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

Langtang Valley Trek Brief Itinerary

Day 1 : Greetings at Kathmandu Airport

Welcome to Kathmandu, the capital of Nepal. A Global Trek & Expedition representative will greet you at the airport and transfer you to your hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office you will be served excellent authentic Nepalese cuisine which will introduce you to the Nepalese food culture. We will go through all your trek itinerary and arrangements with you ensure every detail is in place or area. We will also ask for your passport photographs and any other details so that we can organize any permits required for your trek and the region you will be exploring.

Day 2 : A full day sightseeing tour of Kathmandu, the capital valley

After your breakfast, we will start a guided tour to the most historical and spiritual attractions in Kathmandu valley, including Swoyambhunath, Pashupatinath, Boudhanath and Durbar Square.

Swayambhunath: Swayambhunath is Monkey temple which is approximately 2600 years old Buddhist Stupas, overlooking the entire Kathmandu valley. Swayambhunath- literally 'self-existent god', is often referred to as the Monkey Temple due to the thousands of monkeys- the local dwellers. The main Stupa, memorials of monks and local people, ancient sculptures, the temple of child protector goddess, monasteries, etc are the main attractions here. Moreover, you can throw bird-eye-view to all the monument sites of the Kathmandu tour since this is the highest point inside the valley.

Pashupatinath: Pashupatinath temple which is In We literally- the god of animal lives. As one of the must-visit legendary Hindu temple in the subcontinent, this site welcomes millions of visitors every year. The temple is located on the bank of sacred Bagmati River, which runs down to the Ganges. Here, you get a chance to witness open public crematorium with all the rites and rituals being performed. You come to see even the holy men posing for pictures with painted face, dreadlocked hair and ash-applied body

Boudhanath: Boudhanath stupas is the god of wisdom. It is considered as one of the largest Stupas in the world. Constructed back in the 4th century, this Stupa is the must-visit site for the Tibetans. The shrine itself resembles a Tibetan village since the locale comprises Tibetan monasteries and the exiles. Besides this, there are a number of painting schools with Lamas painting Thanka, the best souvenirs from Nepal.

Kathmandu Durbar Square: Kathmandu Durbar Square is Etymological, 'Kumari' stands for a virgin girl- the living goddess and 'Baha' is a monastery in the local tongue. Designed in Vihara architecture, Kumari Baha houses the living goddess. As a living reincarnation of Hindu goddess Taleju, a young girl is selected from a Buddhist family maintaining religious harmony and co-existence. The girl gets retired when she reaches puberty.

Day 03 : Drive from Kathmandu to Syabrubesi (1,550 M)

After morning breakfast we drive out along the north-western hills of Kathmandu for about 7-8 hrs. You

will witness nice scenery of white snow-capped mountains like Mt. Annapurna II, Manasalu, Ganesh Himal and other minor peaks along the route and as well as the green scenery of hillock, rivers and village. Enjoy the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages. The scenery of foothills and ridgeline vistas goes through the Trishuli Bazaar, Betrawati and Dhunche you feel as if you are heading towards deep land. We take our Lunch at the Trishuli Bazaar before continuing further to Dhunche. We descend down to Syabrubesi for the overnight stay.

Day 4 : Syabrubesi trek to Lama Hotel (2,480 M): 1,070 M ascent – 10.9 km

From Syabrubesi we begin our trek by following the Langtang River, a river we will be following over the next few days, all the way to the head of the valley. After crossing the suspension bridge, the trails ascent ridge to Paira Lodge and after Paira Lodge, the trails, gradually ascent until to New Bridge and the trail climbs up to Rimche and after 40 minutes, we get then to Lama Hotel. This day, you might feel wilderness and might get the opportunity to see wild animals like monkeys, red Pandas, Himalayan Black Bears etc.

Day 5 : Lama Hotel to Langtang Village (3,430 M): 980 M ascent – 14.8 KM

Today the trail goes following the raging Langtang stream and that we bit by bit ascent to Ghoda Tabela (3,030 M) through the Bamboo and Oak forest. The tantalizing glimpse of snow-capped peaks starts appearing along with a fleeting view of Mt. Langtang Lirung (7,244 M) through the trees. The trail leads to a log bridge and on climbing further we come across lush meadows of Ghora Tabela (2,992 M). The trail ascends gradually as the valley opens up into classical U-shaped glacial. Follow the trail across the helipad and yak pastures, climb briefly through rhododendrons and scattered Tamang villages. The trail crosses a stream and climbs past several water-driven mills and prayer wheels to the large settlement of Langtang (3,430 M), headquarter of Langtang National Park. The village has flat-roofed Tibetan style house and elaborately carved driven windows of the upper village are worth exploring. Valley is surrounded by stone walls enclosing fields where buckwheat, potatoes, wheat, turnips and barley are planted and easy to find yak and the wild goats wondering around you.

