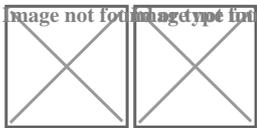


## Langtang Valley Trek



**Best Season: March-April-May and September-October-November**

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Langtang Valley Trek, Langtang Region Trekking in Nepal, Trekking around Langtang

combines the picturesque valley of Langtang, with the high mountain lakes of Gosainkund and the beautiful Helambu Valley lower down. The Langtang valley lies within one of the most pristine national parks of Nepal, which perhaps explains the high appeal of this trekking route. Situated north of Kathmandu near the Tibetan border, it is the most easily accessible trek route from the capital. This is the only trek that can begin right from the edge of Kathmandu valley. However, most trekkers prefer to begin their journey from Shyabrubesi on the banks of the Langtang River that lies on the newly built road to Tibet through Rasuwa.

The unique Langtang valley is encircled by snow-capped mountains with the peak of Langtang Lirung (7,246m) standing tall above the rest. The trek takes you through forests, delightful farmland, and simple highland villages. The deep gorges of Bhote Koshi and Langtang Khola are thickly forested with rhododendron, oak, maple, and alder. Larch, a rare deciduous conifer, is also found in the forests of lower Langtang Valley. The stretch of forest around Ghoda Tabela in the lower Langtang valley and below Gosainkunda is inhabited by the Red panda, a rare and threatened animal that is on the list of endangered species. Besides the Red panda, the forests are inhabited by varied wildlife: wild boar, Himalayan black bear, ghoral, Grey langur monkey, and leopard are some of the animals found here. In the higher altitudes reside the Himalayan Thar, musk deer and the beautiful, elusive cat, the Snow leopard.

Langtang is best explored on foot. There are many possible trails to choose from depending on the time at hand and your interests. The original starting point for the Langtang trek used to be Dhunche, the main trading post of the area, but with the motor road reaching Shyabrubesi which is only a day's drive from Kathmandu, treks today begin here. The usual trek to the upper reaches of Langtang takes four days. Once Ghoda Tabela is reached, the valley opens out and the landscape takes on a dramatic transformation with great mountain views, massive rock overhangs and waterfalls spilling over from the top. The climbing stops and it's an easy hike all the way to Kyanjing Gompa from where you can explore the high valley of Langshisa, Yala peak, and Tsero, Ri. The villages of upper Langtang are inhabited by people of Tibetan stock whereas the villages of Dhunche, Bharkhu, and Shyabrubesi are almost entirely inhabited by the Tamang people whose ancestors crossed into Nepal from Tibet centuries ago. The people of Langtang are Buddhists and refrain from slaughtering animals. They earn their livelihood herding yaks and sheep and their favorite meal is Shyakpa, a delicious mixed vegetable soup- based dish.

Kyanjing is a summer settlement, with the popular Kyanjing Gompa (made famous by the book "Snow Leopard") and a cheese factory at 3,740m, known as Yala Cheese Factory. Kyanjin is also known for the local bakery where trekkers line up to buy their delicacies. There is a STOL airstrip at Chhaldang, a short distance east of Kyangjing. Visiting the Yala Cheese Factory and the small lakes beyond Yala are worth the

trouble. Yala is half a day's walk from Kyanjing Gompa. Further up the pastures of Langsisa (4,084 m) are amazing views that await the determined trekker.

## **Itinerary**

### **Day 01: Arrival day at Kathmandu**

Arrival at Tribhuvan International Airport Kathmandu and you will be transferring you to the hotel for staying overnight. Latenight welcome dinner at Nepali restaurant. Enjoy your dinner with Going Nepal crews and short information tomorrow Kathmandu sightseeing.

**Elevation of Kathmandu:** 1300m/4264ft

**Transportation:** Private car/Tourist bus as per group size

**Accommodation:** 3-star hotel

**Meal:** Welcome dinner

### **Day 02: Kathmandu City Tour and preparation**

You will meet your trekking guide, discuss the trekking program and coordinate any last-minute arrangements. Now we visit Pashupatinath, Boudhanath Stupa, and Bhaktapur Durbar Square. Rest of the time you can use for traveling around Thamel and shopping of needed equipment and other necessities. Overnight at the hotel.

