Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Langtang Valley Short Trek Brief Itinerary

Day: 01 : Drive Kathmandu to Syabrubesi

Syabrubesi is the initial point for trekking in Langtang valley. It takes about 7 to 8 hours' drive to cover 117 km from Kathmandu to Syabrubesi. En route, we can enjoy the scenic views of the mountain and rice terrains. Syabrubesi bazaar is cramped with lodges and hotels. We will reside for a night in any one of them.

Day: 02 : Trek Syabrubesi to Lama Hotel (2,480 M)

We will depart from the main road and lower down to a camping area via the route opposite to the Hotel Village View. The trail further prolongs through the suspension bridge over Bhote Koshi and ascends to Thulo Syabru before crossing a bridge over Langtang Khola. Later the trail leads to set of six lodges at Changtang which goes by the name of Lama Hotel where we will stay overnight.

Day: 03 : Trek Lama Hotel to Langtang valley (3,420 M)

A short ascent up the hill will take us to the trail that opens up in Langtang valley. The valley offers the breathtaking scenery of Langtang Lirung. Later we will pass through a forest to reach the meadow where yak and the wild goats can be seen grazing. We will stay in beautiful Langtang valley overnight.

Day: 04 : Trek Langtang valley to Kyanjin Gompa (3,880 M)

Leaving the Langtang Valley, we will clamber uphill all the way to Sindum and Yamphu. Later the route takes us through Laja Khola to arrive at a viewpoint which provides the panoramic views of Kyanjin Gompa and icefall from Lirung and Kinshung. Below to the viewpoint exists Kyanjin Gompa where we will stay overnight.

Day: 05 : Explore a Kyanjin Gompa/or Tserko Re Hiking around

We will take a well-deserved rest from trekking and ease up our stiff muscles. Kyanjin Gompa offers splendid views of Langtang Lirung, Genjempol and Kenga Himal ranges. The cheese factory, Buddhist monastery and Tsergo Ri (5,033 M) are other sites which you would like visiting. Mostly we recommended for Tsergo Ri Hike, which provides you with a stunning view of mountains and when you be on the top of Tsergo Ri Unbelievable mountains will surround you.

Day: 06 : Trek Kyanjin Gompa to Lama Hotel

After having your breakfast you start to get down, this is a day to back Lama Hotel with the view of Langtang valley and different escape of mountains.

Day: 07 : Trek Lama Hotel to Syabrubesi

This is a day to end your walking in Himalaya wilderness after arrived in Syabrubesi our trekking starting point after 5 hours walk.

Day: 08 : Drive back Syabrubesi to Kathmandu

Seven hours of driving through the serpentine road enjoying the pleasant views of Majestic Mountain, cascading waterfalls, paddy fields and woods will take us to Kathmandu. We will be conveyed back to our hotel where we will enjoy the evening dinner and head towards our comforting beds.

Cost include

- Perfect English spoken tourist guide.
- Tea or Coffee three times in a day.
- Full Board Meals (Breakfast, Lunch, and Dinner) during 6 Days trekking period
- Guest houses Accommodations during the trek
- A government license holder guide
- Food, drinks, accommodation, insurance, salary, equipment, transportation and local tax for a guide.
- Kathmandu to Syaprubeshi to Kathmandu By bus
- TIMS card(Trekker's Information Management System)
- All the needed Trekking Permits
- All government taxes, VAT and service charges.

Cost Exclude

- Lunch and dinner (Kathmandu to Syabrubesi to Kathmandu)
- Hot water, Mineral Water,& beverage
- Travel insurance
- Tips for trekking staff and driver
- Personal shopping, trekking equipment, Gifts and souvenirs
- All items not listed in Cost included section.