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Kapan Marg, Kathmandu, Nepal



Langtang Valley Trek

The Langtang Valley is only 19 miles North of Kathmandu, very close to Tibet. The valley is overshadowed by Langtang Lirung 7246m, the highest peak in the area. This is an awesome introduction to trekking in Nepal with some of the most beautiful scenery in the whole country. The Langtang trek towards the base of Langtang Himal, North of Kathmandu valley, offers the shortest approach to snow & ice covered mountains from Kathmandu. The Langtang trek starts from Syabru Besi after a 9 hrs drive from Kathmandu. Following a trail upstream Bhote Kosi river through ethnic Tamang villages, lush green forests & the wide spread Kyanjin valley surrounded by snow peaks from all four sides, takes you up to Kyanjin at 3800 meter, where you get an opportunity to ascend Kyanjin Ri 4350m, from where there's 360 degrees of mountain views that are truly spectacular. After an ascent of Kyanjin Ri, we retrace our route back down the valley to Syabru Besi, then drive back to Kathmandu. Due to gradual ascent along the river valley this Langtang trek is not considered strenuous, but yet, it remains challenging as it reaches an altitude of 3800 meter at Kyanjin. The Langtang trek can be done any time of the year except during monsoons July to August.

Price:

Trip Start:

Trip Ends:

Duration: 11 Days

Grade: Medium

Altitude: 4350m

Destination:

Trip Style:

Transport:

Group Size: 1 - 10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu</u>	It is a panoramic thrill flying into Kathmandu on a clear day. The views of the snow-capped mountain peak, beginning a whole chain of memorable experiences that will stay with you for a life-time. Your Guide & driver will meet you at the airport to escort you to the hotel. Your Guide will help you check into your hotel & give a briefing about daily activities.
2	<u>Sightseeing tour of Boudhanath, Pashupatinath & Patan</u>	Kathmandu is the historical & cultural heart of Nepal & has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism & Western influences. There will be a guided tour to the largest Buddhist stupa in Nepal; Boudhanath & after that to the most popular Hindu shrine dedicated to Lord Shiva; Pashupatinath. We take a tour to Patan or to Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square & delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple & Golden Temple are the major attractions at the square.

3 Kathmandu to Syabru Besi (1400m) From Kathmandu, there's a 9 hours' drive to Syabru Besi. Following a scrumptious breakfast, we drive north, gently climbing out of the Kathmandu valley over mountain ridges into the Trishuil valley. During our drive we encounter many picturesque landscapes, mountain scenes & traditional local villages. On the way we have magnificent views of Ganesh Himal, Manaslu and Mt Kerung of Tibet. Overnight we relax & enjoy at a local teahouse in Syabrubesi.

4 Syabru Besi to Lama Hotel (2748m) We traverse the ridge on Syabru Besi's main road and soon reach Ghopcha Khola. Terraced fields and dense rain forest with a variety of plant species like Alder, Maple, Oaks and finally a Bamboo forest. We may get to see yellow-throated Martin, foraging wild Boar, Langur monkeys, Red Panda and the Himalayan Black Bears en route. If we are very lucky we may spot the elusive Yeti. We pass by several small bhattis (tea shops). As we continue ascending along the trail. The route continues with a number of river crossings finally entering the Langtang Khola amid the spectacular vistas of cascading waterfalls & Oak forest. We arrive at Lama hotel where we conclude the trek for the day enjoying a hot meal & a good rest.

5 Trek to Langtang village (3500m) Following a tasty breakfast, we continue our ascent above the Langtang Khola. There are exotic sights of Langtang Lirung at 7246m. The trail leads to a traditional log bridge & on climbing further we come across lush meadows of Ghora Tabela at 3000m. As we continue the route opens up into a wide valley of Yak pastures & scattered Tamang villages with water-driven mills & prayer wheels. We finally arrive at Langtang village reaching a height of 3500 meters. This is the headquarters for Langtang National Park & has flat-roofed Tibetan style houses, hotels & cultivated lands yielding Buckwheat, Potatoes, Wheat, Turnips, Barley & many other exotic vegetables.

6 Trek to Kyangjin (3800m) The trek climbs gradually to rich Yak pastures & interesting traditional villages of Muna & the Singdun. We cross a traditional wooden cantilever bridge & reach a wide valley after climbing the moraine. Finally, on ascending the mountain passes, we arrive at Kyagjin Gompa. There is a small monastery & the government-operated cheese factory.

7	<u>Exploration in Kyangjin</u>	Today we have rest day for acclimatization & relaxation. We get to explore interesting places like the monastery, Yak cheese factory etc. We can climb Kyangjin Ri located at 4350m from where amazing views of snow-capped mountains are spread out right next to you. Or explore Cherku-Ri 5,150m glacier walk to Langshisha kharka depending on your fitness & interest.
8	<u>Trek to Lama Hotel (2784M)</u>	From Kyangjin, after a tasty breakfast we take the route back down retracing our steps. We follow the Langtang Khola to Langtang village, then Ghora Tabela. After wholesome lunch we continue the steep descent to the Lama Hotel, for a well earned evening rest.
9	<u>Syabru Besi (1400m)</u>	From Lama Hotel, following a hearty breakfast we head back to Syabru Besi. Wandering down the undulating path leading to the village. This gives us an opportunity to get an insight of the culture & customs of the Tamang community. We can also simply relax in the sun savoring the beauty of the majestic Himalayan Mountains.
10	<u>Drive to Kathmandu</u>	We conclude our trip with a relaxing drive of 9 hours back to Kathmandu.
11	<u>Depart Kathmandu</u>	Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuwan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.