



LANGTANG VALLEY TREK

10 DAYS **\$699**

PROVIDED BY



DESTINATION INFO

NEPAL

- **Weather:** The best time to trek in Nepal is October-November and Feb-May
- **Capital:** Kathmandu
- **Safety:** Relatively safe, however exercise precaution
- **Time zone change:** +5:45hrs GMT
- **Dress code:** Avoid clothing that is too revealing. Temples require to cover between shoulders and knees. Whilst trekking appropriate gear is essential
- **Visas:** Visa on arrival for up to 15 days USD 30 or up to 30 days USD 50
- **Covid & Vaccines :** Covid vaccine or PCR test not required. Hepatitis A, Diphtheria, Tetanus and Typhoid
- **Validity of passport:** 6 months



COUNTRY INFO

NEPAL

Nepal is located in Central Asia and lies in-between China (Tibet) in North and India in South. Country is rich of culture, is home of Buddhism, has many temples and absolutely stunning nature.

Nepal is home to the world's highest peaks including Everest (8848m). It is a very popular trekking destination and dream for the most mountaineers. As many say, Nepal is "the roof of the world" and majority of the country lies in Himalayas.

Climate in Nepal varies from hot summers to freezing temperatures in high altitudes in Himalayas.

There are many popular trekking routes in Nepal such as Annapurna Circuit and Base Camp, Everest Base Camp and Langtang Valley.

ANNAPURNA REGION

There are 2 treks you can complete - the most popular route in Nepal - Annapurna Circuit or Annapurna Base Camp. To get to Annapurna region you can fly to Pokhara which takes 30 min or take a tourist bus of 7 hours. Full Annapurna Circuit takes 22 days or you can shorten it to approximately 7-12 days. This trek goes around Annapurna Massif and scenery will change every day. You will also be crossing Thorong La pass of 5416 meters. Another popular trek is to Annapurna Base Camp that takes around 7 days and goes to the base camp and back. Both treks are considered to be moderately difficult.

EVEREST REGION

Everest Base Camp is definitely a dream of many. You can either opt to fly to Lukla, drive or take a helicopter ride - options are endless. Trek takes approximately 14 days but can be shortened if you chose one of the flying options. Everest base camp is located at 5364 meters.

LANGTANG VALLEY

If you want a relatively easy trek that takes 8 days and is only short 6-8 hour drive away from Kathmandu then Langtang Valley is for you. The hike is simple 3 days up to Kyangjing Gumpa and 3 days back down. On day 4 you can opt to hike Tsergo Ri of 5033m. Langtang Valley was completely demolished in 2015 earthquake but has been rebuilt and you can enjoy amazing scenery along the way.

LANGTANG VALLEY

LANGTANG VALLEY 10 DAY TREK IS AN ELEMENTARY LEVEL TRIP PLANNED TO SUIT ALL KINDS OF TRAVELERS WITH NO PRIOR TREKKING EXPERIENCE. FURTHERMORE, IT IS AVAILABLE ALL YEAR LONG EXCEPT FOR MONSOON SEASONS. THE SCENIC TRAIL HERE FEATURES WILDFLOWERS AND RHODODENDRONS BLOOMING IN THE FOREGROUND WHILE LANGTANG MOUNTAINS AND GLACIERS COVER THE BACKGROUND. THE LANGTANG VALLEY LIES IN THE RASUWA DISTRICT, SOME 80 KILOMETERS NORTH OF **THE KATHMANDU VALLEY**.

THE VALLEY ITSELF LIES WITHIN THE **LANGTANG NATIONAL PARK** THAT BORDERS THE **TIBET AUTONOMOUS REGION OF CHINA**. ADDITIONALLY, THE PARK IS ALSO COVERED WITH DENSE FOREST. HERE WIDE VARIETIES OF FLORA INCLUDES THE DECIDUOUS OAK AND MAPLE, EVERGREENS LIKE PINE, AND VARIOUS TYPES OF RHODODENDRONS. ANIMAL LIFE HERE INCLUDES THE HIMALAYAN BLACK BEAR, HIMALAYAN TAHR, ASSAM MACAQUE, SNOW LEOPARD, YAK, RED PANDA AND MORE THAN 250 SPECIES OF BIRDS.

DURING YOUR TRIP YOU WILL BE PASSING THROUGH SYABRUBESI, LAMA HOTEL, LANGTANG VILLAGE AND KYANJIN GOMPA, AN ANCIENT MONASTERY. MOREOVER, THE TRIP ALSO INCLUDES A MORNING HIKE TO **TSENGO RI (5033 M)**. IT IS A HIGH VIEWPOINT FAMOUS FOR ITS SUNRISE AND MOUNTAINS IN THE VALLEY. THE VISIBLE RANGE OF MOUNTAINS HERE INCLUDE DORJE LAKPA (6990 M), LANGTANG RI (6370 M) AND LANGTANG LIRUNG (7245 M).



