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## Highlights of Langtang valley

Langtang Valley Trekking is one of the shortest treks in the Langtang region, which takes you on a beautiful journey to one of the isolated areas of Nepal. The Langtang Valley borders with Tibet in the north. Therefore, the region is strongly influenced by the lifestyle, culture, and tradition of its northern foil. It is home to Langtang National Park and a popular Gosainkunda pilgrimage site. During this trek, you can see the magnificent view of Langtang Lirung, Langtang Ri, Yala Peak, and many more. Main highlights of Langtang valley trek are as below

- ❖ View of mountains like Langtang Lirung, Ganesh Himal, Langtang-II
- ❖ The traditional village of Sherpa and Tamang people
- ❖ Enjoy the panoramic mountain drive from Kathmandu to Syabrubesi.
- ❖ Explore the Langtang National Park and the exotic flora and fauna.
- ❖ A fantastic climb to Cherko-Ri 5050 m
- ❖ Explore ancient monasteries such as Langtang Gompa and Kyanjin Gompa.
- ❖ A pleasant walk through the enchanting rhododendron forest.

## About Langtang Valley Trek

Langtang Valley Trek is one of the most pleasant trekking experiences in Nepal. It is a beautiful hike through small village settlements, farmland, and green forests in the Langtang valley. You hike along the untouched landscape and through high yak pastures to the splendor of the Kyanjin Gompa. In addition to the beautiful views, you have the opportunity to meet the Himalayan pheasant and the red panda on a walk through the Langtang valley.

The Langtang Valley Trek starts after a scenic drive from Kathmandu to Syabrubesi by private jeep. Your trek through the Langtang Valley initially takes you on a

quiet ascent, while overlooking the majestic Langtang mountain range. Later we follow the old trade route on the border with Tibet.

Throughout the Trek, you'll experience the hospitality and culture of the local Tamang and Sherpa people. You can also explore the old Kyanjin Gompa monastery in Tserko Ri. The spectacular views of Dorje Lakpa and Langtang Ri leave you breathless on this.

## **Details Itinerary**

### **Day 01: Arrive at Kathmandu International Airport - 1,400 m.**

Welcome to Kathmandu, Nepal. When you arrive at Kathmandu Airport, our airport representative welcomes you warmly and helps you to get to the hotel by private vehicle. After check-in at your hotel, we will also host the briefing session about your trekking tour in Nepal, the equipment, and the composition of the team. Afterward, you can rest or take a walk to explore the vibrant surroundings at your leisure.

Meals included: None

### **Day 02: Kathmandu sightseeing tour and reparation for the trek**

Today, after breakfast, you begin the city tour through Kathmandu to the most historical and spiritual sights of Kathmandu. We provide you with a private vehicle with a professional guide. Attractions that you will visit include the World Heritage Sites of Kathmandu Durbar Square, the holy Hindu temple of Pashupati Nath, the famous "monkey temple" (Swayambhu Nath) and the Buddhist shrine (Bouddha Nath) then back to the hotel

Meals included: Breakfast

### **Day 03: Drive to Syabrubesi (1,550 m) 7 hours by car**

After breakfast early in the morning, drive along the hills in northwest Kathmandu. Enjoy the view of the Himalayas and the lifestyle of the mountains through terraced fields and rustic villages. You will have Lunch in the Trishuli

Bazar before continuing to Dhunche. We descend from Dhunche to Syabrubesi and spend the night here.

Meals included: Breakfast, lunch, and dinner

#### **Day 04: Trek from Syabrubesi to Lama Hotel: Walking 5-6 hours**

Today we start our first day of trekking. When you leave Syabru Besi, go through Langtang Khola. The trail follows Ghoda Tabela and will be covered with beautiful rhododendrons and oaks. After the ascent to a valley, you continuously switch between ascent and descent. You will find several tea shops where you can have lunch or buy other groceries. Then cross a small bridge and finally climb a steep hill and reach the Hotel Lama. After your arrival, you will have dinner and spend the night in a Lodge.

