

## Langtang Valley Trek

10 Days 9 Nights

### Highlights of Langtang Valley Trek

- Mountain Ranges: Langtang Ri, Langtang Lirung, Dorje Lakpa, Ganesh Himal, Langshisha Ri.
- Communities and Ethnic Groups: Tamang people with their rich traditions and Tibetan-inspired culture.
- Cultural Heritage: Ancient Kyanjin Monastery and prayer flags fluttering along the trails.
- Major Attractions: Panoramic views from Tserko Ri (5,100m) and Kyanjin Ri, stunning glaciers, and deep valleys.
- Flora and Fauna: Rich biodiversity with alpine meadows, rhododendron forests, musk deer, and red pandas.

### ITINERARY

DAY 01	Hotel in Kathmandu	<b>Arrival at Kathmandu (1,440m)</b> Meet our representative, transfer to your hotel, and enjoy a welcome dinner. <b>Sleeping Altitude:</b> 1,440m
DAY 02	Hotel in Syabrubesi	<b>Kathmandu to Syabrubesi (1,460m)</b> Enjoy a scenic drive through lush hills, rivers, and local villages to Syabrubesi, the trek's starting point. <b>Distance:</b> 122 km <b>Drive Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 1,460m
DAY 03	Tea House in Lama Hotel	<b>Trek to Lama Hotel (2,470m)</b> Follow the Langtang River through dense forests, passing waterfalls and Tamang settlements. <b>Distance:</b> 11 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 2,470m
DAY 04	Tea House in Langtang Village	<b>Trek to Langtang Village (3,430m)</b> Ascend through forests and meadows with views of Langtang Lirung. Explore the cultural charm of Langtang Village. <b>Distance:</b> 10 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 3,430m
DAY 05	Tea House in Kyanjin Gomba	<b>Trek to Kyanjin Gomba (3,850m)</b> Short trek to Kyanjin Gomba, where you can visit ancient monasteries and a traditional yak cheese factory. <b>Distance:</b> 6 km <b>Trek Duration:</b> 4-5 hours <b>Sleeping Altitude:</b> 3,850m

DAY 06	Tea House in Kyanjin Gompa	<b>Trek to Tserko Ri (5,033m) or Kyanjin Ri (4,773m)</b> Hike to Tserko Ri (5,033 m) or Kyanjin Ri (4,773 m) for breathtaking views of Langtang Lirung and the surrounding peaks, then return to Kyanjin Gompa. <b>Distance Tserko Ri:</b> 17 km round-trip <b>Distance Kyanjin Ri:</b> 5 to 6 km round-trip <b>Trek Duration:</b> Full-day hike <b>Sleeping Altitude:</b> 3,850m
DAY 07	Tea House in Riverside	<b>Trek to Riverside (2,770m)</b> Retrace your steps, descending through forests and past waterfalls to Riverside. <b>Distance:</b> 12 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 2,770m
DAY 08	Hotel in Syabrubesi	<b>Trek to Syabrubesi (1460m)</b> Final day of trekking, descending to Syabrubesi with time to explore the village. <b>Distance:</b> 10 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 1460m
DAY 09	Hotel in Kathmandu	<b>Drive to Kathmandu (1,440)</b> Return to Kathmandu with stunning views of the countryside. <b>Drive Duration:</b> 6-7 hours <b>Sleeping altitude:</b> 1,440m
DAY 10		<b>Final Departure</b> Transfer to Tribhuvan International Airport for your onward journey.

Based on the above itinerary, please find below our special rates per person

	Join Group	single supplement
Total in USD per person	\$ 465.00	\$ 75.00

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## ESSENTIALS

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| <input type="checkbox"/> Sleeping bag  | <input type="checkbox"/> Hat                           |
| <input type="checkbox"/> Neck gaiter   | <input type="checkbox"/> Sunglass                      |
| <input type="checkbox"/> Base layer top / Baselayer pant (Wool, Merino wool) | <input type="checkbox"/> Trekking pole                 |
| <input type="checkbox"/> Insulated layer (fleece)                            | <input type="checkbox"/> Water bottle/bladder          |
| <input type="checkbox"/> T-shirt   | <input type="checkbox"/> Toiletries                    |
| <input type="checkbox"/> Puffy Jacket  | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm   |
| <input type="checkbox"/> Waterproof shell Jacket                             | <input type="checkbox"/> Protein bars and Snickers     |
| <input type="checkbox"/> Trekking pant / half pant                           | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Trekking shoes                                      | <input type="checkbox"/> Headlight                     |
| <input type="checkbox"/> Wool socks  | <input type="checkbox"/> Toilet paper and baby wipes   |
| <input type="checkbox"/> Glove   | <input type="checkbox"/> Hand sanitizer / Hand wash    |
| <input type="checkbox"/> Towel (light)                                       | <input type="checkbox"/> First aid kit                 |
| <input type="checkbox"/>   | <input type="checkbox"/> Take all the cash you need    |

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## INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Private Jeep transfer: Kathmandu–Syabrubesi–Kathmandu.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and applicable transportation taxes.
- Airport pick-up and drop-off.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

## EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

## IMPORTANT NOTES

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and porter will expect tips of \$10 and \$5 respectively per day.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.