Langtang Valley Trek

Duration: 11 Days | Location: Nepal



Trip at a glance

Category: Langtang Region

Location: Nepal

Duration: 11 Days

Difficulty: Not specified

Trip Style: Trekking & Hiking

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Summary

The Langtang Valley is a beautiful alpine region bordering Tibet. It is popular treking destination in langtang region.langtang-valley-trek/Langtang Lirung/

Overview

Trip Introduction

Langtang Valley Trek is one the famous trekking in Langtang region. It lies in the northern part of Nepal. Lifestyle of People living in Langtang valley are from Tibetan and they have similar culture with Tibet. This trek is one of the best trekking destination in Langtang region.There are other trekking route in this region like. Everest view trek

Langtang Valley Trek starts from syabru bensi which takes about 9 hrs drive from capital of Nepal Kathmandu. The driving starts at 7 am in the morning from Machhapokhari. It is 11 days trek to Langtang valley. The major attraction of this trek is Langtang National Park which was established in 1976 as Nepals first Himalaya National Park and Nepals forth protected area.There are very beautiful landscape terrace and superb view of Mountains, Langtang Lirung(7246 m) to the north, Gang Chhenpo (6388 m) to the south and Dorje Lhakpa (6990m). The people living in this village are friendly and welcomes the valuable clients with warm hearten, beautiful smile on the face with their typical dress and cultural. There is a viewpoint at Goljung pass from where we can view of Langtang and Kerung (Tibet) can be awe-inspiring and the hot spring (Tatopani) Everest View TrekGhorepani poon hill trek

On the way to Langtang valley trek we will see varieties of natural beauties. The rhododendron tress and the bamboos makes you feel more energetic to go high up in the mountains. The running river from langtang valley and the main source of water is snow of Mountains. Syabrubensi, Lama hotel, Ghodetabela, Langtangvalley are the villages that we will pass on the way. After reaching to Langtang valley trek we will return through the same trail. Gosainkunda lake trek

Day by day itinerary

Trip Itinerary

Day 01: Arrive Kathmandu and transfer to hotel.

Day 02: Kathmandu to Syabru Bensi (1462m) 8 Hrs drive.

Day 03: Syabru Bensi to Lama Hotel (2470m).

Day 04: Lama Hotel to Langtang village (3430m).

Day 05: Langtang village to Kyanjin Gompa (3870m).

Day 06: Kyanjin Gompa to Lama Hotel.

Day 07: Lama Hotel to Thulo Syabru.

Day 08: Thulo Syabru Gaon to Dhunche.

Day 09: Dhunche to Kathmandu.

Day 10: Final Departure, transfer to airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holder.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).
- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Trek daily wages, Guide and poter while trekking.

- Accommodation in tea house or lodge.
- First aid kit.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges. Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.

- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness

- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trekking Region: Langtang Region.

Trip Name: Langtang Valley Trek.

Total Duration: 11 Days.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Mode of Trek: Tea house.

Highest access of the trek: 4600m (Lauribinayak Pass).

Himalayan Views: Langtang, Langtang Lirung, Gosainkunda, etc.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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