Meals included: Breakfast, lunch, and dinner

#### **Day 05: Trek from Lama Hotel to Langtang Village: Walking 6-7 hours**

Today's destination is the Langtang village, a gorgeous valley. You will wake up at the Lama Hotel and walk parallel to the Langtang River. You cross 3000 meters when you reach Ghoda Tabela, where you can have lunch and rest and enjoy the green pastures and the view of the Langtang Mountains. After that, ascend for a while to reach the yak grasslands. From here you climb a steep hill for about 4 hours to reach the village of Langtang, inhabited by Tamang and the Tibetan Buddhist Sherpa.

Meals included: Breakfast, lunch, and dinner

#### **Day 06: Trek from Langtang Village to Kyangjin Gompa: Walking 3 hours**

After having breakfast, we walk for Kyangjin Gompa, a main monastery in the region. We pass water mills, prayer wheels, and choirs with sacred rocky hills with inscriptions. Also, visit the most giant mani wall in Nepal, which is made of stone with prayers. The prayers on the mani wall should be blown away by the wind. After a short walk, you will spend the rest of the afternoon exploring the Buddhist shrine and its surrounding area with a magnificent view of the mountains.

Meals included: Breakfast, lunch, and dinner

**Day 07: Explore Tserko Ri (5000 m) for 7-8 hours.**

After having tea and breakfast in the morning, we leave the village, cross the yak meadows and start visiting Tserko Ri (5000 m) to enjoy the view of the mountains at sunrise. Since then, we've been high; we could begin to feel the thin air. In the afternoon you return to Kanjin Gompa, surrounded by the Himalayas. We can take a walk through Kanjin Gompa and enjoy the view, glaciers, waterfalls, birds, and yaks.

Meals included: Breakfast, lunch, and dinner

**Day 08: Return to Hotel Lama: Walking distance 6to7 hours.**

In the early morning, after having breakfast, back to Hotel Lama. Since it is mostly downhill, it is a 6to7 hour walk from Kanjin Gompa to Lama Hotel. The trail descends through the forest along the river. Cross the Tamang ethnic settlements, following religious and cultural practices similar to those of the Tibetans.

Meals included: Breakfast, lunch, and dinner

**Day 09: Return to Syabrubesi: Walking 5 hours**

After having breakfast, we walk down to Syabrubensi, about 5 hours on foot. Enjoy the easy path mostly downhill through lush green vegetation. We will have lunch after we arrive in Syabrubesi.

Meals included: Breakfast, lunch, and dinner

**Day 10: Drive back to Kathmandu**

After having breakfast, we start to return to Kathmandu by private vehicle, and upon arrival in Kathmandu transfer to our hotel. Spend the day alone or shop at the last minute, or explore the places you missed on your first day in Kathmandu.

Meals included: Breakfast and lunch

**Day 11: departure**

Your trip Nepal comes to an end. If you have more time, you can go shopping or sightseeing tours. According to your departure schedule, we will take you to the airport for about 3 hours before the scheduled flight.

Meals included: Breakfast.

### **COSTS INCLUDED:**

- ❖ Collection and return from the airport and hotel.
- ❖ A Three-star hotel in Kathmandu and tea houses during the trek.
- ❖ Kathmandu city sightseeing tour with guide and a private vehicle.
- ❖ Only breakfast in Kathmandu and all meals during the trek.
- ❖ The bus ride to Syabrubesi and back to Kathmandu.
- ❖ English speaking Experience and license holder trekking guide.
- ❖ Potter service fees during the trek.
- ❖ All tour fees, including tickets to temples, monuments, and national parks.
- ❖ All necessary documents and permits.
- ❖ Applicable government taxes and service fees.

### **CLOSE THE COSTS:**

- ❖ Nepal entry visa fee
- ❖ International flight tickets from and to Kathmandu
- ❖ Lunch and dinner in Kathmandu
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, battery charging, boiled water, etc.)
- ❖ Tips for guides and porters

### **Important note**

Your safety is of paramount importance when travelling with us. Please note that your trekking guide is authorized to change or cancel part of the itinerary if this is considered necessary for safety reasons. Every effort is made to adhere to the above plan. However, since this trip involves a remote mountainous area, we

cannot guarantee that we will not deviate from it. Weather conditions, the health of a group member, unexpected natural disasters, etc. can contribute to changes in the itinerary. The leader will try to ensure that the trip goes according to plan, but is ready to be flexible if necessary.

