



Dear Traveler,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the 8 days **Langtang Valley Trek**. Let us know your further questions, changes, and decisions about the trip. We can customize the trip plan upon your preference, choice and suggestions.

**Your Trip Facts:**

Travelers Info	<b>Your Group Name</b> (Minimum 2 Adults)
Trek Name	<b>Langtang Valley Trek from Kathmandu</b> (07 Nights   08 Days)
Hotels/Category	<b>Local Lodge and Tea Houses (7 Nights)</b>
Rooms	1 Twin Sharing Normal Room
Trip Cost	<b>USD 880 Per Person (A Private Trip)</b>
Route	Kathmandu - Syabrubesi - Lama Hotel - Langtang Village - Kyanjin Gompa - Kyanjin Ri - Lama Hotel - Syabrubesi - Kathmandu.
Meal Plan	AP (Breakfast, Lunch, and Dinner Included)
Permits	<ol style="list-style-type: none"><li>1. Langtang National Park Entry Permits.</li><li>2. Trekkers Information Management System (TIMS) Card.</li></ol>
Drive	Kathmandu to Syabrubesi and Syabrubesi to Kathmandu.
Guide	An English-speaking experienced licensed trekking guide.
<b>Read Our Past Guest Reviews On: <a href="#">TripAdvisor</a>   <a href="#">Google</a>   <a href="#">TripAdvisor</a></b>	



### **Trek Description:**

Our **Langtang Valley Trek from Kathmandu** is a wonderful trek through the Langtang Valley, beginning with a scenic drive from Kathmandu to Syabrubesi, the gateways to your adventure and borderline between Nepal and Tibet. This journey introduces you to the rural charm of Nepalese highlands as you make your way to rugged roads. From Syabrubesi, your walking journey unfolds with a grade; ascent through lush forests and charming villages with deep-rooted culture and traditions heavily influenced by Tibetan culture. After a night stop at Syabrubesi, you will head towards Lama Hotel and slowly travel to higher settlements immersing in the beauty of the Langtang valley.

Throughout the trek, you will come across several picturesque settlements surrounded by towering peaks and unique alpine landscapes. Slowly the trail continues to Kyanjin Gompa, where you can explore high-altitude pastures, ancient monasteries, and traditional cheese factories. On day five, you will hike to Kyanjin Ri for a breathtaking panoramic view of the Langtang range, surrounding area, glacier, and sky-scraping mountains. From here you can also consider an optional hike to Tserko Ri which is another viewpoint with a higher elevation and an expansive view of the region. After soaking in the beauty, the return journey retraced your steps through the valley, offering a peaceful descent back to Syabrubesi. Finally, a scenic drive back to Kathmandu concludes your wonderful trek, leaving you with unforgettable memories of Nepal's natural splendor and cultural richness in just a few days.

### **Trek Highlights:**

- A private and customized trip.
- Local village exploration along with the traditional cheese factory.
- Sunrise view from Kyanjin Ri, a vantage point.
- Observe the heartfelt Langtang village memorial.
- Exploring Ancient Gompa and Monasteries of Langtang region.
- Witness the lifestyle influenced by Tibetan culture.



## **Your Tour Itinerary:**

### **DAY 01: Drive from Kathmandu Syabrubesi. [2,380m/7,808 ft]**

**At. 06:00 AM:** Early in the morning, your guide will pick you up from your respective hotel or designated location, and you will drive to **Syabrubesi (Syaphrubesi)**, the starting point of the trek. The distance from Kathmandu to Syabrubesi is 147 km, which you will cover in 5-7 hours by driving, depending on traffic and road conditions. The road after Trishuli is a bit rugged and off the beat. You will pass through rural lowland villages where you can observe the procession of an ordinary day. Once you reach Syabrubesi, store your bags at the local lodge and explore the village as you will have leisure time until dinner. Overnight at Syabrubesi.

*Meals: Lunch, and Dinner Included.*

### **DAY 02: Trek to Lama Hotel. [2,560m/8,399 ft]**

**At. 08:00 AM:** The trek from Syabrubesi to **Lama Hotel** marks the beginning of the Langtang Valley Trek in Nepal. This segment of the trek usually takes 5-6 hours, covering a distance of around **10.9 km** (6.8 miles).