ITINERARY

DAY1 - ARRIVAL IN KATHMANDU (MAX ALTITUDE: 1350M)

- On the first day of your trip, you will be arriving in Kathmandu via Tribhuvan International Airport (TIA). A Cordial Trek representative will greet and pick you up from the airport. You will then check into a hotel and be briefed about your upcoming trek and get introduced to your guide.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** None

DAY2 - TRAVEL FROM KATHMANDU TO SYABRUBESI (MAX ALTITUDE: 1550M)

- On the second day of your trip, you will be on a 7-8 hours scenic drive from Kathmandu to Syabrubesi via an air conditioned bus. You will then be exploring the beautiful town of Syabrubesi on the bank of river Langtang in the evening. A guest house in Syabrubesi will be your halt for the night.
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY3 - TREK FROM SYABRUBESI TO LAMA HOTEL (MAX ALTITUDE: 2380M)

- You will begin your day with a 5-6 hours hike from Syabrubesi to Lama Hotel. On your journey, you will be passing through various scenic trails including waterfalls and traditional villages via a few of the suspension bridges as well. A Lama Hotel will be your halt for the night.
- **Approximate Trek Distance:** 11 km / 6.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY4 - TREK FROM LAMA HOTEL TO LANGTANG VILLAGE (MAX ALTITUDE: 3430M)

- On day four, you will be on a 6-7 hours trek from Lama Hotel to Langtang village. On your journey, you will be passing through a dense forest of rhododendrons and pine trees towards Ghoda Tabela (Horse Stable). A guest house in Langtang village will be your halt for the night.
- **Approximate Trek Distance:** 15 km / 9.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY5 - TREK TO KYANJIN GOMPA (MAX ALTITUDE: 3870M)

- You begin your day five with a three hour trek from Langtang village to Kyanjin Gumpa, one of the oldest monasteries in the region. Kyanjin Gumpa offers a panoramic view of the surrounding mountains including Mt. Langtang Ri, Mt. Dorje Lakpa and Mt. Langtang Lirung. A guest house in Kyanjin Gumpa will be your halt for the night.
- **Approximate Trek Distance:** 7 km / 4.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY6 - TREK TO TSERGO RI (MAX ALTITUDE: 5033M)

- On day six you will be on a 7-8 hours round trip from Kyanjin Gumpa to Tsergo Ri (5033 m), the highest viewpoint of the region. It offers a panoramic view of the surrounding mountains including Mt. Langtang Ri, Mt. Dorje Lakpa and Mt. Langtang Lirung. A guest house in Kyanjin Gumpa will be your halt for the night.
- **Approximate Trek Distance:** 11 km / 6.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY7 - TREK BACK TO LAMA HOTEL (MIN ALTITUDE: 2380M)

- On day seven, you will take a 6-7 hours hike back to Lama Hotel. A Lama Hotel will be your halt for the night.
- **Approximate Trek Distance:** 21 km / 13 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY8 - TREK BACK TO SYABRUBESI (MIN ALTITUDE: 1550M)

- You begin your day eight with a 5-6 hour trek from Lama Hotel back to Syabrubesi. A guest house in Syabrubesi will be your halt for the night.
- **Approximate Trek Distance:** 11 km / 6.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY9 - DRIVE BACK TO KATHMANDU (MIN ALTITUDE: 1350M)

- On day nine, you will be taking a 7-8 hour drive from Syabrubesi to Kathmandu.
- In the evening you will be served with a farewell dinner and cultural program. A hotel in Kathmandu will be your halt for the night.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast, Lunch and Dinner

DAY10 - FINAL DEPARTURE

- On day ten you will be awarded with a Trip Certificate and a final farewell. We will then drop you back to the airport three hours before your final departure.
- **Meals:** Breakfast



PRICE INCLUDES

INCLUDED IN THE PRICE:

- Accommodation in Kathmandu
- Airport Transfers
- Company T-shirt
- Cultural Program
- First Aid
- Full Board Meals (Trekking Days) - vegetarian options are available
- Guide and Porter (weight limit is 25kg between 2 travellers so 12.5kg per person)
- Mountain Guest House
- Necessary Equipment (sleeping bag, walking poles)
- Tourist bus
- Travel Permits - (you will not need any additional permits)
- Trekking Map
- Farewell Dinner