Day 6 : Langtang Village trek to Kyanjin Gompa (3,870 M)

The trail winds through the village and climbs a ridge topped by a large corten. It then climbs gradually past an impressive Mani wall, crossing a stream to the small village of Mundu (3,442 M). After crossing several small streams with wooden cantilever bridges and moraines, you can finally see the monastery of Kyanjin Gompa and the dramatic icefall flowing from the peaks of Langtang Lirung and Kimshung. The surroundings are interesting also because of the famous Government operated Cheese factory. We have a chance to test cheese and curd by Yak milk, it is remarkable of this place. After having lunch, we can explore the area with abundant panoramic views of Langtang Lirung (7,246 M), Genjempol, Kyangjin RI (4,750 M.), Tsergo RI (5,000 M.), Ganja La (5,160 M.), Langshisa- Ri (6,427 M.), Dorje Lhakpa (6,430 M.), Naya Kang (5,844 M.), Yala peak (5,500 M).

Day 7 : Acclimatization / Exploration day in Kyanjin (3,870 M)

Today is the rest and exploration day of the trekking. We visit the monastery and the cheese factory or may walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyanjin Ri (4,350 M) and Tserko Ri (5,000 M), which is the highest point of this trek. Hike easy for a breath-taking panorama of the Langtang Lirung, Langtang range, Kinshung, Yansa Tsenji. We also have options to do a side trip to Langshisa Kharka. There are several alternatives sided trips, the surrounding areas of North having many smaller uninhabited valleys. Spend your night back to the Kyanjin.

Day 8 : Trekking back to Lama Hotel (2,480 M)

Have your breakfast with observing surrounding genetic snowy capped mountains breathtaking view. We

will follow the same trail back following the Langtang Khola to Langtang village and on to Ghora Tabela. After having a lunch stop continue steep descent to Lama Hotel. All the way downhill you will see fantastic views of towering mountain what you have missed on the way up.

Day 9 : Lama Hotel trek to Syabrubesi (1,550 M)

Today after breakfast we hike back to Syabrubesi. The trail is mostly downhill through the lush green vegetation with enjoying a fascinating view of Mountains and green hills. We can walk along the rising and falling path leading to the village which provides us with the opportunity to get a closer look at customs and culture of Tamang ethnic group. Reach to Syabru for the overnight stay.

Day 10 : Drive back to Kathmandu

We will drive back to Kathmandu through the road passing terraces, streams, rivers, local settlements, high hills and along the Trishuli riverside. It takes about 7 to 8 hours (conditional) to reach your hotel in Kathmandu. In evening, join a farewell dinner in Nepali typical Restaurant with the memories of your trekking adventure. Have some time for a leisurely stroll over the streets.

Day 11 : Transfer to Tribhuwan international airport for your final departure.

Global Treks & Expedition Team say good bye and take you to the airport to catch.

Cost include

• Airport / Hotel / Airport pick up & drop by private tourist vehicle.
• Standard twin sharing accommodation in a three-star hotel in Kathmandu; Breakfast included. (3 nights)
• Guided city tour in Kathmandu by private tourist vehicle.
• All your standard mention Meals during the trek. (B-Breakfasts, L-Lunches, D- Dinners).
• Lodges, Guesthouses accommodation during the trek. (Kathmandu to Kathmandu trail)
• Local GLOBAL TREKS English speaking guide.
• The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
• langtang National Park permits and TIMS permit for trekking.
• Food, accommodation, salary, insurance, equipment, and medicine for all staff…
• Down Jacket and sleeping bag by WFTT. (Which need to be returned after finish the trek).
• Transportation from Kathmandu – Syabrubesi to Kathmandu Surface transfer from Airport and to Kathmandu.
• Sightseeing/Monument entrance fees in Kathmandu.
• Farewell dinner in a typical Nepali Restaurant with cultural dance show on before your departure at your final destination.
• All our government taxes, vat, tourist service charges.
• Official expenses.

Cost Exclude

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying the US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be

obtained by paying the US $ 100. Please bring 2 copies of passport size photos).
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in ‘Price Includes’ section