Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Langtang Valley Trek

Duration: 11 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: BB

As you fly into Kathmandu, enjoy breathtaking views of the valley, the Himalayas, and the terraced fields below.

- **Arrival:** After clearing customs, our representative will assist you with your hotel check-in and help you navigate the bustling streets of Kathmandu.
- **Explore or Relax:** Once checked in, you can either explore one of Kathmandu's cultural attractions or take some time to rest.
- **Dinner:** In the evening, head out for dinner in Thamel, a vibrant tourist area filled with a variety of restaurants offering both Western and traditional Nepali cuisine.

Overnight: Stay at a hotel in Kathmandu.

Day 2 Explore around the Kathmandu

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: BB

In the early morning, as Kathmandu gradually awakens and the city isn’t yet bustling, it exudes a unique charm that you'll appreciate.

- **Morning Exploration:** Take a leisurely stroll through the neighborhood or enjoy a cup of tea while overlooking one of the durbar squares or quaint courtyards.
- **Day Activities:** With countless breathtaking sights nearby, there are many ways to spend your day in the Kathmandu Valley.
- **Evening Dining:** Later in the evening, dine at one of the city’s top restaurants, or your guide can arrange a meal at a local family's home for an authentic experience.

Day 3 Drive from Kathmandu to Syabru Besi

- Time : 6 - 7 hrs
- Max Altitude : 1,460 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Start Early:** Depart from Kathmandu early for a scenic seven-hour drive to Langtang Valley.
- **Stunning Views:** As the road ascends from the Kathmandu Valley, enjoy breathtaking views of the Annapurna Himalayas to the west, as well as Manaslu, Ganesh Himal, and the peaks of the Langtang region ahead.
- **Pass Through Trisuli:** Travel through the bustling town of Trisuli before continuing your ascent to Dunche and entering Langtang National Park.
- **Arrive at Syabru Besi:** After descending from Dunche, reach Syabru Besi (Alt. 1,460 m / 4,790 ft), where you'll spend the night.

Day 4 Trek to the Lama Hotel from Syabru Besi

- Time : 6 - 7 hrs
- Max Altitude : 2,450 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Cross the Bhote Kosi**: Start your day by crossing the Bhote Kosi, also referred to as the "Tibet River," which flows from the nearby region of Tibet.
- **Scenic Ascent**: Gradually ascend through tranquil oak and rhododendron forests, eventually connecting with the trail that leads from Syabru Besi.
- **Wildlife Spotting**: Keep your eyes peeled for langur monkeys among the trees, adding a touch of excitement to your trek.
- **Reach Lama Hotel**: After approximately 6 hours of trekking, arrive at the Lama Hotel (Altitude: 2,470 m / 8,103 ft). Here, you will be welcomed by a cozy lodge and a comfortable bed, perfect for relaxing after a day of adventure.
- **Overnight Stay**: Enjoy a delightful dinner and settle in for an overnight stay at the Lama Hotel, recharging for the next day's journey

Day 5 Trek to Mundu from Lama Hotel

- Time : 4 - 5 hrs
- Max Altitude : 3,550 m

Accommodation: Tea House & Local Lodge

Meal: BB

- **Glimpses of Langtang Lirung**: Enjoy occasional views of Langtang Lirung as you ascend through the forest.
- **Ghora Tabela**: Reach Ghora Tabela (Altitude: 3,000 m / 9,842 ft), formerly a Tibetan resettlement site, now a Nepal Army post.
- **Widening Valley**: The trail continues to widen, passing temporary herder settlements. Keep an eye out for yaks grazing in the summer pastures.
- **Langtang Village Remains**: The next section serves as a reminder of the 2015 earthquake, with only a rock field remaining where Langtang village once stood. Your visit supports local survivors.
- **Arrival at Mundu**: After a 30-minute walk, arrive at Mundu (Altitude: 3,550 m / 11,646 ft), where old homes showcase traditional village architecture.
- **Modern Accommodations**: Most guesthouses now reflect a modern style.
- **Overnight Stay**: Overnight at a lodge or guesthouse in Mundu after approximately 6 hours of trekking.

Day 6 Trek to Kyangjin Gompa

- Time : 4 - 5 hrs
- Max Altitude : 3,800 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- The trail ascends gradually from Mundu as the valley widens and the views expand while passing through yak pastures.
- Today’s trail ends at Kyangjin (Alt. 3,800m/12,467 ft) after crossing several minor streams and moraines. There is a small monastery nearby, as well as a cheese factory run by the government that is a great place to get supplies for lunch and afternoon snacks.
- Since you'll be there by lunch, you have the afternoon free to relax or go exploring. If you have the energy, you can ascend the valley toward Langshisha Kharka to see some of the breathtaking views.