**Note:** Porter during the trek. (A porter can carry 20 KG of luggage for 2 people.) Hiring a porter is optional and costs extra add-ons.

Starting from **Syabrubesi (1,470m/4,823ft)**, the trail follows the Langtang Khola (River) and gradually ascends through a series of switchbacks. You will pass through lush forests, suspension bridges, and small villages as you make your way towards the Lama Hotel. As you approach the village of **Bamboo (1,960m/6,430ft)**, the trail enters a dense forest filled with rhododendrons, oaks, and bamboo. You might even spot some wildlife, such as langur monkeys, if you're lucky. Bamboo offers a few teahouses where trekkers can take a break and enjoy refreshments. Continuing the ascent, you'll settle in **Rimche (2,400m/7,874ft)**, which offers more teahouses and resting spots. From Rimche, it's a short hike to **Lama Hotel (2,560m/8,399 ft)**, where you'll find several lodges and teahouses to rest and spend the night. The trail from Syabrubesi to Lama Hotel offers trekkers an opportunity to immerse themselves in the natural beauty of the region and experience the local Tamang culture.

*Meals: Breakfast, Lunch, and Dinner Included.*



### **DAY 03: Trek to Langtang Village. [3,430m/11,253 ft]**

**At. 08:00 AM:** The trek from Lama Hotel to Langtang Village is an exciting part of the Langtang Valley Trek. This section of the trek typically takes 5-6 hours, covering a distance of approximately **14 km (8.7 miles)**. Starting from **Lama Hotel (2,470m/8,103ft)**, the trail continues along the Langtang Khola (river) and gradually ascends through dense forests, crossing several suspension bridges. As you progress, the vegetation becomes sparser, and the valley widens, offering breathtaking views of the surrounding mountains.

Along the way, you'll pass through the settlements of Gumanechok, **Ghodabela (3,030m/ 9,941ft)**, and **Thangshyap (3,140m/10,302ft)**, where you can find teahouses for rest and refreshments. These small villages provide glimpses into the local Tamang culture and their traditional lifestyle. The trail then leads to **Langtang Village (3,430m/11,253ft)**, the largest settlement in the valley. This picturesque village, consisting of traditional stone houses and surrounded by terraced fields, is nestled between the soaring peaks of the Langtang Himal. Here, you can find various teahouses and lodges to accommodate trekkers, as well as a small monastery and a cheese factory to explore.

*Meals: Breakfast, Lunch, and Dinner Included.*

### **DAY 04: Trek to Kyanjin Gumpa. [3,870m/12,697 ft]**

**At. 08:00 AM:** You will leave the village after breakfast, and you will move on through high pasture lands where yaks graze. Walk slowly while acclimatizing and exploring the local cheese factory on the way. In today's walk, you will mostly walk alongside the **Mani walls** and across wooden bridges. The distance between Langtang Valley and **Kyanjin Gumpa (3,870m/12,697 ft)** is 5.2 km, which you will cover in 2-3 hours. On the way, the high-altitude atmosphere can be felt as you reach Kyanjin Gumpa. Your guide will provide all the necessary information about the trail and its attractions. Overnight stay in a Kyanjin Gumpa lodge.

**Note:** If you are into more adventurous activities you can also consider peak climbing to Yala Peak situated at an elevation of 5,500 m. Yala peak climbing is an easy, nontechnical ascent perfect for beginner climbers who want to explore the mountains and head toward peak climbing. It offers a straightforward climb with stunning vistas making it an ideal introduction to mountaineering.

*Meals: Breakfast, Lunch, and Dinner Included.*



#### **DAY 05: Sunrise from Kyanjin Ri. [4,773m/15,660 ft]**

**At. 05:00 AM:** It's a day for exploration. A hike to **Kyanjin Ri (4,773m/15,660 ft)** is scheduled for the morning. Incredible landscape views of the Langtang Range delight the eyes at the elevation. It is the trek's highest point, from where you get a breathtaking view of Langtang Peak along with a spectacular valley view. The distance between Kyanjin Gumpa and Kyanjin Ri is just 2.2 km, which you can cover in around 3-4 hours. After returning, you can explore Kyanjin Gumpa, which is also the Buddhist community's settlement area. You can also visit **Tserko Ri (5,033m/16,513ft)**, which is another vantage point of the Langtang Valley trek. It takes 5 hours to reach the top and 3 hours to return to the Kyanjin Gumpa. The hike to Tserko Ri is optional.

