



Langtang Valley Trek

Trek Description

A trek to Langtang valley starts with an overland journey to Syabrubesi, a small string of shops and hotels. Langtang is a narrow valley that lies just south of the Tibetan border. It is sandwiched between the Himalayan range to the north and a slightly lower range of peaks to the south. This area was designated Nepal's first Himalayan national park in 1971. This high and isolated region is inhabited by the Tamangs, whose religious practices, language and dress are more similar to those of Tibet than to the traditions of their cousins in the middle hills. According to a legend a lama following a runaway yak discovered the valley. Hence the name – lang its Tibetan for yak, and teng means to follow. Though this area is relatively close to Kathmandu, the region sees far fewer trekkers than Everest and Annapurna. This trek is easily combined with the Gosainkund Trek.

Highlights of the trek

Alpine scenery, chance to mix with the Tamang people.

Detailed itinerary

Itinerary can be customized according to your needs and length of stay.

Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Day 03 – Kathmandu to Syabrubesi (1300m) via Trisuli Bazaar (540m)

Drive to Dhunche and continue on to Syabrubesi via Trisuli Bazaar by private transport. Overnight in Syabrubesi. (4WD is necessary because of the rocky un-asphalted road).

Trek details

Trek dates

Daily

Season

September to late December
and February to late June

Duration

11 days

Trekking days

8

Trekking grade

Easy-Medium

Maximum altitude

4773m

Starting point of trek

Syabrubesi

Finishing point of trek

Syabrubesi

Trek style (accommodation)

Tea House

Trek code

L2

Day 04 – Syabrubesi (1420m) to Lama Hotel (2470m)

After leaving our hotel we cross the Bhote Kosi river by a suspension bridge towards 'old' Syabrubesi, a cluster of houses and a school opposite the river. Another suspension bridge carries us over the south side of the Langtang Khola, this river we will be following upwards for the next couple of days. We climb slowly to Doman (1680m) and continue over a rocky ridge to Landslide Lodge and Hot Spring restaurant; named after a small hot spring on the opposite river bank at 1810 meter. The trail now climbs gently up to Bamboo Lodge where we will enjoy our lunch. Opposite the river we will see near vertical cliffs covered with cactuses. After Bamboo we cross the Langtang Khola on a new suspension bridge to the north bank. The forest becomes sparser and drier on this side of the river, consisting mainly of scrub oaks and nettles. We climb steeply on a good trail to Rimche (2510m). We have now finished most of today's climbing and descend slowly to our selected teahouse where we will spend the night (6 hrs).



Bhote Kosi River

Day 05 – Lama Hotel to Langtang (3430m)

The day starts with a gentle climb, but it soon becomes steeper, climbing through a forest of hemlocks, oaks, maples and rhododendron. Beautiful views of Langtang Lirung (7246m) can be seen from the trail. After little more than an hour we pass two lodges in the forest at Gumanchok (2800m), from where we climb to a Nepal army post and a national park checkpoint at Ghora Tabela (2970m). The trail ascends gradually, as the valley becomes wider. We will pass a few teashops at Thangshyap at 3140 meter, where we will have our lunch. The route is now in open country, and passes many mani stones, water-driven prayer wheels and a few scattered Tamang villages before arriving in Langtang. This is a small village consisting of guesthouses and yak farms. The surrounding fields containing buckwheat, potatoes, wheat, turnips and barley have typical stone fencing walls (5 hrs).

Day 06 – Langtang to Kyanjin Gompa (3870m)

Walking through the village of Langtang we will pass many stone mani walls, covered with Tibetan inscriptions to please the gods. It then climbs up gradually past the small villages of Mumdu and Sindum. The trail continues through yak pastures. After crossing the Langtang Khola to its south bank we climb up through a landscape scattered with large boulders to a moraine where we will have the first views of Kyanjin Gompa ahead of us, and the dramatic icefall flowing from Langtang Lirung and Langtang Kinshung (6781m) north of us. Our route weaves through the large boulders to a gompa and from here it's a short descent to Kyanjin Gompa. It is easy to reach our destination before lunch, allowing time to acclimatize and explore the surroundings. One of the options is a hike to one of the good viewpoints. To the north of Kyanjin Gompa is the Kyanjin Ri (4773m), which is a two-hour climb. From here we have a great view over the mountain range in the west, including Langshisha Ri (6370m), Gang Chhenpo (6388m) and Dorje Lakpa (6966m) (3 hrs, to the viewpoint and back is about another 3 hrs).



Langtang Village

Day 07 – Kyanjin Gompa (3730m)

Today we stay in Kyanjin Gompa to explore a bit more of the Langtang valley. Our trail descends a little to the old abandoned VTOL airstrip, and then follows the river upstream to some herders' huts at Jatang (3840m). We will continue to climb slowly up the valley until we are surrounded by the mountain amphitheatre with Langshisha Ri, Langshisha Kharka and Dorje Lakpa towering high above us. We will descend back to Kyanjin Gompa after our lunch.

Day 08 – Kyangjing Gompa to Lama Hotel (2470m)

Today we follow our route back to Lama Hotel, the trail goes with a few short exceptions most of its way downwards, descending around 1400 meter back to Lama Hotel (5 hrs).

Day 09 – Lama Hotel to Syabrubesi

For variation we will follow the so called 'high'–route back to Syarubesi. This trail splits of the route we took upwards shortly after leaving Lama Hotel. The route goes to the small village of Syarpagaon, and continues onto Bhanjyanggaon and Khangjung before descending back to Syabrubesi. This was the primary route to Langtang before the new trail (which we followed on our way up) was build (6 hrs).

Day 10 – Syabrubesi to Kathmandu

Returning to Kathmandu by private 4WD car. Overnight stay at hotel.

Day 11 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

■ Services & costs included in price

- Airport pick-up and drop-off Three night's
- Hotel accommodation and breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All accommodation during the trek
- All meals, mineral water on trek and hot beverages
- Transportation to and from trailhead
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents and mattresses
- Cooking equipment
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your Insurance plan)

■ Services & costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5 kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (Cold & Alcoholic)
- Expenses of personal nature
- Permit & Liaison officer fee (where applicable)