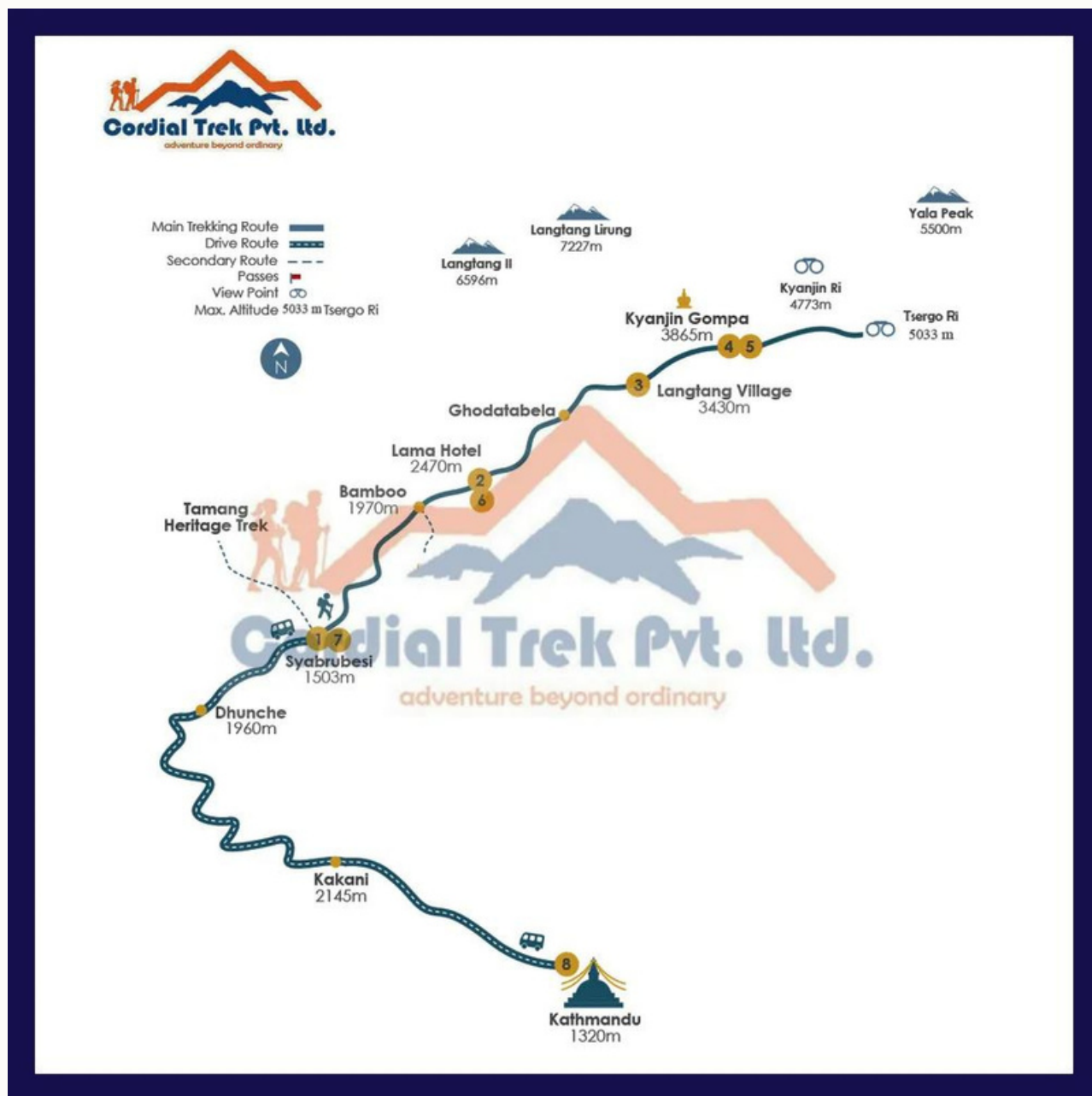
EXCLUSIONS:

- Beverages
- Gratitude for Guide and Porter
- Insurance (recommended with helicopter rescue)
- Lunch & Dinner in Kathmandu
- Nepal Visa (can be purchased on arrival)
- Personal Expenses

FAQS

- For solo travellers, an additional USD 200 will be charged
- This is a moderately challenging trek
- This is 10 day and 9 night trek for the price of USD 699

TREK MAP



PACKING LIST

CLOTHING

- Clothing (leggings, shorts, hiking pants, fleece pants for sleeping and layering on colder days)
- Fleece jumper
- Rain jacket and rain pants
- Light dune jacket
- Hat and a beanie
- Gloves (for Tsergo Ri)
- Hiking boots (I also had a pair of trainers) and flip flops for evenings and going to a shower
- Some t-shirts and long sleeve thermo layer
- Socks and underwear In lower altitudes you can wash your clothing and air dry or in higher altitudes hang it in the common room over the fireplace.

HYGIENE

- Quick dry towel
- Sheet pocket soap and fabric wash (most outdoor stores sell them)
- Wet wipes and hand sanitiser
- Toilet paper (most places will sell it on the trek, but you will not find any in the toilets)
- Personal hygiene items (toothbrush, deodorant etc)
- SPF
- Mosquito spray

HIKING SPECIFIC AND OTHER

- Headlamp (for evenings going to outside toilet/ hiking Tsergo Ri)
- Water bottle
- Backpack
- External battery and adapter (most places have outlets however not all)
- Water purification tablets (you can refill your water bottle along the way in any tea houses, however it is recommended to use water purification tablets)
- Sleeping bag (company may provide you with one) - we used them at higher altitudes
- First aid kit (plasters, medicine, altitude sickness tablets)
- Neck scarf (useful when hiking Tsergo Ri)
- Hiking poles (we did not use them but many people did)
- Camera, phone

**If you have forgotten to buy something, you will find most things in Kathmandu to buy.*