

# Langtang Valley Trek | 8 days trek cost guide and route information 2019/20



## Introduction

The **lang tang village** is one of the beautiful valleys was almost obliterated when the second earthquake hit last week reducing popular trekking village to rubble in the **Lang tang National park**.

After the earthquake the struck, a massive expanse of ice feels thousands of feet, creating an avalanche that wiped out a community where 600 peoples lived and where at that moment nearly 100 foreign trekkers are believed to have been than 150 guides and potters are still all missing, some teacher/Army/Police as well.

**Lang tang Village** was located to the North of Kathmandu. Also, the value lies just to the southern side of the Tibetan border and located between a lower range of snowy mountains to the south part and the core Himalayan range to the north direction. To the west side of Langtang is Ganesh Himal with a range of approximately 7,000 meters. The mountain Langtang Lirung (7,246 m) falls to the north of Langtang region. Likewise, Dorje Lhakpa (6,975 m) located to the east whereas Gang Chhenpo (6,388 m) lies to the south. **Langtang National Park** which covers space of 1,710 sq km in the Langtang area will allow you to see the range of natural glory from wild animals the very big fir and rhododendron trees. The path of the Langtang region is difficult with long, perpendicular climbing and descending paths all the way from side to side to profound forests or move crosswise to glacial moraines. Here we can observe wonderful close-up mountain views and enthralling villages. In addition, the area offers crossing high passes, splendid mountain sight, stunning **holy lake Gosainkunda**, delightful **Sherpa village**, a big number of wild animals and plants and more magnetism that will make your trek a memorable experience.

With a combination of fair and risky trails taking you to the elevated alpine ravine and surroundings of high snowy mountains as well as the forest of rhododendrons, magnolia, and wild alpine plants will allow you witness the recollection of the entire trek. This excellent walk to **Langtang Valley** will let you witness superb serene scenery of Himalayan range, appealing green valley, perfect forest and the close

surroundings of the **high Jugal Mountain and Langtang** range.

## Trip Facts

Trip Duration	5
Trip Grade:	Moderate
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	4600m, Kanging Ri
Accommodation	Tea House
Group Size	1-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Syabru Besi

## Itinerary Details

### Day 01 : Arrival in Kathmandu

We will meet you at the international airport Kathmandu and we will drop to our hotel then be refresh, and evening you can walk nearby around the hotel, and our hotel is main tourist center area, dinner, and overnight Kathmandu/

### Day 02 : Drive from Kathmandu to Syabru Besi (1460m.) which takes about nine hours.

will be nice depart early in the morning, will be 7 hours drive by bus from Kathmandu. The road takes a scenic route, climbing high over the ridges to escape the Kathmandu Valley and provides you with a superb panorama of the Himalaya, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region that you will soon get familiar with. Stay overnight at a lodge in saybru Village.

### Day 03 : Syabru Besi to Lama Hotel

We trek from Syabru Gaon to Lama Hotel (2520m.) this takes about five hours. The trail descends along the ridge on Syabru's main street and then drops to the Ghopche Khola (2050 m.) and again descends to the landslide (1810m.). From then onwards, your trek ascends gently to Rimche (2400m.) through Bamboo (1960m.) and at the end, you travel through a level path to the Lama Hotel. En route, you may get lucky and spot red pandas, and monkeys in their natural habitat. Stay overnight at a lodge.

### Day 04 : Lama Hotel to Langtang Village.

Trek from Lama Hotel to Langtang village (3330m.) via Ghore Tabela which takes about six hours. At Ghora Tabela [3000m], the trail emerges from the forest. While hiking here, you can catch a glimpse of white monkeys and local birds.

The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. A quiet

monastery is found around here which we can visit shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park. Stay overnight at your lodge.

#### **Day 05 : Langtang to Kyangjin gompa.**

Trek from Langtang Village to Kyangjin (3870m.) this takes about three hours. The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more wide-ranging. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. We should arrive at Kyangjin by lunch time allowing some time to acclimatize and explore the area. It is a fantastic setting, with snow-covered peaks surrounding us in all directions. At this point, you can enjoy the panoramic view of Dorje Larpa (6990m.), Langtang Ri (6370m.) and Langtang Lirung (7245m.) Stay overnight at a lodge.

#### **Day 06 : Kyangjin Gompa to Godatabela {3000m}.**

Early morning go to Kyanjing ri and back to Hotel take Breakfast walk to Ghotetabela.

At Ghora Tabela [3000m], the trail emerges from the forest. While hiking here, you can catch a glimpse of white monkeys and local birds. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. The trail begins from the forest to a Tibetan settlement. Once there was a Tibetan resettlement project here, but now it is a Nepalese army post though it has no permanent inhabitants. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months.

#### **Day 07 : Godatabela to Syabrubesi {1550m}**

After morning breakfast at Bamboo, we trek down to Syabru & enjoy the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages. walk to syabru village overnight syabru village

#### **Day 08 : Syabru besi to Kathmandu by bus or Jeep**

Drive from Syabrubesi to Kathmandu by bus, which takes about 6-7 hours. You drive through scenic foothills and ridgeline vistas to Kathmandu. At eventide, we proceed to a well known Nepali kitchen for some tasty Nepalese cuisine; and as we enjoy our meals, we will be entertained by a thrilling cultural dance performed by the local belles in the area. This will be an interesting occasion. Overnight at hotel in Kathmandu,

#### **Day 09 : Departure day**

After breakfast depending on your schedule, we will transfer for you to International Airport Kathmandu, before fly 3 hours, and fly home,

#### **Cost Includes**

- All arrival, departure transfers as per the itinerary by bus Kathmandu To Sabrubeshi –



Kathmandu.

- Two Night Hotel Kathmandu with breakfast.
- Pickup and Drop in international airport in Kathmandu
- All accommodation during the treks in the tea house.
- All meals (3 meals each day) during the treks.
- An experience Guide {trained by Ministry of tourism}, porters {generally 1 porter for 2 pax }
- For guide and porter-Food, drinks, accommodation, insurance, salary, equipment, transportation.
- Langtang Area National Park entry permits.
- TIMS (Trekking Information Management) fee.
- Necessary government taxes.

## Cost Excludes

- International flights to Nepal.
- Meals not mentioned above or in the itinerary.
- Travel and medical insurance including evacuation.
- Nepal entry Visa fee.
- Expenses of personal nature such as laundry, bar bill, telephone calls, etc and tips for staff Any additional activities not in the itinerary tips Guide or Porters.