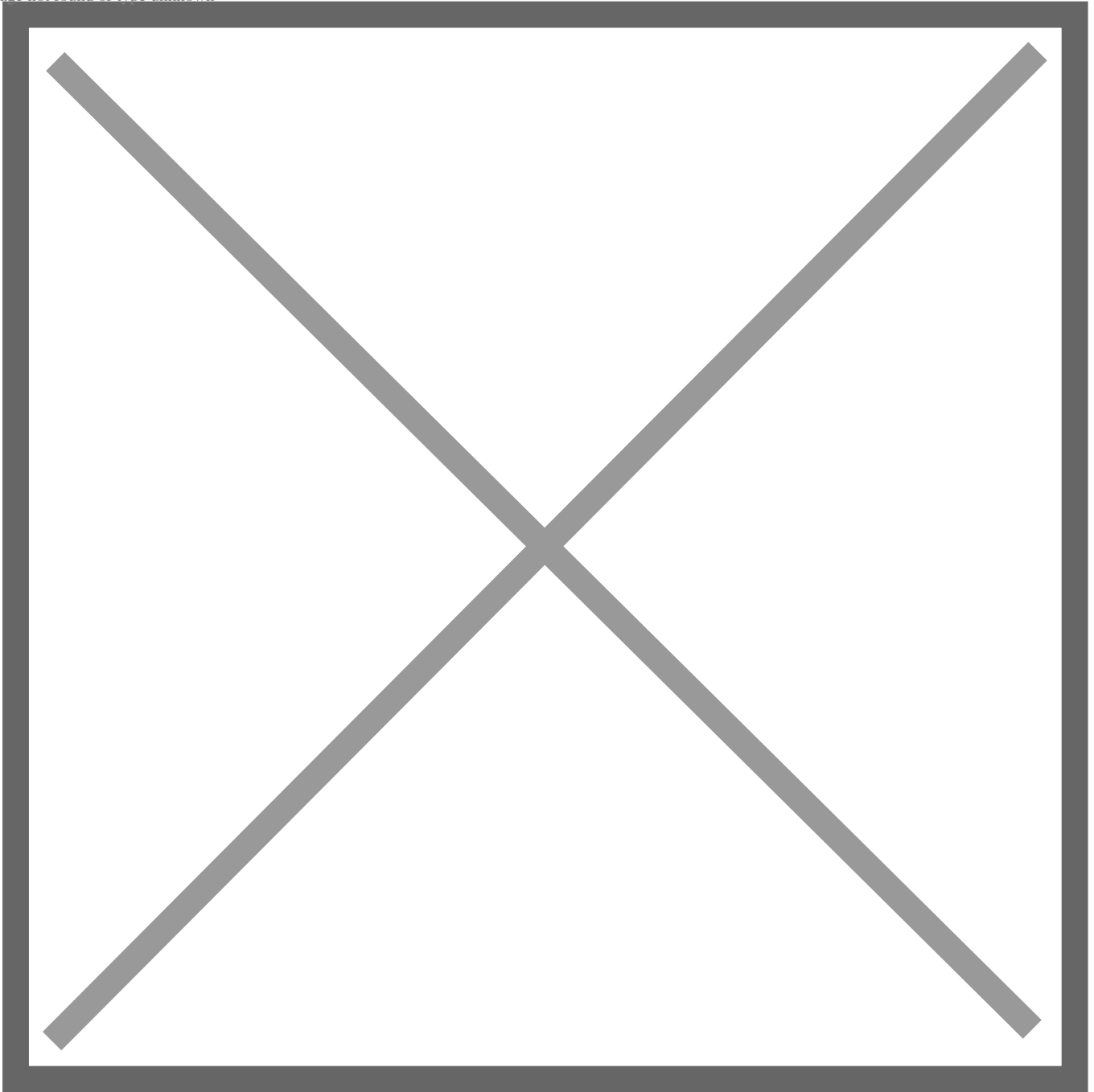


# Langtang valley trek- 11 days

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## Trip Facts

<b>Cost \$ (USD):</b>	<b>Duration:</b>	<b>Elevation:</b>	<b>Per Day Hiking:</b>	<b>Accomodation:</b>	<b>Trip Grade:</b>
750	11 Days	3,870m	5-6 hours	Hotel & Lodge	Easy
	<b>Group Size:</b>				
	2-15 max				

## Overview

Langtang valley trek takes you to the subtropical zones of the Langtang region. The route opens to eye catching views of rhododendron, pine forest, majestic waterfalls and takes you up the river floor on valleys above with small villages, farmlands, forests to Kyanjin gumpa and a huge monastery.

Langtang valley trek brings you to the top of Tserko Ri a small hill that sits just north-east of Kyanjin Gumpa from where the travelers can get an unobstructed 360 degrees view of Langtang Himalayas such as Langtang Lirung (7227m), Changbu (6251m), Yubra (6264m), Yalla peak (5500m) at North East, Tserko peak (5749m), Tsergo Ri (4984m), Naya Kanga (5844m) to the South west and Kangja La himal.

In the Langtang valley trek, you will also be familiar to [Tamang people](#) in their native place. They are friendly and hospitable people who welcome you with a broad smile. Though Langtang region was the main region hit by the major earthquake in 2015 some parts had avalanches, still some people are rebuilding their lives post the natural backlash.

