



Langtang Valley Trek

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/langtang-valley-trekking/>

Duration

10

Max. Altitude

5,000 m./ 16,404 ft.

Difficulty

Moderate

Group Size

Min. 1 pax

Per Person Cost

USD 550

Transport

Jeep, Car

Meals

Breakfast, Lunch & Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotel and Lodges

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel (1,400m)

You will be warmly greeted by our office representative when you arrive at Tribhuvan International Airport and then transferred to the hotel. After completing the check-in process and consuming some refreshments, our trek guide will meet you to provide a concise introduction to the Langtang Valley Trek. After that, you can stroll around the Thamel area for some more to become acquainted with the surrounding areas, and then retire for the night.

Accommodation Type

Hotel

Day 02: Drive from Kathmandu to Syabrubesi (1,550m) - 7 hrs drive

Following an early breakfast, we take a local jeep drive from Kathmandu and begin the 7-8 hours 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 allowed 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.

Driving Distance

145 km/ 90 miles

Elevation Gain

150 m/ 492 ft

Accommodations Type

Guesthouse

Meals included

Breakfast, Lunch and Dinner

Day 03: Trek to Lama Hotel (2,500m) - 6/7 hrs trek

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.

Walking Distance

11.3 Km/ 7 miles

Elevation Gain

950 m/ 3,117 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 04: Trek to Langtang Village (3,430m) - 6/7 hrs trek

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 3000 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.

Walking Distance

14.8 Km/ 9.1 miles

Elevation Gain

930 m/ 3,051 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 05: Trek to Kyanjing Gompa (3,870m) - 2/3 hrs Trek

Today, 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. At Kyanjin Gumba, we decide to spend the night.

Walking Distance

7 Km/ 4.3 miles

Elevation Gain

440 m/ 1,443 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 06: Kyanjin Gompa exploration day - Hike to Tserko Ri (5,000m) or Kyanjin Ri (4,700m)

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 opportunity to visit various fascinating locations, such as a cheese factory, a cheese factory, and a nearby monastery. 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.



View from Tserko Ri (5,000 m)

Walking Distance

17.7 Km / 10.9 miles - (Hike to Tserko Ri)

Elevation Gain

113m/ 3,707 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 07: Trek back to Lama Hotel (2,500m) - 7 hrs trek

After getting some much-needed rest and a hearty breakfast, we set out on our journey back to the Lama Hotel. The descent follows the same path as the ascent. The fact that Yaks will occasionally be seen butting heads along the route makes for an exciting and memorable experience. As we get closer to the valleys, the trail that we are on will become noticeably less difficult. As we make our way back to the Lama Hotel, we decide to spend the night here and then go out and discover the surrounding areas.

Walking Distance

21.6 Km/ 13.4 miles

Elevation Drop

Accommodaiton Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 08: Trek to Syabrubesi (1,550m) - 6 hrs trek

After a scrumptious hot breakfast, we say goodbye to the mountains and begin our descent, which takes us at a leisurely pace back to Syabru Bensi, where our journey began a week earlier. Spend the night at our guesthouse.

Walking Distance

11.3 Km/ 7 miles

Elevation Drop

950 m/ 3,117 ft

Accommodation Type

Teahouse

Meals Included

Breakfast, Lunch & Dinner

Day 09: Drive back to Kathmandu (1,400m) - 7 hrs drive :

After enjoying a hearty breakfast at our own leisurely pace, we break camp and prepare to make the journey to Kathmandu, where the luxuries of our hotel, including a plush, comfortable bed, are waiting for us. They say that we will spend the night in the Valley of the Gods, but we will be staying at our hotel in Kathmandu and enjoying a nice, comfortable bed instead.

Walking Distance

0 Km

Elevation Drop

150 m/ 492 ft

Accommodation Type

Hotel

Meals Included

Breakfast, Lunch & Dinner

Day 10: Farewell 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.

Meal Included

Breakfast

Trip 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.
- 7 nights of local lodge accommodations with breakfast, lunch & dinner during the trek.
- Kathmandu-Syabrubesi-Kathmandu transport on sharing local jeep.
- An experienced and government-certified local guide for the trek.
- Per day 3 meals while on the trek. (breakfast, lunch & dinner).
- Seasonal fresh fruits every evening after dinner on trekking.
- All essential trekking permits and official paperwork for the trek.
- A first aid medical kit including an oximeter will be carried by our guide.
- If required, we provide water-resistant duffel bags and sleeping bags to use for the trek.

- Trip achievement certificate after the trek.
- A helicopter rescue arrangement in case of any emergency while on the trek. (Your travel insurance must cover this policy)
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show in Kathmandu.
- Pre-meeting in Kathmandu before the trek.

Trip Exclude

- 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, and use of WIFI while on the trek.
- Your travel insurance.
- Tips to the trekking crews (guide and porters).
- You may add a porter for the trek at an additional cost.
- Porters are available at an additional cost.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool of fleece gloves.

- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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@gloriorishimalaya.com