

# Langtang Valley Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Trip Style:** Trekking

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Accommodation:** Hotel & Guest house

**Group Size:** Min 1 Pax

**Max Elevation:** 5,000 m

**Best Time:** March - May & October - November

Being the closest trekking region from Kathmandu, Langtang Valley Trek has become one of the go-to trekking destinations in Nepal. After the massive earthquake of 2015, the region has now accelerated its pace in tourism. Particularly Langtang Valley Trek 13 Days is the most famous among all other treks in the region. It is a short trek that will allow you to witness breath-taking scenery, stunning Himalayan mountains, and glistening glaciers in a short period. Moreover, the fascinating Tamang culture and centuries-old monasteries increase the hype of the trek.

Trekking in Langtang Valley is an extraordinary experience that you will not get anywhere else. The thriving beauty of the region attracts many travel lovers every year. It is a perfect package that offers a good balance of adventure, wilderness, scenery, and authentic culture. The region houses Langtang National Park, which is home to hundreds of flora and fauna. Likewise, trekking in the spring season presents a magical venture through blooming flora all around the trail.

The warm hospitality and kind gestures of locals will win your heart. People here are believed to be the descendants of Tibetans. Their culture, practices, architecture, language, dress, and delicacies all resembles with Tibetans. You will explore ancient Kyanjin Gumpa and other monasteries. There are so many things to look around on Langtang Valley trekking, and these 13 days is certainly not enough.

## Highlights

- Easy, yet adventurous trekking trail
- Trek through lush forests and beautiful villages
- Spend a night in picturesque Langtang village
- Explore Kyanjin Gumpa
- Hike to Tserko Ri
- Experience rich culture and tradition of Tamangs
- Witness breath-taking landscape, stunning Himalayan mountains, and tempting glaciers views

## Day to Day Itinerary

**Day 1: Arrive in Kathmandu.**

**Day 2: Sightseeing and preparation day.**

**Day 3: Drive to Syabrubesi (1,550m); 7/8 hrs.**

**Day 4: Trek to Lama Hotel (2,380m); 6 hrs.**

**Day 5: Trek to Langtang Village; 6/7 hrs.**

**Day 6: Trek to Kyanjin Gompa (3,870m); 4/5 hrs.**

**Day 7: Hike to Tserko Ri (5,000m) and back to Kyanjing Gompa; 7/8 hrs.**

**Day 8: Trek to Lama hotel.**

**Day 9: Trek to Thulo Syabru.**

**Day 10: Trek to Dhunche.**

**Day 11: Drive to Kathmandu.**

**Day 12: Leisure day in Kathmandu,**

**Day 13: Back to home.**

## **Cost Includes**

- Airport pickups/drops in a private vehicle
- 3- star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch & dinner with tea & coffee) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek guide and assistant trek guide (4 trekkers: 1 assistant guide)
- Porter service
- Staff costs including their salary, insurance, equipment, food, and accommodation
- Down jacket and sleeping bag if you need (to be returned after trip completion)
- Free Ascent Trails T-shirt, cap or duffel bag
- National park entry fee and trekking permits
- Medical kit (carried by your trek guide)
- All government and local taxes

## Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal trekking gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section