Langtang Valley Trek Itinerary

Day 1: Welcome to Kathmandu!

Upon your arrival at Tribhuvan International Airport, the representative of Adventure Club will welcome you and take you to the hotel as per the itinerary. After refreshing and resting, you may also visit the Office of Adventure Club. The Trekking Guide and/or the Adventure Club's Official will visit you for the remaining processes and formalities before the trip begins. You may ask related questions and queries to the official Guides as well.

Day 2: Sightseeing in Kathmandu

After breakfast, the City Tour Guide will visit you in Hotel with Private Vehicle for Kathmandu City Tour. The Tour will be done with other crew members (No needs to join other for Private trips). Out of the seven UNESCO World Heritage Sites in Kathmandu, we explore four sites. You may also visit other sites with applicable charges.

Sites Visit: -

• Swayambhunath Mahachaitya

• Pasupatinath Temple

• Bhaktapur Durbar Square, and

• Boudhanath Stupa

Day 3: Drive from Kathmandu to Syabru Besi (1,550m/5,085ft.)

After breakfast in Kathmandu, we drive so far, Syabru Besi, about an hour further from the district headquarters of Rasuwa: - Dhunche; the getaway for the Gosaikunda Trek while the Langtang trek begins from Syabru Besi. We take a private Tourist vehicle for that. We drive along the Trisuli River. We first go through the Prithivi Highway and take a diversion from Galchhi that connect the Nuwakot. We further go far till we enter the Rasuwa border. The terrace paddy land will be so incredible to admire during the drive. Before we approach Dhunche, we will check out at the Langtang National Park Check Point. With trek permission and luggage checking, we further drive until we arrive at Syabru Besi. We will see the Himalayan Panorama several times while on road.

Day 4: Trek to Lama Hotel- Lama Hotel – 2380 m

With an early breakfast, we go through the Bhote Koshi River. We gradually climb through the uninhabited sub-tropical forest of oak, pine, junipers, and rhododendrons. The steep trails lead us to the small settlement that offers the cozy lodging facility. The Lama hotel is sure satisfying to relief the tiredness. We spend a night here in Lama Hotel.

Day 5: Lama Hotel to Mundu via Langtang Village- Mundu – 3430 m

With the several glimpse of Langtang Lirung, we climb through the sub-tropical forest. We reach to the Ghoda Tabela (Horse Castle) at the elevation of 3,000m and it used to be the Tibetan Resettlement Project but now it's The Nepal Army Base. With gentle climb with widen valley, with great views of the looming mountains in either of the sides, we cross the temporary (Seasonal) settlement of the herders living in the summer and warmer weather.

The ruined Langtang village by Nepal Earthquake 2015 reminds one of the biggest tragedies of Nepal, once a beautiful settlement with numerous lodges and point of greater hospitality now a rocky field. Despite all those it is rebuilding with better structure. With about 30-45 mins of further walking brings to Mundu where we spend a night and stop for the day.

Day 6: Mundu to Kyanjin Gompa- Kyangjin Gompa – 3870 m

Beginning the day with typical breakfast, we cross several streams having wooden creeks. Furthermore, walking through the moraines, we approach to the Kyangjin Valley. The Kyangjin valley suddenly comes wider with great views and scenes, it starts the actual show. The Government owned Cheese factory is another best place for the cheese lovers.

The panoramic views of Langtang Lirung (7246m), Genjempol, Kyangjin RI (4750m.), Tsergo RI (5000m.), Ganja la (5160m.), Langshisa- Ri (6427m.), Dorje Lhakpa (6430m.), Naya Kang (5844m.), Yala peak (5500m) are the cheery on the cake.

Day 7: Kyanjin Gompa to Tserko Ri to Kyanjin Gompa- Tserko Ri – 5000 m

Exploring the heavenly beautiful Himalayan valley, we spend a day here in Kyangjin valley, we explore the beautiful sceneries, and tryout to get better views from Kyangjin Ri and Tserko Ri. We hike up to the Tserko Ri at the elevation of 5000m after crossing the Kyangjin Ri at 4350m. The Panorama of the Langtang Lirung, Langtang range, Kinshung, and Yansa Tsenji make the trek further incredible.

Day 8: Kyanjin Gompa to Lama Hotel- Lama Hotel – 2380 m

Having the best experience, we step back to track and return to Lama Hotel. If you are true, cheese lover, you can buy the Yak Cheese on the return way.

Day 9: Lama Hotel to Syabrubesi- Syabru Besi – 1550 m

We further descend till we approach Syabru Besi where we spend a night before returning to Kathmandu.

Day 10: Syabrubesi to Kathmandu (Drive)- Kathmandu – 1380 m

We reserve the jeep or 4-wheelers for return travel to Kathmandu.

Day 11: Departure

Our representative will drop you to the airport if you have no further planning of staying and exploring the real Heaven-Nepal.

URL: https://adventureclub.com.np/print/47