**Transportation:** Private car/Tourist bus as per group size

**Accommodation:** 3-star hotel

**Meal:** Breakfast

### **Day 03: Drive from Kathmandu to Sybrubesi**

From Kathmandu, we take a drive to Syabrubesi. Daily buses leave for Syabrubesi. Kathmandu via Trishuli to Dhunche 1950m. From Trishuli to Syabrubesi is rough road some time in monsoon road will block. Overnight at guesthouse.

**Elevation of Sybrubesi:** 1462m/4796ft

**Transportation:** Private car/Tourist bus as per group size

**Driving distance:** 150km/5-6hrs

**Accommodation:** Tea house/Lodge

**Meal:** Breakfast and dinner

### **Day 04: Trek from Sybrubesi to Lama Hotel**

Today, the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail gradually ascents up to Bamboo passing through Landslide. Afterward, your trek ascends gently to Rimche (2400meters) through Bamboo (1960meters) which lies at the bank of Langtang Khola. You can have lunch at this place if you like and in the end, your trail is level to the Lama Hotel. En route, you could see red pandas, monkeys, and bears if you are lucky. Overnight at guesthouse.

**Elevation of Lama Hotel:** 2500m/8202ft

**Trek duration:** 5/6hrs

**Accommodation:** Tea house/Lodge

**Meal:** Full Meal Board with tea/coffee enroute

## **Day 05: Trek from Lama Hotel to Langtang Village**

From lama hotel, we continue gently ascending above the Langtang Khola. As the trail progresses, it becomes steeper. From time and again we can have the most exotic sights of Langtang Lirung lying at 7246 meters. The trail leads to a log bridge and on climbing further we come across lush meadows of Ghora Tabela at 2992m. We will see several lodges and a police check post. Further on, the route opens up into a wide valley of yak pastures and scattered Tamang villages showcasing water-driven mills and prayer wheels. On descending for a while, we arrive at Langtang village after crossing a stream and reaching to the height 3430 meters. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan style houses, hotels and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley etc. Overnight at guesthouse.

**Elevation of Langtang Village:** 3307m/10849ft

**Trek duration:** 5/6hrs

**Accommodation:** Tea house/Lodge

**Meal:** Full Meal Board with tea/coffee enroute

## **Day 06: Trek from Langtang Village to Kyanjing Gompa**

The trail skirts gradually through rich yak pastures and interesting traditional villages of Muna to Singdun. We cross a wooden cantilever bridge and reach a wide valley after climbing a moraine. Finally, on ascending along the mountain passes we arrive at Kyanjing Gompa. There are a small monastery and a government-operated cheese factory. Overnight at guesthouse.

**Elevation of Kyanjing Gompa:** 3798m/12460ft

**Trek duration:** 4/5hrs

**Accommodation:** Tea house/Lodge

**Meal:** Full Meal Board with tea/coffee enroute

## **Day 07: Trek from Kyanjing Gompa to Lama Hotel**

All the day we will descend toward Lama Hotel via the same trail through which we hike yesterday. Taking a few breaks at a specific spot from where we can view mountain we will continue descending toward Lama Hotel for overnight. Overnight at lama hotel.

**Elevation of Lama Hotel:** 2340m/7675ft

**Trek duration:** 5/6hrs

**Accommodation:** Tea house/Lodge

**Meal:** Full Meal Board with tea/coffee enroute

## **Day 08: Trek from Lama Hotel to Syabrubesi**

Early in the morning after having a delicious breakfast at Lama Hotel we start descending for the whole day toward Syabrubesi. Descending via same trail use before to hike up we continue descending toward Syabrubesi with same amazing greenery around us. Overnight at Syabrubesi.

**Elevation of Syabrubesi:** 1457m/4811ft

**Trek duration:** 5hrs

**Accommodation:** Tea house/Lodge

**Meal:** Full Meal Board with tea/coffee enroute

## Day 09: Drive back to Kathmandu

Early in the morning, we will catch the first bus from a queue to return Kathmandu. Retracing via same narrow single lane freeway passing through famous picnic spot like Kakani we further struggle hard to reach Kathmandu new bus park. After reaching Kathmandu, we will transfer you to the hotel.

**Elevation of Kathmandu:** 1300m/4264ft

**Transportation:** Private car/Tourist bus as per group size

**Driving duration:** 150km/5-6hrs

**Accommodation:** 3-star hotel

**Meal:** Breakfast and farewell dinner

## Day 10: Departure

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until your departure flight/drive or to commence any extra trips or activities you may have booked with us. If departing, you'll be transferred to the International Airport for your departure flight to your onwards destination.

