

Langtang Valley Trek

Standard Itinerary

Langtang Valley trek itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Langtang Valley Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Syabrubesi

Drive from Kathmandu to Syabrubesi 1450m 4/5 hours. Overnight at Lodge.

Highlights:

- Drive via a typical Nepali Highway.
- View of Nepali settlements along the routes.
- Observation of traditional lifestyle and animal husbandry.
- View of the Himalayan range.

Day 03: Lama Hotel

Trek from Syabrubesi to Lama Hotel 2480m 5/6 hours. Overnight at the lodge.

Highlights:

- Permits check-in at Langtang National Park.

- Trek via a typical Nepali village.
- Trek along the riverside.
- Encounter Langur and Birds.
- Trek via sub-tropical and Temperate forests.
- View of wild bee's hive.
- Crossing suspension bridge.

Day 04: Langtang

Trek from Lama Hotel to Langtang 3541m 4/5 hours. Overnight at lodge.

Highlights:

- Encounter Yaks and Mountain goats.
- View of Tibetan peaks and Langtang Himal.
- Cross the washed-out routes.
- Trek via pine forest.
- Mani walls and Buddhist culture.
- 360 views of a small mountain.

Day 05: Kyanjing Gompa

Trek from Langtang Valley to Kyanjing Gompa 3900m 3/4 hours. Overnight at lodge.

Highlights:

- Trek along the open valley of huge rocky hills.
- Observation of typical farming practiced by locals.
- Buddhist stupas and Suspension bridge with an incredible view of mountains.
- Cheese factory and Monastery.

Day 06: Kyanjing Gompa

Side trip to Tserku Ri 4980m, Back to Kyanjing Gompa. Overnight at Lodge.

Highlights:

- Hike to Tserku Ri.
- Steep climbing objective of Tserku Ri.
- 360 views of popular peaks around Langtang region.

- View of Langtang Glacier.
- Visit the Kyanjin Gompa.
- View of Tibetan mountains.

Day 07: Lama Hotel

Trek from Kyanjing Gompa to Lama Hotel 2480m 5/6 hours. Overnight at lodge.

Highlights:

- 2500m altitude drop.
- Trek back from the same route.
- Encounter wild animals and birds.

Day 08: Syabrubesi

Trek from Lama Hotel to Syabrubesi 2200m 4/5 hours. Overnight at lodge.

Highlights:

- Trek back to Syabrubesi
- Visit the natural hot spring.
- Visit the Syabrubesi
- Enjoy the last day with the porters and staff.

Day 09: Kathmandu

Drive from Syabrubesi to Kathmandu by public bus. Overnight at Hotel on BB plan.

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 10: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive by public van from Kathmandu to Syabrubesi 122 km guest and guide (optional: private vehicle as per participant's preference).
- Drive to Syabrubesi Kathmandu by public bus guest and guide (optional: private vehicle as per participant's preference).
- Staff transportation Kathmandu/Syabrubesi/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge,).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 1:2 one porter carries 25kg only.
- All Government local Taxes (Langtang National Park entry fee and TIMS cards).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.

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- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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