

## **Langtang Valley Trek**

**Langtang valley Trek** is in **Langtang Region** – the north-central Himalayas straight north of Kathmandu valley that borders with Tibet autonomous region. This trek follows in a narrow gorge up to the wide pastureland valley surrounded by mighty Himalayan peaks. The **2015 Earthquake** destroyed the beautiful Langtang Village – swept by an avalanche from the Langtang Lirung Himal and killed estimated 300 people including approximately 80 tourists. Now, the village is ready to welcome you again.

Throughout this trek, you will never feel deficiencies of adventure, scenery, and exhilarating destination experiences. The trek does not only provide close look at the mountains but also into the Sherpa and Tamang lifestyles – two ethnic communities living in the Himalayan region of Nepal. You can immerse yourself into inside-life of locals, beautiful forests on the way and mesmerizing mountains. Some of the notable peaks Langtang Lirung 7,234 m/ 23,734 ft, Langtang Ri 7,205 m/ 23,638 ft, Langsisa Peak 6,427 m/ 21,086 ft, Yala Peak 5,520 m/ 18,110 ft, Ganjala Peak(5,844m/19173ft), Ganja La pass(5122m/16804ft) and so on.

### **Itinerary in Details:**

#### **Day 01: Arrival in Kathmandu (1,300 m/4265ft):**

You arrive Kathmandu – Nepal’s only international airport so far is located and meet with our friendly representative at the arrival terminal. You then will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

*Delay of any kind will postpone the events for next day according to feasibility.*

#### **Day 02: Kathmandu Sightseeing - 4 hrs tour.**

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

**Pashupatinath Temple:** It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva’s birthday and thousands of pilgrims gather in the night to celebrate the day.

**Boudhanath Stupa:** It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

### **Day 03: Drive Kathmandu – Syabrubensi (1,550 m/ 5,085 ft) - 8 hrs Drive:**

You drive quite long today in the mountainous landscape of Nepal. It is long but not boring at all. View of the Himalayan peaks, beautiful river valley, terraced farming field, small dotted settlements and villages all awe-inspiring.

To reach Syabrubensi you pass through the historical places like Trishuli Bazar, Betrawati – where Nepal and Tibet under Qing Dynasty signed a treaty in 1792 – and Dhunche, the capital of the Rasuwa district. The road to Tibetan town Kyrong/Gyrong and Nepal-China border passes this small town. Once you reach Syabrubesi, you can explore the town, it provides with interesting fusion of modernity and village life. You spend the night at local lodge.

### **Day 04: Trek Syabrubensi - Lama Hotel (2,560 m/ 8,399 ft): Walking Duration: 6 Hrs.**

You start to walk now. After breakfast in your lodge, as you start to walk you cross the river Bhothe Koshi that flows from China, and cross Langtang Khola that flows down from Langtang valley and walk through the Langtang Khola Gorge.

You walk in the jungle and there is no view of the Himalayan peaks, villages for today. You reach Bamboo and have lunch before you start to walk steep uphill of about two hours to reach Lama Hotel – your night stop. The altitude is manageable and attainable on this day. You spend the overnight at local lodge.

### **Day 05: Trek Lama Hotel – Langtang Valley (3,455 m/11,335 ft) - 5 hrs walk:**

After breakfast you start your trek towards Langtang valley. The trail to the valley leads west from east. The elevation will increase which might make the trail hard work than usual. The later part of the trek might be tough depending on your physical ability. You pass plenty of Buddhist mani walls, Chhortens and walk in the deep forests on your way to the valley. You enjoy lunch in a small place namely Ghora Tabela – literally means horse stable.

Your trip to valley will be a joyous and an inspirational trek given that the life completely rose from zero after devastating earthquake.

Langtang village was the most severely hit and destroyed place of Gorkha Earthquake in April 2015 which claimed more than 300 lives including dozens of foreigners and their crew members. After the earthquake, life starts here and new lodges are built now for your accommodation. Various Geological surveys were carried out before the village were reestablished again. You will enjoy the fresh air and spend the night at local lodge here.

