



Langtang Valley Trek

Duration: 7 N/8 D

Tour Plan

Day	Details
Day 1	Kathmandu to Syabrubesi Getting to the Langtang Valley Trek starting point is straightforward: a 7 or 8-hour bus journey from Kathmandu. That's not to say it's dull. Far from it! Driving along the Trisuli River, you may be fortunate and see white water rafters taking on the mighty rapids. But look up – already the mountains are welcoming you. On reaching Trisuli Bazaar, the Manaslu Massif, Ganesh, Jungal Himal, and Langtang stand tall overhead. The road is a bit bumpy from this point, so be prepared. It's around 50 km / 31 miles to Dhunche, then another 15 km / 9 miles to Syabrubesi, where we stop for the night before beginning the trek proper the following day.
Day 2	Trek to Lama Hotel Another walk through a beautiful forest with Langtang Lirung as the backdrop. When we reach Ghora Tabela, the trail enters green meadows, and we can see the Langtang Range stretching on both sides of the valley. Walking on, the valley widens, and we can see herders graze their livestock on the high summer pastures. Today there are only temporary settlements and an army post situated there. This was once the teeming village of Langtang, with its many trekkers' tea houses. Today the area is full of boulders, deprived of life after the 2015 earthquake. Walking on a further half an hour or so, we reach the village of Mundu. Our overnight stop at Mundu is very comfortable with its more modern buildings and facilities.
Day 3	Mundu to Kyanjin Gompa The route is shorter today with a host of Buddhist artifacts such as chortens, prayer flags, and rocks with Buddhist inscriptions carved into them. Watermills and yak pastures are also of interest, and of course, the mountain views are wonderful. Reaching Kyanjin Gompa by lunchtime, there is the option of relaxing or exploring the area. Why not hike towards Langshisha Kharka, with its wonderful views? We overnight in the gompa itself and enjoy the area's spirituality and mountains.

Day	Details
Day 4	Kyanjin Gompa to Tserko Ri to Kyanjin Gompa This is an exciting but challenging day to hike up Tsergo Ri (5,000m /16404 ft), from where we can see over 20 peaks, the Langtang Valley, and frozen lakes. The views and exhilarating experience make this hard upwards hike well worthwhile! After taking in the breathtaking views, return to Kyanjin Gompa for a second night and a well-deserved dinner.
Day 5	Kyanjin Gompa to Lama Hotel Today we retrace our steps to Lama Hotel by crossing streams and hiking through forests. After the extra effort of the previous day's challenging trek. Overnight at Lama Hotel.
Day 6	Lama Hotel to Syabrubesi This is the final day of the trek, and there are options! There are two routes that take us back to Syabrubesi. We can either retrace our outbound route through the forest and the villages of Bamboo and Rimche, reaching Syabrubesi in about 6 hours, or take a shorter but steeper route with stunning views of the Langtang Valley. The second route goes via Rimche and Sherpa Gaun. You can decide on the day which route to take depending on the weather and stamina level. We overnighted in Syabrubesi. The second route goes via Rimche and Sherpa Gaun. You can decide on the day which route to take depending on the weather and stamina level. We overnighted in Syabrubesi.
Day 7	Syabrubesi to Kathmandu (Drive) Today we retrace our journey along the highway back to Kathmandu.

Inclusion / Exclusion

Inclusions

- 7 nights accommodation in mountain teahouses
- Guide for 8 days
- Kathmandu Syafru Beshi Kathmandu local bus
- Langtang national park permit
- Trekkers information management system card
- 8 x breakfast, 8 x lunch and 7 x dinner while on trek
- One porter for 8 days USD 142 (Optional)
- Private Jeep USD 260 (Optional)