**Transportation:** Private car/Tourist bus as per group size

**Driving duration:** 20-30min

**Meal:** Breakfast

## Additional Activity



Kathmandu sightseeing

## Meals

Breakfast at Kathmandu hotel



Full Meal Board( Breakfast, Lunch, and Dinner) during a trek

## Accommodation

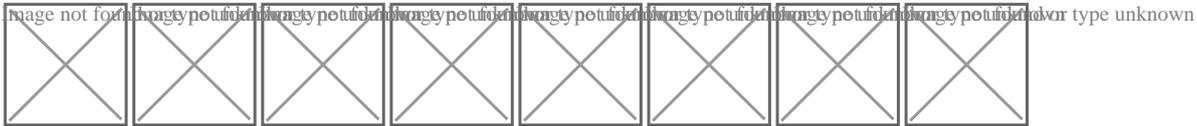
3-star hotel with twin sharing basis accommodation at Kathmandu on BB plan

Tea house/Lodge with twin sharing accommodation during a trek

## Service Included

- Airport pick up and drop
- Complimentary welcome and farewell dinner

- Welcome and farewell dinner transfer service
- Kathmandu sightseeing with a suitable vehicle
- 3-night twin sharing accommodation at Kathmandu on BB plan
- Kathmandu-Sybrubesi-Kathmandu transportation service by private car/tourist bus as per group size
- Experience trained guide for sightseeing and trek with all allowance
- Porters to carry the luggage(one porter for every two trekkers)
- Twin sharing accommodation in tea house/lodge during the trek
- Full meal board (Breakfast, Lunch, Dinner with tea/coffee enroute) during the trek
- TIMS card and Langtang National Park Entry Permit
- All required government local taxes



## Service Excluded

- Lunch & Dinner during Kathmandu stay
- International flight ticket
- High-risk medical insurance
- Entrance fees while sightseeing tour in Kathmandu valley.
- Alcoholic beverage and telephone calls
- Hot drinks, Soft drinks such as cola, mineral water
- Nepal Visa Fee
- Emergency rescue evacuation if needed
- Purely personal nature expenses
- Tips for guide and porter



## Important Notes

### Lodging or Accommodation:

Accommodation in Kathmandu on BB plan and during the trekking provide all meals (Breakfast, Lunch, Dinner, and tea/coffee) plan. This trek is more designed on the lodge/tea house. The meals comprised of American, Nepali & Chinese cuisines. The meals served on breakfast during welcome and farewell dinner is included in the price. Snacks, mineral water is included but alcoholic beverages are not included in the price. During the stay in Kathmandu, we provide 3 nights' double sharing accommodation within 3-star hotel and 12 night's double sharing accommodation within the available tea house/Lodge.

Note: Single occupancy also available as per request with single supplement charge.

### Trip gears suggestion:

Before starting the trip with us you need to be complete within yourself especially with the kit vital for trekking. The list is given below separating as per your body parts.

#### For head:

Sunblock hat

Fleece/Woolen hat (perfect to cover ears)

Sunglasses as well as reading glasses

Scarf to cover face (protect from dust and wind)

#### For lower body:

Underwear

Shorts needed for hiking

Lightweight walking pants

Lightweight thermal leggings

**For Feet:**

Min 3x thin full cotton inner socks  
Hiking boots (along with spare laces)  
Sandals  
Walking poles/stick

**For upper body:**

Min 3x T-shirts  
Min 2x lightweight thermal tops  
Waterproof shell jacket(bomber)  
Down tee shirt/jacket  
Poncho rain cover

**For hands:**

Light fleece gloves  
Waterproof/wind fleece gloves

**For night use:**

Sleeping bag  
Pillow slip/case

**Essential Medical Kit:**

For this, you need to consult with your doctor for a complete medical kit.

