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"Explore unseen World"

NORTH NEPAL

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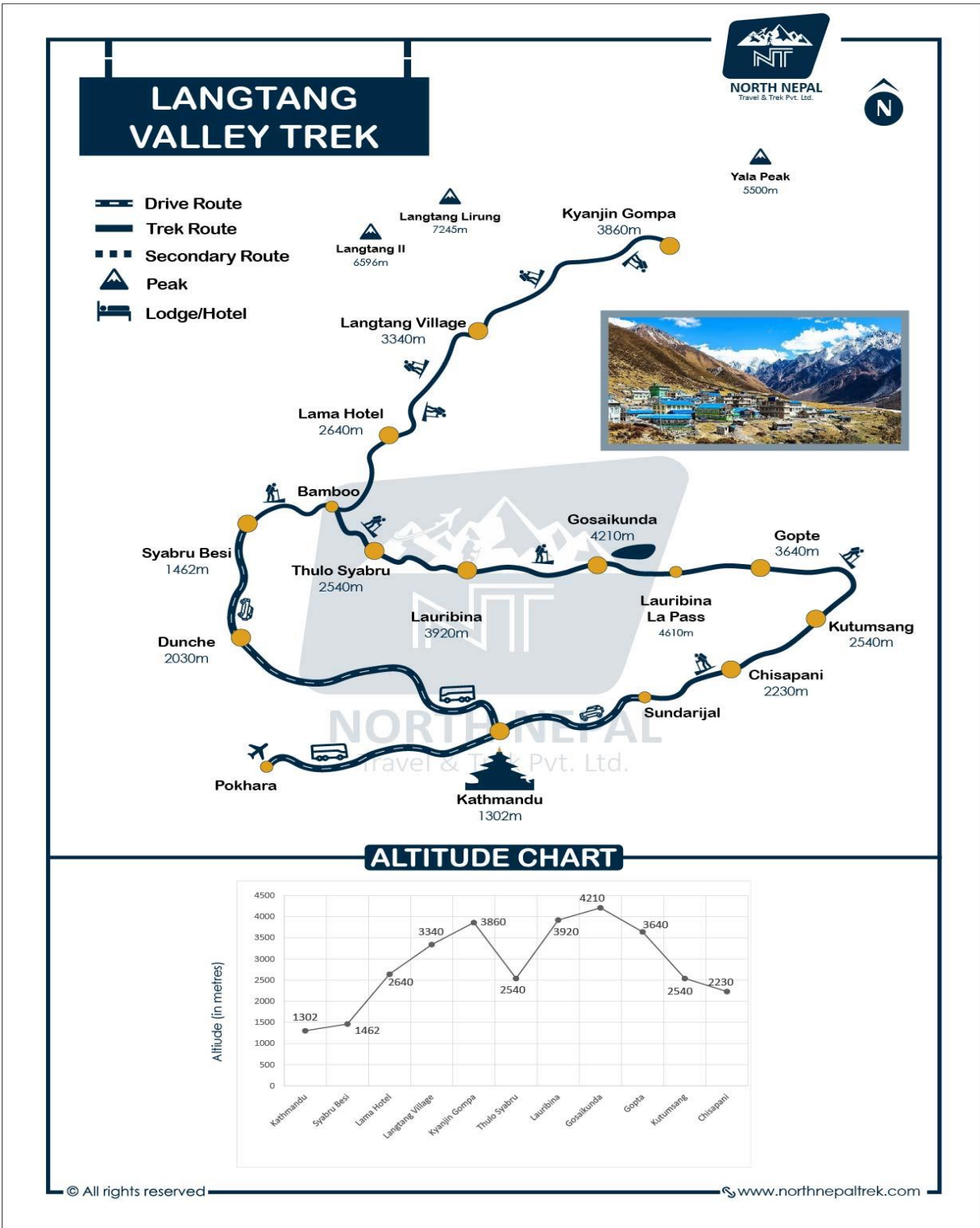
Langtang Trek 7 Days

The **Langtang** is the nearest Himalayan trekking region from the Kathmandu Valley. A few hours drive from Kathmandu can take you to the beautiful [Langtang region](#). Despite its proximity to the Kathmandu City, the Langtang Region is as wild as any Tibetan highlands with an idyllic rural landscape. This trek takes the trekkers through its forests and among the villages and farmlands of its people, many of who are of Tibetan origin.

Once an important trading route with Tibet, this influence is reflected in the character of the villages and peoples. During part of the Langtang trek, you will be walking through National Park, and though wildlife is never easy to spot in a forest setting, there are chances of seeing some interesting animals and birds. Among those found in the park are monkeys, musk deer, pika and the national bird of Nepal, the colourful Danphe.

TRIP FACTS

- **Total Duration:** 7 Days
- **Difficulty:** Easy to Moderate
- **Group Size:** Min. 2 to Max. 16 Persons
- **Best Season:** February to May and September to November
- **Max Altitude:** 3,798m.
- **Average Walking per day:** 4 to 5 hours.
- **Starting and Ending Point of Trek:** Syabrubesi/Syabrubesi



Day 1	Arrival at Kathmandu Altitude: 1400 Meter Overnight: Hotel
Day 2	Drive to Syabrubesi Altitude: 1500 Meter Drive: 6 Hours Overnight: Hotel
Day 3	Trek to Lama Hotel Altitude: 2380 Meter, Trek: 6-7 Hours Overnight: Lodge
Day 4	Trek to Langtang Altitude: 3540 Meter, Trek: 6-7 Hours Overnight: lodge
Day 5	Langtang Village to Kyanjin Gompa Altitude: 3870 Meter, Trek: 3-4 Hours Overnight: lodge
Day 6	Rest Day at Kyanjin Gompa and hike to Kyanjin Ri Altitude: 4850 Meter, Hike: 4-5 Hours Overnight: lodge
Day 7	Trek back to Lama Hotel Altitude: 2380 Meter, Trek: 6-7 Hours Overnight: lodge
Day 8	Lama hotel to Syabrubensi Altitude: 1500 Meter Drive: 6 Hours Overnight: Hotel
Day 9	Drive back to Kathmandu Altitude: 1400 Meter Drive: 6 Hours Overnight: Hotel

Day 01: Arrival at Kathmandu and trekking preparation

Altitude: 1400 Meter

Overnight: Hotel

We Welcome you in Kathmandu International Airport then transfer to your hotel, then we discuss and preparation of your trek. Equipment management work need to be done this day.



