

Langtang Valley to Kyanjin Gompa Trek



Langtang valley framed by the spectacular snow clad peaks on backdrop of towering mountains marvels with the heavenly beauty compilation rich flora& fauna, eye catching glimpses of waterfalls tumbling from the top of the hill, fiery rivers with hard waves and splashing sounds perfectly matched with the adorable culture, tradition, religion of the highly respected Tamang community with their unwavering passion and respect for their culture and religion as well as the never dying demeanor.

The less trodden trail of the **Langtang valley** that could be easily accessed from the Kathmandu driving on windy and bumpy road of the mountainous roads where bus jumps frequently due to potholes on the roads takes on the amazing valley which is like natural Pandora box that tames the magical beauty of the alpine terrain, rustic villages, swinging bridges above the thunderous gorges, yak pasture waiting to unfurl for the adventurer, trekkers, nature lovers.

Apart from the natural beauty that ignites the ecstasy, zeal and energy for the nature lovers like natural elixir, **Langtang valley trek** with Kyanjing immerses the trekkers on the rich culture, religion ingrained to Tibetan Buddhism exploring the monasteries, stupas, chortens draped with fluttering prayer flags spreading the message of peace and harmony.

Duration: 10 days

Price: \$910

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Langtang

Date & Prices:

Start Date	End Date	Price
12th Mar, 2020, Thursday	23rd Mar, 2020, Monday	\$910
09th Apr, 2020, Thursday	20th Apr, 2020, Monday	\$910
14th May, 2020, Thursday	25th May, 2020, Monday	\$910
10th Sep, 2020, Thursday	21st Sep, 2020, Monday	\$910
08th Oct, 2020, Thursday	19th Oct, 2020, Monday	\$910
12th Nov, 2020, Thursday	23rd Nov, 2020, Monday	\$910

Equipment Lists:

Recommended equipment list: Trekkers need to provide their own personal clothing and equipment. Some items of equipment are available for hire from us as like Down Jacke

Footwear : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes

Clothing : Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

Other equipment: Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare batteries, chargers, lip salve, gaiters.

Other items: Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, memory cards, chargers and personal medical kit

Itinerary:

Day 1: Arrival in Kathmandu Overnight in hotel

After the arrival at the airport, our representative who will be present at the airport showing the placard of your name will pick up at the airport. And drive you to the hotel. On arrival check-in at the hotel where you will be accommodated during your Kathmandu stay. Overnight stay at Kathmandu.

Day 2: Drive to Syabrubesi Overnight in trekking lodge

Breakfast at the hotel. After breakfast, 8 hours' drive from Kathmandu to Syabrubesi which is the starting point of the trek, heading north on the windy road running at the bank of Trisuli river. You can go either by public bus or private vehicle but private vehicles are safe and highly recommended. You can observe the Chilime hydropower plant on Syabrubesi designed on the run-of-the-river model. Overnight at the Hotel. We will cover **120 kilometers** during the journey.

Day 3: Syabrubeshi to Lama Hotel Overnight in trekking lodge

After breakfast, we trek from Syabrubesi and cross Bhotekoshi and follow Langtang Khola for the gradual climb up to Bamboo and pass through landslide to reach Lama Hotel located at the elevation of **2470 meters** from sea level. During the **6-7 hours trek**, we

gain an **altitude of 1000 meters** covering **11.3 kilometers** to reach the Lama Hotel overnight.

Day 4: Lama Hotel to Langtang Village. Overnight in trekking lodge

After breakfast, we leave Lama Hotel and head toward Langtang village via GhoreTabela to enjoy the amazing scenery of green meadows utilized to graze Yak and for livestock of local people. We explore graceful monastery on way to Langtang valley. On **5-6 hours today** trek, we cover **14.8 kilometers** gaining the **altitude of almost 950 meters** for the overnight at Langtang valley

Day 5: Langtang valley to Kyanjin Gompa Overnight in trekking lodge

After breakfast, continue the trek on the gradual uphill trail that crosses green pasture as well as other tiny villages Mondoo, singdum for the overnight at Kyanjing Gompa. During the **4-5 hours trek**, we cross **6.8 kilometers distance** to reach Kyanjing Gompa; beautiful village encircled by towering Kyanjing Ri and Tserko Ri and we **gain the altitude of almost 500 meters** from yesterday overnight venue. We will explore the traditional Yak cheese factory on Kyanjing Gompa.

Day 6: Explore around Kyanjin Gompa and climb to Tsergo Ri Overnight in trekking lodge

Today is rest day at Kyanjing Gompa for acclimatization. And we will ascend to Tserko Ri and enjoy the scenic beauty from the top of the hill then descend to Kyanjing for overnight stay.

Day 7: Kyanjin Gompa to Lama Hotel Overnight in trekking lodge

After breakfast, the trek from Kyanjing Gompa on the downhill trail to reach Lama Hotel as from today onwards we will gradually descend to reach the next destination for the overnight. During the **7-8 hours trek**, we cross **20.6 kilometers distance** where we descend **almost 1300 meters** we will pass through forests and culturally adorned villages enjoying the different views of the snowy peaks.

Day 8: Lama Hotel to Syabrubeshi via Sherapagaon and Khangjim Overnight in trekking lodge

After breakfast, we leave Lama Hotel retracing the trail on **4-5 hours trek** on the descending trail as we **descend 1100 meters** from previous overnight destination and we pass beautiful village Sherpagaon, Kyanjim to reach the Syabrubesi to indicate the end of the trek. We **cover 10.9 kilometers distance** on the trek.

Day 9: Drive back to Kathmandu Overnight in Hotel

After breakfast, return drive to Kathmandu taking **almost 9 hours**.

Day 10: Final Day - Flight Home

We will drive you to airport according to your scheduled flight.

Cost Include:

- Airport pick-up & drop-off transportation by private vehicle
- Twin/Double sharing accommodation at Kathmandu in 2-3 star hotel with breakfast & all taxes
- Kathmandu / Syabrubeshi / Kathmandu by local bus
- Accommodation in trekking lodges during the trek
- Meals – Breakfast with 2 cups of tea/ coffee, and lunch, dinner – during the trek
- Sleeping bag
- Trekking map for group
- TIMS

- National Park entrance fee
- A First Aid and Eco trained and government licensed English speaking guide
- One porter between each two members
- Accommodation, meals, salary, equipment, transportation and insurance for the trekking staff
- All government taxes.
- Farewell dinner

Cost exclude:

- International airfare
- Nepal Visa fee (US\$ 50 per person for 30 days)
- Lunch/Dinner in Kathmandu
- Medical evacuation in case of emergency
- Personal gears & clothing
- Tips for Nepali staffs
- Soft/hard drinks
- Drinking Water, electricity bill, hot shower during trek
- Any expenses of personal nature
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Medical & Travel insurance
- Anything not specified in the Cost Include section