**Day 06: Trek Langtang Village – Kyanjing Gompa (3,870 m/ 12,697 ft) - 3.30 hrs walk: .**

You are now into the open and incredible Langtang valley. You start the day with mouthwatering mountain breakfast. As you start from Langtang village and climb a small hillock, you pass one of the longest Mani walls of the world. The walk of the day takes us past beautiful mountain surrounding with amazing views and cultural as well as spiritual richness. The trail that winds up and up in the barren landscape tests your endurance.

You reach to Kyanjin Gompa – Gompa is monastery and this is not the settlement of the people but the grazing land – by lunch. Enjoy the lunch and you have a half-day to explore around. You may visit Kyanjing Gompa, a sacred Buddhist monastery – and the cheese factory established under the technical assistance of Swiss man in early 1950s. **Overnight local lodge.**

**Day 07: Climb Kyanjing Ri (4,773m / 15,655 ft) to View the Mountain - Trek back to Lama Hotel – 9 hrs walk:**

You achieve the highest elevation of your trek today with the climb to Kyanjin Ri at 4,773 m. This is worth hiking in the early morning which is about four to five hours walk. The view of the mountains surrounding from this peak is magnificent.

After spending some time here, you return to the lodge for breakfast.

If you can dedicate extra time in your trip the hike to Tserko Ri is worth climbing at some 5,100 m/16732ft.

After breakfast you walk down to Lama Hotel which is easy way down. Overnight in the Lodge in Lama Hotel.

**Day 08: Trek to Syabru Village (Thulo Syabru) (2,200 m/ 7,218 ft) – 6 hrs walk:**

We walk down to Bamboo after breakfast in the morning and then take the upper trail to reach Syabru Village or called Thulo Syabru. Syabru Bensi, the town where you spent your first night is new town developed after economic opportunities flourished, by the people of this village.

This is quite big settlement in the ridge with beautiful view of the terraced field below, jungle above, and beautiful mountains in front. The cultural exposure of Tamang people is also attractive. Enjoy your evening and the night stay here in the lodge.

**Day 09: Syabru Village – Dhunche (2,030 m/ 6,660 ft) – 5 hrs walk:**

You trek to Dhunche today to finish the trekking. Dhunche is a small and beautiful town at an elevation of 2000 m. This is also the major market and administrative town for the district. Today's trekking takes us through a forest and natural wonders before reaching to Dhunche. **Overnight stay in the Lodge.**

**Day 10: Drive Dhunche – Kathmandu – 7 hrs drive:**

You drive the same road you took the first day to start your trekking. Enjoy the long drive with beautiful landscapes and lifestyle of the mountain people.

Reach Kathmandu; check into the hotel and find some relaxing time. **Overnight in Hotel.**

### **Day 11: Cultural Tour of Kathmandu City / 4 hrs:**

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

### **Day 12: Departure Day:**

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

### **Cost Includes:**

- ✓ Airport pick up & Drop off with representative.
- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ All meals in the trekking (Breakfast, Lunch & Dinner.)
- ✓ Accommodation in the tea house lodges during the trekking
- ✓ Hot drinks. (Tea & coffee ) 3 times a day.
- ✓ 4 wheel jeep (Kathmandu - Syabrubensi || Dhunche - Kathmandu)
- ✓ TIMS (Trekking Information Management System)
- ✓ Langtang National Park entry Permit.
- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.

- ✓ All taxes and Services charge.

### **Cost Excludes:**

- ✂ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- ✂ Lunch and Dinner in Kathmandu.
- ✂ Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
- ✂ International air-ticket
- ✂ Travel insurance that must include emergency helicopter evacuation

### **What to bring**

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

#### *General*

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

#### *Upper Body - Head / Ears / Eyes*

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

### *Hand*

- 1) Hand gloves (One light pair and One warmer pair)

### *Body*

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

### *Lower Body – Legs*

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

### *Feet*

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

### *Medicines and First Aid Kits*

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

### *Miscellaneous*

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.

- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

**All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.**