**Accessories needed for trekking:**

Watch compromising of light & alarm  
Bag Pack no heavier than 15kg  
Day pack 33ltr with waist strap

**Toiletries & Personal Hygiene:**

Daily using accessories:

Dry towel, Shampoo, Toothbrush & paste, Wipes of multipurpose (face & body), Deodorant  
Face & Body Moisturizer, Nail clippers/file, Small comb/brush, Clothes washing soap(decomposable),  
Toilet paper, Anti-Bacterial wipes (4x packs), Hand sanitizer (small bottle), Sunblock face/body high UV  
protection, Lip block with UV protection, Feminine hygiene products

**Other additional Stuff:**

Camera & extra batteries  
Reading books  
Map: Trail map & guidebook  
Diary, Journal & Pen

**Trekking Criterion:**

Mostly we do arrange a trip with single supplement (except for some region most of the regions needs min. 2 persons). Before booking the trekking or initiating the trip you make sure that you do have a group and then only we will arrange the trip on a huge scale as per your request.

**Physical Necessities:**

Langtang Valley Trek seems very vigorous but necessitates to have any previous trekking or mountaineering experience. It requires specified technical knowledge as well as an experience rather you only need to be in good physical & mentally condition and be proficient to hike for 4-6 hours over hilly terrain with a light day pack. Before booking the trip you better consult with your Medical Doctor once and as per your Doctor references initiate your trip booking process with us.

**Trekking Head and Employees:**

With an experience of a decade in the adventurous tourism, we do have our unbelievable teams of conductors and employees who are the backbone of this company inculcated with experiences and are highly professional with their technical expertise, proven safety measures records, solicitous judgment, and as well as support training styles and abundant personalities. Mostly we do have our field staff from the local area that covers from eastern to western Himalayan ranges, which backs the local people directly. As being local they have good knowledge of that respective region and they have good health fitness, can cope with the worst case scenario, as well experienced with a good team leading capabilities in the Himalayan region.

**Familiarization:**

The itinerary of Langtang Valley Trek is particularly designed in view of a high degree of depreciating AMS (Acute Mountain Sickness). Normally, elevation sickness starts from 3600m/11,808ft and this doesn't create any problem below this standard. So, throughout your trip, the best solution is to go slowly with body adaptation. As we know, the more we elevate, the less oxygen we get in the air. For example, crossing high altitudes more than 5000 m/ 16400ft, 50% oxygen is deducted than at sea level. Your body needs several days to acclimatize during the travel in high Himalaya.

**Emergency Evacuation Rescue Service (EERS) and Travel Insurance:**

As we know that the trip can be canceled, or in those worst case scenario we need to be aware, so we highly recommend to purchase trip cancellation and travel insurance. This broad travel insurance offers you huge benefits including the coverage of trip cancellation and interruption, travel delays, loss of baggage and travel documents, baggage delay, medical expenses, and emergency assistance.

**Climate and Weather:**

A country with a diversified culture does have a diversified topography as well beginning from 60 meters to top of the planet 8,848 meters i.e. the top of Mt. Everest. We have arid season start from October until May and the rainy season (monsoon) from June to September. The month of autumn (October-November) and spring (end of February-April) for Langtang Tamang Valley Trek, And usually this time, the weather is very good.

**Passport and Visa Necessities:**

The foremost thing to confirm before traveling to this trek is to check your passport and its valid date. Passports must have at least 6 months' validity just after ending date of your trip. We must need your copy of passport and its full details sent either by fax or scan. While staying in Nepal you will need a visa which can be gotten in advance from the Nepalese Embassy in your country or you can even get on arrival at the airport in Kathmandu (Conditions: Within a peak season you need to wait long in the airport to get your visa). The general list of Nepalese visa fee is mentioned below and you can even surf thoroughly this web link as ([www.nepalimmigration.gov.np](http://www.nepalimmigration.gov.np))

Fees charged while delivering a tourist visa by the Mission or entry point:

US Dollars 40 or another convertible foreign currency equivalent for 30 days multiple entry visas.

US Dollars 100 or another convertible foreign currency equivalent for 90 days multiple entry visas.

Notwithstanding anything written in clause (a) and (b), no visa fee shall be applicable to the passport holder of member states of the South Asian Association for Regional Cooperation (SAARC) for 30 days.

US Dollars 25 or another convertible foreign currency equivalent thereto for 15 days multiple entry visas.

**Permits and Required Fees:**

We need to have permission in many places in Nepal for trekking. For this region, we must require permits from Langtang National park entry permits along with TIMS permit and as well as world heritages site entry permits. All these relevant permits and entry fees are included in the given cost except the personal donations & contribution. Just in case of any such unassured conditions we will inform you if any additional permit fees are required or not before you make a booking with us.

