



Langtang Valley Trek with Heli Return

Url: <https://www.glorioushimalaya.com/trip/langtang-valley-trek-with-heli-return/>

Duration

8 Days

Max. Altitude

5000 m

Difficulty

Moderate

Group Size

Min 2 person

Per Person Cost

USD 1875

Transport

Car, Jeep & Helicopter

Meals

Breakfast, Lunch & Dinner

Itinerary

Day 01: Arrive at Kathmandu and transfer to the hotel.

You will be warmly greeted by a representative of our office when you arrive at Tribhuvan International Airport. After all airport formalities are done with, you will be transferred to your hotel. Following the completion of the check-in process and the consumption of some refreshments, our senior guide will come to meet you in order to provide a concise introduction to the Langtang Valley Trek with heli return. After that, you can have some dinner, walk around some more to become acquainted with the surrounding areas, and then retire for the night.

Day 02: Drive from Kathmandu hotel to Syabrubesi (1462m/4795ft)- 7 hours drive

Following an early breakfast, we take a local jeep drive from Kathmandu and begin the seven to eight-hour voyage to Syabru Besi. The trip itself includes many beautiful sights. For the people who live in Syabru Besi, this is a significant village town that also functions as a trading post. The residents of the entire Langtang area travel down to this marketplace to purchase the goods they consider necessary as it is the main business hub linked to the capital Kathmandu. During the drive, we are also afforded the opportunity to view the breathtaking panoramic view of the Himalayas, which includes the Annapurna, Manaslu, and Ganesh Himal, as well as the famous peaks of the Langtang region. We will spend the

night at a lodge in Syabru Besi.

Day 03: Trek to Lama Hotel (2500m/8200ft) - 5 to 6 hours walk

Waking up at Syabrubesi, we have a hearty breakfast and make our way precipitously along a small stream, which we cross via a suspension bridge. We follow the pristine Langtang River for a large portion of the trek today. Our stroll through the oak, rhododendron, and bamboo forests will be enchanting. The forests are home to an abundance of wildlife, including red pandas, yellow-throated martens, wild boars, and plenty of langur monkeys. These forests are also home to Himalayan black bears, too. However, you would have to be incredibly lucky to encounter a red panda. We finally reach Lama hotel in the evening where we stay for the night.

Day 04: Trek to Langtang Village (3307m/10845ft) - 5 -6 hours walk

We leave the Lama Hotel in the wee hours of the morning after breakfast to proceed with our climb higher above the Langtang Khola. The grade of the trail continues to get steeper as it goes on. The path ends at a log bridge, and if we continue climbing up from there, we will reach the verdant meadows of Ghora Tabela at an altitude of 3,000 meters. We grab lunch here. We are going to pass by a few lodges as well as a police checkpoint. As you continue on, the trail eventually opens up into a broad valley with yak pastures and scattered Tamang villages that have water-driven mills and prayer wheels. After climbing up to an altitude of 3500 meters and navigating across a stream, we finally make it to the Langtang Valley. Langtang village serves as the administrative center for Langtang National Park. It is home to Tibetan-style homes with flat roofs, hotels, and agricultural lands. Many memorials commemorating the lives lost during the avalanche caused by the 2015 Nepal Earthquake are found here.

Day 05: Trek to Kyanjin Gompa (3798m/12495ft) - 3 hours walk

Today is a short 3 hours easy trek to Kyanjin Gompa. After waking up, we will travel along a gentle path on the side of a hill, passing a large mani on our way to a well-known Chorten and then through a small village with stone-built homes. As we move down into a lower level of the riverbed, the valley changes its shape to become U-shaped. The distance we cover on foot today is relatively low, giving us more time to adjust to the altitude and investigate our surroundings. This region is well-known for its cheese and curd, and a cheese factory can be found right in the middle of it all. Straight after making it across the suspension bridge, the trail will provide you with a breathtaking view of the glacier known as Langtang Lirung. Many mountaineers who are just starting out use this glacier as a training ground before they tackle more difficult peaks. At Kyanjin Gompa, after having lunch, we go to a local bakery and then to a factory where real Yak Cheese is being made fresh. There is clear evidence of Tibetan culture and ancestry in this part of the world.

Day 06: Kyanjin Gumpa Exploration Day. Climb to the Tserko RI (5050m/16564ft) or Kyanjin Ri Duration: 4 to 7 hours walk

A day of rest and acclimatization to the new environment is included in today's itinerary. This is fantastic for the health of our bodies. We have the option of ascending Tserko Ri, which is situated at an altitude of 5,000 meters and offers breathtaking views of snow-capped mountains that are wonderfully spread out right next to us. As we make our way toward Tserko Ri, we stop to enjoy a lunch that we brought with us and then check out the location where Guru Rinpoche left his footprint. After fording a river, we continue our ascent up a steep trail while taking in the breathtaking views of the mountains surrounding us, including Langtang Peak, Ganjala Peak, Ganchenpo Peak, Nayakhang Peak, and Langtang Valley. When we get to the peak, we will have the best possible view in all directions of the Himalayas, including Sisapangba, which is located in Tibet, as well as Langsisa and Dorje Lakpa, which are located in Nepal.

Day 07: Helicopter flight to Kathmandu from Kyanjin Gumpa

On the 7th day of our incredible adventure in the Langtang Valley, we will bid farewell to the picturesque Kyanjin Gumpa and embark on an exhilarating helicopter return flight to Kathmandu. As we soar above the rugged terrain of the Himalayas, our hearts will be filled with awe at the majestic snow-capped peaks and deep valleys below. The helicopter journey will provide us with a unique perspective of the region's stunning natural beauty. With memories of our time in Kyanjin Gumpa and the surrounding wilderness etched in our minds, we will head back to the bustling city of Kathmandu, cherishing the experiences and breathtaking landscapes we encountered on this unforgettable journey.

Day 08: Departure from Nepal

Following breakfast on our final day in Kathmandu, our vehicle and escorts will be waiting to drive you to the international airport three hours before your flight back home is scheduled to depart. While we pray for your trip back home to be without incident, we will think back on the wonderful times we shared together. Bon Voyage! We look forward to hosting you at Glorious Himalaya once more in the near future.

Price Includes

- All airport pick-ups and drop-offs are by private vehicles.
- 2 nights of 3-star standard hotel accommodation in Kathmandu inclusive of breakfast.
- 5 nights of private local lodges accommodations while on the trek.
- All the required surface transportations are as per the itinerary.
- Private Helicopter Ride from Kyanging Gumpa to Kathmandu
- An experienced and government-certified local guide for the trek.
- Supporting porters to carry your luggage during the trek. (1 porter between 2 customers)
- Full board meals while on the trek. (breakfast, lunch & dinner).
- All essential trekking permits and official paperwork for the trek.
- First aid medical kit for the trek.

- Water protection duffel bag and sleeping bag to use for the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show in Kathmandu.
- Pre-meeting in Kathmandu before the trek.

Price Excludes

- International airfare and Nepal entry visa.
- Lunch and dinner in Kathmandu hotel except for farewell dinner.
- Your personal expenses such as cold drinks, mineral bottled water, hot shower, charging, use of WIFI while on the trek.
- Your travel insurance.
- Tips to the trekking crews (guide and porters).

Contact Us, Head Office

Address:

P.O. Box No. 8349
Thamel, Kathmandu
Nepal

Mobile: [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

WhatsApp: [+977-9813637616](tel:+977-9813637616)

Email: info@glorionshimalaya.com