### **Food & Accommodation**

During your trekking in Nepal, accommodation is straightforward and offers limited options, so don't expect the Luxuries as your home. We use a simple family-run guest house or a tea house Lodge. If available, we offer a private double or twin room with a shared bathroom. There will not always be access to a hot shower. Depending on height and location, accommodations typically incur additional costs for a bucket of warm water, which you can mix with cold water for washing.

During Your trek, you can expect to get mainly continental and local meals ordered from the menus. Most of the tea houses offer Nepalese, Tibetan, Chinese, and even Indian and Italian dishes. We offer three meals a day with tea or coffee. The food on the trek is usually vegetarian, and the staples are rice, vegetable curries, lentil soup, pasta, bread, potatoes, Momo, French fries, etc. Dessert is not including in the package.

There are fewer varieties in higher places near mountain base camps than in lower areas. Whenever possible, we try to offer you fresh vegetables from the village and fresh fruit. You can choose the food as you like, but it is better not to order different dishes for each person since it takes a long time to cook so many meals, especially during lunch. You can buy bottled water in the mountains, but we recommend that you bring water purifiers such as iodine and avoid bottled water. Water bottles are the primary source of pollution in the mountains. If you trek at high altitude like Everest base camp, Drinking alcohol can increase the possibility of altitude sickness, so don't drink alcohol until you come back to a lower elevation.

### **Trekking guides and other staff arrangements**

The most important thing that makes this trip pleasant and unforgettable are the experienced, polite, and helpful guides and crew members who can easily spend your days in the mountains. The best and most professional leaders lead our journey. All our employees are carefully selected based on conscious experience, leadership skills, and personal talent. To support local communities, we employ only local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local regions.

### **Travel insurance**

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which must include the cost of mountain rescue. Read the terms of your insurers carefully, especially make sure that the following is covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on the trek 3) evacuation of the helicopter for the case of an emergency. You must understand that you are ultimately responsible for all costs associated with evacuation and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that under certain circumstances, our company leader can initiate helicopter rescue (or other necessary means) in medical emergencies without first asking your insurance company for approval.

### **Climate and best season for hiking**

The spring and autumn season is considered the best time for the Langtang valley trek, as the climate and temperature are calm and constant in these seasons. The spring months offer the blooming of rhododendrons and many seasonal flowers. Fall is also one of the best times to explore and enjoy various Nepalese festivals like Dashain and Tihar.

Winter and summer are less suitable compared to spring and autumn. In winter, the temperature level drops below freezing, making walking to higher regions less pleasant. The days are cold, followed by episodes of snowfall and blizzards.

Summer also comes with heavy rains and unpredictable weather. With the right gears, however, you can walk to the Langtang region all year round.

### **Physical condition and experience requirements**

Langtang Valley Trek is a moderate trek suitable for passionate hikers who can walk around 5-7 hours a day with a light backpack. Walking at higher altitudes is more physically demanding than walking at lower altitudes; however, if you are in excellent health with an average physical condition and have a positive attitude, self-confidence, and strong determination, you can achieve this trip successfully. Exercising and jogging regularly for a few weeks before the trip is an excellent idea to improve your strength and stability. Past hiking experience would be a bonus, but technical skills are not required for this trip. It is vital that participants with pre-existing medical conditions, such as heart, lung, and blood diseases, consult your physician before travel. It is also recommended that you inform us of your medical condition before booking the trek.

### **Suggested preparation**

- ❖ Cardiovascular exercises, including running, biking, jogging, push-ups, and pull-ups, for approximately 4-5 days a week for three months before your trip is beneficial.
- ❖ You should also participate in the development of core strength and muscular endurance in weight training.
- ❖ Walking on the hills in different weather conditions will be proper preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a very beneficial way to develop the strength and endurance necessary for this journey.