**Information on Health and Medical Evidence/Assistance:**

We need to know about our health and the medical information during our Langtang Valley Trek. As mentioned earlier our squads are well-experienced travelers and are achieving the traveler's ambition since long. We are expert in the adventurous tour and the best thing is we all are from the Himalayan region with plenty of local knowledge as we have been guiding for a decade, which stands as a key factor to enunciate the standard service that we have been delivering to our clients. The utmost thing we believe is the client's safety and satisfaction. We deliver the extraordinary series of quality services and we even take care personally of our clients during the pour trip. Each of our guides carries medical kit bag for any kind of worst-case scenario during our trip and all of them are trained medical assistance especially the "First Aid".

**Environmental Anxieties:**

Our motto is sustainable development thus we are extremely sensitive to protect our nature i.e. environment

and contributing to many environmental cleanup and nature saving campaigns. We do believe in “Tourism within Nature,” thus our responsible tourism conveys a good message to the locals and we vow and train them to do’s and don’t, how to keep environment in perfect shape, how to eliminate environmental degradation etc. and how to conveys message to save environment and leads towards environment friendly society or country. The tourism industry has an obligation to protect and preserve the natural environment for future generations as well. These days many NGOs are collaborating with many tourism agencies and are much keen to save environment form doom. For example, Kathmandu Environmental Education Project (KEEP) (<http://www.keepnepal.org> ) is helping to co-work with many trekking companies and this organization is also providing much useful training to our staffs and awareness program in the mountain.

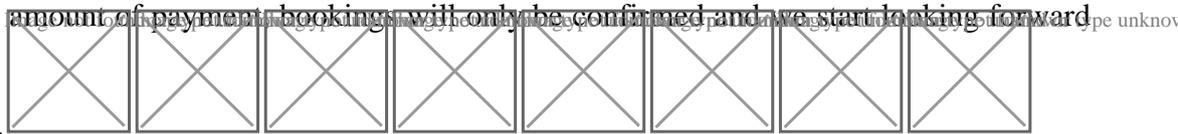
### **Our Experience and Familiarity:**

Going Nepal Pvt. Ltd. is a Govt. registered company based in Nepal and we have been working in adventurous travel in the Himalayas of Nepal. The operator of this company has more than a decade of experience in the relevant field of adventure tourism working, in fact initiating as a guide, adventure travel consultant and thus stabilizing own company. We are more dedicated to fulfilling our clients’ requirement and always sincere with client’s gratification and the utmost thing we always carry within us is the client’s satisfaction. We are also pleased to convey that many of our past clients who institute their trip in the Himalaya they wouldn’t hesitate to apprise you about our organization and about our professional organizing skills.

### **How to Book a trip?**

If you have chosen your trip with our company, contact our head office either by email or phone to check the available dates (you may visit the updated departure date page of our sites as well, groups or any queries you have. We feel very pleased to help and reply promptly and responsively. Before your final decision, we will hold your booking.

Both advance payment and full payment are possible through the bank transfer or as per your comfort we do have a procedure pay through your Credit Card (VISA/MASTER CARD) along the details within the booking form. After you choose the process of advance payment in an appropriate way still we want a signed and completed booking form for the confirmation. Once we received a completed and signed booking form with the mentioned



towards our trip together.

### **Trip Information**

Q: How long hours do I have to walk each day?

A: There is no fixed time to walk each day. From 2hours minimum to 7 hours’ maximum, you shall walk. Check the itinerary to see how long you shall walk each day.

Q: How difficult is the trek?

A: The walk into the Himalayas are never easy ones. You have to face the steep hills, sloppy trials, frequent climatic changes, and other several hindrances.

Q: How long does the trek last for?

A: As mentioned in the itinerary, the trek lasts for 12 days.

Q: What kind of food do I get there?

A: During a Tea House trek you will have breakfast and dinner in the Tea House, lunch will be eaten at one of the trail side restaurants. During a Camping Trek, all food will be cooked by our experienced cook. Every Tea House serves the traditional Nepali meal Dal Bhat (rice and lentil soup). All Tea Houses of our routes have a variety of different food items, such as rice, vegetables, noodles, potatoes, and soup. Many of them have western food on the menu. Soft drinks, snacks, and beer are available in most of the Tea Houses and

trail side restaurants.

Q: Is it safe to eat during the trek?