Photo: Bouddha Stupa at Kathmandu

Day 02: Drive to Syabrubensi

Altitude: 1500 Meter

Drive: 6 Hours

Overnight: Hotel

You will drive to Machhapokhari bus park. Here you get the local bus to go Syabrubensi. This bus often stops for the passenger. you will be able to see nice scenery mountains like Mt. Annapurna II, Manasalu, Ganesh Himal and other minor peaks along the route and as well as green scenery of hillock. The driving is quite difficult for now because of road construction is going on. All the vehicle stop at Trisuli bazaar for the lunch. This is almost halfway to Syabrubensi. There will be checked post before you reach to Syabru where you get Langtang national park Permit.

Day 03: Trek to Lama Hotel

Altitude: 2380 Meter,

Trek: 6-7 Hours

Overnight: Lodge

This is your first day of the trek, This is quite difficult for all trekkers because your leg needs to be adjusted for a long time walking. You will trek contentiously through the bank of Langtang river along with subtropical forest which is cover by oak and maple, massive spruce, fir, blue pine and rhododendron forest. If we are lucky enough we can see some wildlife as well such as monkey, yellow-throat-ed martens. We will do lunch at bamboo. After lunch, the trail becomes more steep and more accent to Lama Hotel

Day 04: Trek to Langtang Village

Altitude: 3540 Meter,

Trek: 6-7 Hours

Overnight: lodge

Early in the morning, we start the trek, The trail gradually climbs through the thick forest. During the trek, we pass the forests of hemlocks, oaks, maples and white and pink rhododendrons high above the Langtang Khola. With the view of Langtang Lirung (7244m). The trail crosses the river and multiple hills before the giant landslides of Langtang. After crossing the Langtang landslides we will be at the campsite.



Photo: On the way to Langtang village

Day 05: Langtang Village to Kyanjin Gomba

Altitude: 3870 Meter,

Trek: 3-4 Hours

Overnight: lodge

Today is our Easiest day. We need to walk through the Yak pasture field and buckwheat terrace, you can see the other side of the valley's forest destroyed by the storm of Avalanche. You can see some peaks while you walk towards Kyanjin Gomba. Kyanjin Gomba is the village where you see the hotels mostly, There is a bakery shop and where they make also different types of coffee, You can see the Ganjala Peak and many other peaks from here. There is flat land in the north of Kyanjin Gomba. We stay here for two nights.



Photo: Kyanjin Gomba village

Day 06: Rest Day at Kyanjin Gompa and we hike to Kyanjin Ri

Altitude: 4850 Meter,

Hike: 4-5 Hours

Overnight: lodge

It is rest and explores day. We will bring you to the Kyanjin ri to see the beautiful Langtang Himalayan range, it is 3 hours hike to the top of Kyanjin Ri, From here you can see the Langtang Lirung, Marimatto, Ganjala peak and many more. You will be able to see the whole valley from here, We can see also glaciers of Langtang Lirung from here.



Photo: Kyanjin Ri

Day 07: Trek back to Lama Hotel

Altitude: 2380 Meter,

Trek: 6-7 Hours

Overnight: lodge

From today we begin to go down valley, We follow the same way to go Down, Crossing the langtang villlage, Ghoda Tabela we reach to Lama Hotel. Stay Overnight Here

Day 08: Syabrubensi is our ultimate destination today

Altitude: 1500 Meter

Drive: 6 Hours

Overnight: Hotel

The trek is quite difficult today cause we have to go down, The decent is harder because of the irregular stone and small moraines after Lamahotel. We need to walk through forest and we can reach syabrubensi by 2-3 o clock. we stay overnight here.

Day 09: Drive back to kathmandu

Altitude: 1400 Meter

Drive: 6 Hours

Overnight: Hotel

After 6 hours drive we reach to the Kathmandu and checkin to the booked hotel. If you have days left you can also stay and sightseeing, or do another activities. Next day we will drop you to the Airport.

Cost Includes:

- All meals (Breakfast, Lunch and Dinner and Tea/ Coffee) during the trek.
- Both ways transport from Syabrubesi
- Accommodation during the trek.
- Professional English speaking, Eco Trained trekking guide his food, accommodation, salary, insurance, equipment, medicine, transportation, etc.
- Porter with his salary, transportation, insurance, equipment, food, and lodging included.
- Equipment: Sleeping Bag, Crampones & Trekking Poles (Return after the trek).
- All Legal Document (ACAP) TIMS, Permit etc.
- Dry fruits along the trek.
- Tourist service charge, VAT, TAX, etc.

Cost excludes:

- Other any transportation not listed in Included section.
- Any flight cost
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips and gratitudes for guide and porter
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to a safety concern, illness, change of government policy, political instability raises strike, moment, etc.
- Any others expenses which are not mentioned in including section.

Thank you