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# Langtang Valley Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Easy

**Trip Style:** Trekking and Tour

**Transport:** Private Vehicle / Bus

**Food:** Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

**Accommodation:** 3-Star Hotel + Teahouses + Lodges

**Group Size:** Min. 1 pax

**Max Elevation:** 5,023m

The **Langtang Valley Trek** offers a great excursion into the Langtang region of Nepal, combining beautiful Himalayan scenery with a rich exposure to the Tibetan-influenced Tamang culture. You walk through rhododendron forests, open-vista mountain trails, traditional villages, and picturesque Buddhist cultural sites, including monasteries, mani walls, and chhortens. After a scenic drive from Kathmandu, the trek starts in Syabrubesi. During the following days, we go through mountain villages that still follow customary lifestyles, such as agriculture and livestock farming. Enjoying the natural panoramas and green hill gorges, we reach Lama Hotel and enter the Langtang Valley from Ghoda Tabela, passing ancient prayer wheels, mani walls and fluttering Buddhist prayer flags.

**Langtang Valley Trek**, We eventually reach Kyanjin Gompa after crossing a cheese factory and local production shops. The spiritual richness of this magical region is enhanced by hidden artifacts and mountain views of Langtang Lirung (7,246 m), Sisha Pangma (8,027m)



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and the Ganesh Himal range. The morning after our arrival at Kyanjin Gomba, we have the option of walking up Tserko Ri (5,033 meters/16,500 feet).

We return to Syabrubesi by the way we came and drive to Kathmandu. This trip can be extended by **Langtang Valley trek** to the spiritual mountain lake of Gosaikunda (4,380m). Please, contact us for more details.

## Highlights

- One of the classic and off-beaten trekking route in Nepal.
- Enjoy the spectacular views of the Langtang Lirung, Dorjee Lhakpa as well as the Ganesh Himal ranges.
- Explore the picturesque Tibetan village and experience their ancient local culture and tradition.
- Adventure walk through the stunning forest, high alpine meadows.
- Enjoy the panoramic views of the open valley at the end of the trek.
- Incredible mountain views, diverse landscapes and valley across the Tibet from Kyanjin Ri.

## Day to Day Itinerary

**Day 01: Arrival in Kathmandu.**

**Day 02: City tour or free day**

**Day 03: Kathmandu to Syabrubesi drive. 7-8 hrs**

**Day 04: Syabrubesi to Lama Hotel**

**Day 05: Lama Hotel to Langtang village. 5-6 hrs**

**Day 06: Trek to Kyanjin Gomba. 3-4 hrs**

**Day 07: Option to climb Tserko Ri (5,033m), trek back to Lama Hotel.**



**Day 08: Trek back to Syabrubesi: 4-5 hrs**

**Day 09: Drive back to Kathmandu. 7-8 hrs drive.**

**Day 10: Departure.**

## **Cost Includes**

- Airport pick-up and drop-off by private car/van/bus.
- 3 nights accommodation in a 3-star (\*\*\*) hotel in Kathmandu with the BB plan.
- Teahouse accommodations on the trek.
- Kathmandu Valley Sightseen Included Tour Guide, Private Car.
- Land transportation by private Jeep.
- Full board meals during the trek (3 times/day tea or coffee, breakfast, lunch, and dinner).
- Seasonal fruits during the trek.
- Expert, experienced, friendly guide and porter as well as their food, accommodation, salary, equipment, and insurance.
- Duffle bag for trek duration.
- First Aid Kit included Oxi-meters
- Trekking permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

## **Cost Excludes**

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks and personal equipment