During langtang valley trek your journey passes through flowing streams, pass by Shiva temple at top of Syabrubesi and post Army checkpoints to Lama Hotel and past the horse stable (ghoda tabela) to Mundu and Langtang glaciers, Shishapangma Mountain from Kyanjin Ri. The whole rugged path and the mountains below the clearly blue sky give a distinctive note to the remote Langtang valley trek in Nepal.

The climate in Langtang valley trek is very dry . However, the surroundings that meet the eyes is what makes the spirits alive and hooked up for the trekkers throughout this whole trek. Best seasons are March to June and September to November for this amazing Langtang valley trek. If you want explore more than Langtang valley trek [Gosainkunda lake trek](#) might be your next choice.

## Trip Highlight

Hike to Tsergor -Ri (5000) for the splendid mountains view

Visit to the oldest Buddhist monastery Kyanjin gumpa as well Cheese factory

Explore Tibetan culture as well as typical Nepalese village and lifestyles .

## Itinerary

**Day: 01** [Arrival in Kathmandu Airport](#)

After your arrival at Tribhuvan International Airport in Kathmandu, you will be warmly greeted by your guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world. Overnight at Hotel.

**Accommodation:** 3-Star hotel

**Meals:** No

**Duration:** 1 dayDay

**Day: 02** Sightseeing around Kathmandu

Kathmandu, Bhaktapur and Lalitpur are historical and cultural heart of Nepal, encircle by name of Kathmandu valley. which are popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. These cities have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. We will provide you a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. Overnight at Hotel.

**Accommodation:** 3- Star hotel

**Meals:** Lunch

**Duration:** 1 dayDay

**Day: 03** Kathmandu to Syabru Bensi

We take early drive from Kathmandu to Syabru Bensi via. Dhunche (1966m). We drive through scenic foothills and ridgeline vistas to Dhunche. Syabru Bensi is the starting point of our trek. It is a beautiful village stretched out along the ridgeline. Overnight stay in Syabru Bensi.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 7-8 hours Days

**Day: 04** Syabru Bensi to Lama Hotel

Our real trek start this day from Syabru Bensi to Lama Hotel (2,470m). The trail goes along the ridge of Syabru's main street and then drop to the Ghopche Khola (2,050m) and then to Pairo (1,810m). In this day we will enjoy with appearance of those wild animals like Red pandas, Monkey, Bear etc. through the way. Then the trail goes to Rimche

(2,400m) through Bamboo (1,960m) and finally end at Lama Hotel. Overnight in Lama Hotel.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 05** Lama Hotel to Langtang village

Having lunch at Lama Hotel, our trek head towards Langtang village (3,430m) via Ghore Tabela (3,000m) which takes about six hours. We can see some grazing grounds of Yak on the way. The local people also bring their livestock for grazing in the high pastures during the summer months. Then we get Monastery, we will visit that and head to our destination Langtang village. Overnight in Langtang village.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 06** Langtang village to Kyangjin Gomba

After trek three hours from Langtang village, we reach to Kyangjin (3,870m). Then our trail climbs gradually through small villages and yak pastures as the valley opens further and the views become more extensive. We can get there Kyangjin Gomba after crossing several small streams and moraines, where we can visit the cheese factory. Finally we would reach Kyangjin Gomba by enjoying the panoramic view of Dorje Larpa (6,990m), Langtang Ri (6,370m), Langtang Lirung (7,245m) and many more. Overnight in Kyangjin Gomba.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day: 07** Acclimatization at Kyangjin Gomba

We would acclimatize at Kyangjin Gomba and go for excursion to utilize our time. In this day we visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice falls and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri (4,350m). Overnight in Kyangjin Gomba.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 1 day

**Day: 08** Kyangjin Gomba to Lama hotel

After having breakfast as always, by following Langtang Khola help us to reach Langtang village and on Ghore Tabela. Then we will have lunch in this beautiful place and start to steep descent to Lama Hotel. Overnight in Lama Hotel.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 6-7 hours Days

**Day: 09** Lama hotel to Syabru Bensi

We trek from Lama Hotel to Syabru Bensi (1,460m). It would be a wonderful full journey walking through forest with appearances of Red pandas, Monkey and various species of birds. Besides that Tamang you would be lured by Tamang culture and behaviour. Overnight in Syabru Bensi.

**Accommodation:** Lodge

**Meals:** B/L/D

**Duration:** 5-6 hours Days

**Day :10** Syabru Bensi to Kathmandu

We drive back to Kathmandu from Syabru Bensi. It might be interesting for you to see rural settlements on the way back to Kathmandu. Then we will be transferred into hotel with promise to meet next day visit around amazing Kathmandu valley around. Overnight at Hotel.

**Accommodation:** 3-star hotel

**Meals:** B/L/D

**Duration:** 6-7 hours Days

**Day: 11** Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

## What are included?

All ground transportation

All accommodations during the trek at hotels, lodges including breakfast.

All meals (B/L/D) during the trek

Government license holder guides

Langtang entry permits fees, trekking permits

Souvenir of the trek

Guides and porters expenses including meals, insurance, salary, lodging, transportation

Porters service

Snack and seasonal fruits

Farewell dinner

Certificate of Completion

Government taxes , VAT, service charges

## **What are Not included?**

International airfares

Nepal entry visa fee

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost , delays out of Management control

All costs and expenses which are not in the "COST INCLUDES" section.