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	**Arrival at Kathmandu (1,440m)** Meet our representative, transfer to your hotel, and enjoy a welcome dinner. **Sleeping Altitude:** 1,440m
DAY 02	Hotel in Syabrubesi	**Kathmandu to Thulo Syabru** Enjoy a scenic drive through lush hills, rivers, and local villages to Thulo Syabru, the trek's starting point. **Drive Distance:** 122 km **Drive Duration:** 5-6 hours **Sleeping Altitude:** 1,460m
DAY 03	Tea House in Lama Hotel	**Trek to Lama Hotel (2,470m)** Follow the Langtang River through dense forests, passing waterfalls and Tamang settlements. **Trek Distance:** 11 km **Trek Duration:** 5-6 hours **Sleeping Altitude:** 2,470m
DAY 04	Tea House in Langtang Village	**Trek to Langtang Village (3,430m)** Ascend through forests and meadows with views of Langtang Lirung. Explore the cultural charm of Langtang Village. **Trek Distance:** 10 km **Trek Duration:** 5-6 hours **Sleeping Altitude:** 3,430m
DAY 05	Tea House in Kyanjin Gompa	**Trek to Kyanjin Gompa (3,850m)** Short trek to Kyanjin Gompa, where you can visit ancient monasteries and a traditional yak cheese factory. **Trek Distance:** 6 km **Trek Duration:** 4-5 hours **Sleeping Altitude:** 3,850m
DAY 06	Tea House in Kyanjin Gompa	**Trek to Tserko Ri (5,033m) or Kyanjin Ri (4,773m)** 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. **Trek Distance Tserko Ri:** 17 km round-trip

		Trek Distance Kyanjin Ri: 5 to 6 km round-trip **Trek Duration:** Full-day hike **Sleeping Altitude:** 3,850m
DAY 07	Tea House in Riverside	**Trek to Riverside (2,770m)** Retrace your steps, descending through forests and past waterfalls to Riverside. **Trek Distance:** 12 km **Trek Duration:** 5-6 hours **Sleeping Altitude:** 2,770m
DAY 08	Hotel in Syabrubesi	**Trek to Thulo Syabru (1460m)** Final day of trekking, descending to Thulo Syabru with time to explore the village. **Trek Distance:** 10 km **Trek Duration:** 5-6 hours **Sleeping Altitude:** 1460m
DAY 09	Hotel in Kathmandu	**Drive to Kathmandu (1,440)** Return to Kathmandu with stunning views of the countryside. **Drive Distance:** 122 km **Drive Duration:** 5-6 hours **Sleeping altitude:** 1,440m
DAY 10		**Final Departure** Transfer to Tribhuvan International Airport for your onward journey.

ESSENTIALS

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

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 can be adjusted based on your preferences and available time.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request at an extra cost.
- Costs may vary due to weather conditions, political situations, or natural events.
- A single supplement is available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of $10 per trekker per day is expected for both the guide and porter combined (not $10 each).
- Great Himalayan Yatri Pvt. Ltd. is not responsible for incidents caused by natural hazards.