A: Food safety is always a big concern and we take it very seriously. That is why we have chosen the cleanest and most hygienically kept Tea Houses for our roots. During a Camping Trek, our cook prepares safe and tasty meals from carefully chosen food items and only hygienic cleaning facilities are used.

Q: What are the sources of drinking water supply during trekking?

A: All Tea Houses have boiled water for trekkers. And on the trek, you will be provided with drinking water by your guide. The guide will make sure that water is safe for drinking.

Q: What is the best time for trekking?

A: Best time for trekking is autumn (October-November) and spring (end of February-April). Short treks and some Tea Houses treks can be done during the winter season as well.

Q: What is the weather like?

A: You need to be prepared for sudden weather changes while trekking. That's why trekking equipment should be chosen carefully before the trip. Sudden rainstorms or snow are always a possibility which needs to be considered. The weather during the trekking season is somewhat more stable. We pay big attention to the weather forecast, so you will be told about weather prognosis and you will be given advises before the trek.

Q: What kind of clothes is needed for trekking?

A: Choosing clothes for trekking is very important. Please, check our trekking equipment list for details.

Q: What type of shoes should I have?

A: For shorter treks, comfortable tennis shoes or sneakers is enough while longer treks require carefully chosen hiking boots which should be kind of strong, well-made but light boots. Shoes and boots are best to buy before arriving in Nepal. Proper fit is a must for boots and we advise you to wear your new shoes for some time before trek for your feet to feel absolutely comfortable during trekking.

Q: Should we bring all trekking equipment with us?

A: You can easily rent needed equipment for a reasonable price in Kathmandu before trek but it's always preferable and more convenient to have your own equipment during trekking, so we advise you to bring equipment with you or to buy here as most of the outdoor equipment can be bought in Kathmandu in one of the many outdoor gear shops.

Q: What happens in the case of an emergency?

A: We are prepared for any emergency situation and know how to handle it. Our guides are trained in first aid and can deal with most of the basic ailments that occur during a trek. Every client should have his own insurance before coming to Nepal for the case of an emergency.

Q: What if I finish the trek before the time mentioned in the Itinerary? Will I be refunded the amount?

A: You may/may not be refunded the amount if u finish the trek before the time mentioned in the itinerary. If you are not refunded, the equivalent refund amount will be spent on other packages.

Q: Can I extend the day if I become unable to complete the trek on time?

A: Yes, you can extend day if you become unable to complete the trek on time. You will be charged necessary local charges accordingly.

Q: Do I have to share my accommodation?

A: Depending upon the availability of the room, you may/may not have to share your accommodation.

Q: How much weight of luggage can I carry?

A: You can carry light handbags with you. Porters are available to carry your luggage. A porter can carry up to 20kgs weight.

Q: Can I get my batteries recharged?

A: Yes, you can get your batteries recharged in some places.

Q: What about the phone? Does it work there?

A: Yes, the telephone service exists in the place you stay. However, the network might fluctuate from time to time during the trek.

Q: Do I have to carry a Passport, Money, Id with me during the trek?

A: Yes, you have to carry a Passport, Money, Id and Travel permit along with you during the trek.

Q: What is the risk of wild animals?

A: There is little risk of wild animals but our guide is experienced enough to deal with the situations so, no worrying there.

Q: What problems can arise on altitude?

A: Altitude sickness is a serious problem. We, having many years of experience in trekking and good knowledge of the problem, organize treks very carefully. The extra day of acclimatization is included in all our high altitude treks. Our guides are trained to spot any signs of altitude sickness and know how to deal with it.

Q: What if I get altitude sickness?

A: Altitude sickness is a very normal problem while trekking in the Himalayas. However, the guide can deal with the situation if it's just normal. If the condition becomes critical, you can request chartering a chopper. Let the office know about it and we shall negotiate the price and proceed for rescue. You will be under very good medication in one of the best hospitals in the country. Your insurance is supposed to cover all the expenses of the rescue.

Q: What sort of experience do your guides have?

A: Our guides have many years of guiding experience in Nepal as well as Tibet. Most of them have been spending years exploring the country. Our guides are trained in first aid and know how to handle any situation. All our guides speak fluent English and happy to share their deep knowledge of the country and beauty of Nepal with you. We believe in and follow the idea that it's not enough to take visitors to special places or special cultures, we need to provide guides who can get people feel involved in what they are experiencing, explain it thoroughly and keep them entertained. Our main concern is to make your trip in Nepal safe, memorable and fun!