**Note:** You can also visit **Tserko Ri (5,033 m/16,513 ft)**, which is the vantage point of the Langtang Valley trek. It takes 5 hours to reach the top and 3 hours to get back to the Kyanjin Gumpa. The hike to Tserko Ri is optional.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 06: Trek to Lama Hotel. [2,560m/8,399 ft]**

**At. 08:00 AM:** You walk past scenic trails to return to Lama Hotel via **Ghoda Tabela**. The route is mostly a descent and an easy and pleasant walk. The distance between Kyanjin Gumpa and **Lama Hotel (2,560m/8,399 ft)** is around 15 km, which you can cover in 5-6 hours. Enjoy the peaceful hike down to your destination. Overnight stay in a Lama Hotel.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 07: Trek to Syabrubesi. [2,380m/7,808 ft]**

**At 08:00 AM:** Further descending to Syabrubesi, we take the same route through Bamboo. Thick bamboo and rhododendron forests pass along the way. The trek to Syabrubesi mostly follows the downstream of **Langtang Khola (river)**. The distance from Lama Hotel to **Syabrubesi (2,380m/7,808ft)** is 11 km, which you will cover in around 4-5 hours. It will take less time to reach Syabrubesi as you will descend, which is easier than going uphill. Overnight stay at Syabrubesi.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 08: Drive to Kathmandu, Farewell.**



**At. 08:30 AM:** Enjoy breakfast at the teahouse before heading back to Kathmandu. The distance between Kathmandu and Syabrubesi is 147 km, which can be covered in 5-7 hours of driving. Your transportation will take you to the designated hotel for your departure. Once you reach Kathmandu, bid farewell to your guide and driver. Then, proceed with your travel itinerary, whether it involves continuing your journey or returning home. Farewell!!

*Meal: Breakfast and Lunch Included.*

### **Our Service Includes:**

1. Private road transfer from Kathmandu to Syabrubesi and Syabrubesi to Kathmandu (jeep).
2. Local lodge or tea house accommodation during the trek.
3. Daily breakfast throughout the trip.
4. Lunch and dinner as mentioned in the itinerary.
5. All necessary papers work. (National Park Entry Permits and TIMS Card)
6. An English-speaking, government licensed and experienced trek guide.
7. A well-equipped first aid kit with necessary medicines carried by the guide.
8. One local SIM card (returnable) during your stay.
9. All government and local taxes.
10. Guide's salary, food, and accommodation.
11. Arrangement of emergency helicopter service which will be paid for by your traveler's insurance company.
12. Sleeping bags, duffle bags, and trekking route maps – if necessary.

### **Our Services Excludes**

1. Personal expenses.
2. Porter during the trek. (A porter can carry 20 Kg baggage of 2 people)
3. Travel health insurance. (Highly Recommended)
4. Tips for the guide, porter, and driver. (Recommended)
5. Sweet things like dessert/chocolate.
6. All alcoholic and non-alcoholic drinks.
7. Hot showers/batteries charge/heater/mineral water during the trek.



8. *Any other expenses which are not mentioned in the included section.*

### **TRIP GUIDE**

The information about the Trek is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

### **Booking Terms and condition and Payment Information:**

[Please click](#) here to learn more about our various payment methods, or transfer the amount personally through our partner account in India. Before confirming your tour package, make sure to read our booking terms and conditions. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.

**Travel insurance:** [Travel insurance](#) is important before traveling to a new place especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings, and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

**Medical emergency:** If you face any serious medical emergency during your trekking program you will immediately evacuate the place through Helicopter Rescue which the traveler's insurance company will cover. While trekking to the highland of Nepal you may face minor health issues such as scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.

**High-altitude sickness:** During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3,000m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of



altitude sickness increase slightly. To avoid getting altitude sickness you should drink 5-6 lt water per/day and food with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

#### **Do's and Don't:**

- Select the ideal time to travel.
- Select a reputed trekking/ travel organization.
- Training and getting ready for any kind of situation are necessary.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Having the proper personal gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.

**Why with Altitude Himalaya:** [Altitude Himalaya](#) is one of Nepal's growing travel companies providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least a 3-star hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).