Day 7 Rest day in Kyanjin

- Time : Whole Day
- Max Altitude : 4,700 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Rest Day at Kyangjin**: Today is a rest day at Kyangjin, the highest point of this trek. Take the opportunity to enjoy stunning views of the Tsergo Ri and Kyanjin Riading, which rises above 4,700 m.
- **Spectacular Scenery**: From this vantage point, you can see magnificent peaks, including:
    - **Langtang Himal**: The range that includes Langtang Lirung (7,234 m) and Ganesh Himal (7,405 m).
    - **Other Notable Peaks**: Bengaluru (Langtang II), Kimshun (6,745 m), Shalbachum (6,918 m), Chimsedang, Naya-Kanga (Ganja Chuli) at 5,846 m, Gangchempo, and Tilman's Fluted Peak, stretching east toward 6,980 m.
- **Tibetan Views**: The scenery also encompasses several peaks on the Tibetan side of the border, formed by the Langtang Himal, which separates Nepal from Tibet/China.
- **Overnight Stay**: Enjoy a comfortable overnight stay at a teahouse or lodge in Kyangjin

Day 8 Trek to the Lama hotel from Kyanjin

- Time : 3 hrs
- Max Altitude : 4,773 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Descent from Kyangjin**: Retrace your steps from Kyangjin to Ghora Tabela, following the Langtang Khola from Mundu village.
- **Faster Descent**: The descent will be quicker than the ascent, allowing you to enjoy the scenery along the way.
- **Lunch Stop**: After lunch, continue your trek down the slope toward the Lama Hotel.
- **Overnight Stay**: Spend the night at the Lama Hotel, resting after a fulfilling day of trekking.

Day 9 Trek to Syabru Besi from Lama Hotel

- Time : 3 hrs
- Max Altitude : 2,380 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Descent to Syabru Besi**: Retrace your steps to Syabru Besi, enjoying the serene, tree-covered hills along the way.
- **Optional Detour**: If you're feeling adventurous, consider taking a breathtaking detour from Rimche to Syabru Besi via Sherpa Gaon. This route is longer but offers stunning views.
- **Dinner and Overnight Stay**: Enjoy dinner and spend the night at a lodge or guesthouse in Syabru Besi, reflecting on your trekking experience.

Day 10 Drive to Kathmandu

- Time : 6 - 7 hrs

- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: Full Board

- **Journey to Kathmandu**: Take an overland journey from Syabrubesi village in Rasuwa district to Kathmandu, traveling by private car, coach, or tourist bus, depending on your group size.
- **Scenic Morning Ride**: Enjoy an early morning ride along the same scenic road, with breathtaking views throughout the drive back to Kathmandu.
- **Afternoon Free Time**: Once you arrive, you'll have the afternoon free for personal activities, including souvenir shopping.
- **Overnight Stay**: Spend the night at a hotel in Kathmandu, reflecting on your trekking adventure.

Day 11 Farewell Nepal

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 star Hotel

Meal: BB

- **Farewell to Nepal**: After an incredible experience in Nepal and an unforgettable adventure on the "Langtang Valley Trek," it's time to say goodbye to this beautiful country.
- **Last Breakfast and Exploration**: Enjoy your final breakfast at a café, take a leisurely stroll through the city, or do some last-minute souvenir shopping to wrap up your time in Kathmandu.
- **Airport Transfer**: A representative will meet you at your hotel to escort you to the airport, ensuring you arrive in time for your flight home.
- **Airport Arrival Recommendation**: It is recommended to arrive at the airport at least two hours before your departure.

Cost Include

- Accommodation in a tea house or lodge during the trek
- All the arrival and departure airport transfers.
- Hotel in Kathmandu 3 star with Breakfast
- Meals (Breakfast, Lunch, and Dinner) during the trek
- One experienced male English-speaking guide with his allowance
- There is one porter for every two trekkers.
- All the necessary trekking permits are required for the Everest Panorama trek.
- All forms of government taxes.

Equipment List & Gear Guide

Coming Soon

Cost Exclude

- During the trek, all personal expenses such as travel insurance, beverages, phone calls, internet, bar bills, laundry, water, travel insurance, and heater were incurred.
- Tips for the Guide Porter (Recommended)
- Helicopter rescue in case of an emergency.
- Personal trekking gear.
- All expenses incurred as a result of a change in itinerary due to political unrest, a strike, or a lockdown landslide.
- All the lunches and dinners in Kathmandu.

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