take you to your selected hotel in a private vehicle.

### **3. I am a vegetarian. Will I get enough meals during the trek?**

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are suitable for all - vegans, vegetarians, and non-vegetarians.

### **4. Is there a cancellation or refund policy?**

Discovery World Trekking has cancellation and refund policies. Please visit our terms and conditions page for more information.

## **5. What is the booking and payment method for the trek?**

We require a 10% advance for confirming the booking, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

## **Cost Inclusion**

- Both way transportation between Kathmandu and Syabrubesi by local bus
- Accommodation (Total seven nights) - Five nights accommodation with private attached bathroom at Syabrubesi and Langtang Village, Kyanjin Gompa, two nights standard accommodation at Lama Hotel(2N)(Twin Sharing Room)
- All standard meals (8 Lunches, 7 Dinners, and 8 Breakfasts) during the trek.
- Government licensed and experienced trek guide (an assistant guide for 12 or above trekkers) and porters to help trekkers luggage (1 porter for two trekkers, 9 kg luggage limit per trekker)
- Guides and porters costs, their insurance, salary, lodging, transportation, and other necessary equipment
- Langtang National Park entry permit fee
- Trekkers Information Management System (TIMS) card fee
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses
- Arrangement of the rescue operation in case of health condition emergencies (funded by travel insurance)
- Souvenir - company's T-shirt & cap
- Discovery World Trekking trek achievement certificate
- Farewell dinner in Kathmandu at the end of the trek

## **Cost Exclusion**

- International flight costs
- Nepal entry visa fees at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- Excess baggage charges (Limit is 9kg per person)
- All accommodations and meals in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.

- Personal expenses - shopping, snacks, boiled bottled water, hot(tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear
- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)
- Tips for guide and porters
- Additional costs or delays caused by circumstances beyond our control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc
- All the costs and expenses which are not listed in "What is included in the package?" will be counted as excludes

## **Trip Information**

**Trip Duration:** 8 Days

**Trip Code:** 45NUIM

**Duration:** 8

**Primary Activities:** Trekking

**Arrival City:** Kathmandu

**Departure City:** Kathmandu

**Transportation:** Vehicle

**Best Season:** December