



Thrilling 9-Day Langtang Valley Trek Adventure

LANGTANG & HELAMBU REGION

9 Days
DURATION

Moderate
DIFFICULTY

USD \$900
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

Langtang valley trek is one of the most prominent trekking destinations in Nepal. That comprises many glorious landscape, meadows and old monasteries. Langtang valley trek gives us lots of surprises of nature where we walk pass the forests and then get amazing view of mountains and glaciers. For trekkers Langtang valley offers stunning landscape and authentic culture along with warm heart welcoming hospitality in delightful tea houses.

One of the highlights of the trek is Kyangjin Gompa, a serene Buddhist monastery nestled amidst the grandeur of the Himalayas. Here, travelers can immerse themselves in the spiritual ambiance, interact with the friendly monks, and gain insight into the ancient traditions and practices of Tibetan Buddhism.

Actually Langtang valley trek is a short and easy trek that rewards us with amazing scenery valleys and glaciers. The initiation at the small town of Syabru Besi you will trek through magnificent forest to the high alpine meadows and Yak pastures around Kyangjin Gompa (a Buddhist Monastery). After an optional day hike up to the top of Kyanjin RI peak, where the 360 -degree views of the Himalayan are truly spectacular, you retrace your route back down the valley and drive back to Kathmandu.

Along the way, we get to explore the rich culture of the Tamang people, who are very influenced by Tibetan culture and society. The houses and the architecture of the region are very unique.

As trekkers descend back to Kathmandu, they carry with them not only memories of breathtaking landscapes but also a profound appreciation for the resilient spirit of the people who call the Langtang Valley home. The trek leaves an indelible mark on the hearts of all who embark on this remarkable adventure, making it an experience to cherish for a lifetime.

DAY-BY-DAY ITINERARY

DAY 1 Arrival at Kathmandu

DAY 2 Drive to Syabrubesi

DAY 3	Trek to Lama Hotel
DAY 4	Trek to Langtang Village
DAY 5	Trek to Kyanjin Gompa
DAY 6	Visit to Tserko Ri and trek back to Lama Hotel
DAY 7	Trek back to Syabrubesi
DAY 8	Transfer to Kathmandu
DAY 9	Departure to Tribhuvan International Airport

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights accommodation with breakfast (room with attached bathroom) in Kathmandu
- + Accommodation during the trek

Meals

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu

Guide & Porter Services

- + Government-licensed trek guide
- + Porters for trekkers luggage (1 porter for every 2 trekkers)
- + Guides and porters costs – meals, insurance, salary, lodging, transportation, and other necessary equipment

Permits & Fees

- + Langtang National Park entry fee
- + Trekkers Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency

- + Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)