



## **Langtang Valley Trek - Overview**

Duration : 8D

Destination : Langtang

Group Size : Any Private Group

Transportation : Tourist Bus

Activity : Trekking

Best Season : March to May and from September to November.

Accommodation : Hotel

Meals : Breakfast/Lunch/Dinner/Snack

## **Langtang Valley Trek - Itinerary**

### **Day 1: Kathmandu to Syabrubesi (1,550m)**

Take a scenic drive from Kathmandu to Syabrubesi, which takes about 7-8 hours. The road winds through beautiful villages, hills, and forests.

### **Day 2: Syabrubesi to Lama Hotel (2,380m)**

Start the trek with a gentle climb through the forests of oak and rhododendron. The trail passes through small villages and crosses several streams before reaching Lama Hotel, which is a small settlement with teahouses.

### **Day 3: Lama Hotel to Langtang Village (3,430m)**

The trail continues through dense forests and crosses a few suspension bridges. After crossing the bridge over the Langtang Khola, the trail ascends through the village of Ghoda Tabela and reaches Langtang Village, which is the main village of the region.

### **Day 4: Langtang Village to Kyanjin Gomba (3,800m)**

The trail gradually climbs up the valley and passes through several mani walls and shortens. After crossing the Langtang Khola, the trail leads to Kyanjin Gomba, a beautiful Buddhist monastery surrounded by majestic Himalayan peaks.

## **Day 5: Exploration day at Kyanjin Gomba**

This day is reserved for exploring the surrounding areas of Kyanjin Gomba. You can hike up to Tserko Ri (5,033m) for stunning views of the Langtang range or visit the nearby cheese factory, which produces cheese using traditional methods.

## **Day 6: Kyanjin Gomba to Lama Hotel**

The trail retraces back to Lama Hotel, which takes about 6-7 hours. You will be descending most of the way, and the trail passes through beautiful forests and rivers.

## **Day 7: Lama Hotel to Syabrubesi**

The trail continues to descend down to Syabrubesi, which takes about 5-6 hours. You can relax and explore the town in the evening.

## **Day 8: Syabrubesi to Kathmandu**

Take a scenic drive back to Kathmandu, which takes about 7-8 hours. You can spend the evening exploring the vibrant streets of Kathmandu.

# **Langtang Valley Trek - FAQs**

### **1. How difficult is the Langtang Valley Trek?**

The Langtang Valley Trek is considered to be a moderate-level trek. The trail is well-defined, but there are some steep ascents and descents. You should have a reasonable level of fitness to undertake this trek.

### **2. What is the best time to do the Langtang Valley Trek?**

The best time to do the Langtang Valley Trek is from March to May and from September to November. During these months, the weather is generally clear and dry, with beautiful views of the mountains.

### **3. Do I need any permits for the Langtang Valley Trek?**

Yes, you need a Langtang National Park entry permit and a TIMS (Trekking Information Management System) card to do the Langtang Valley Trek. Your trekking company will arrange these permits for you.

### **4. What kind of accommodation is available during the trek?**

Accommodation during the Langtang Valley Trek is in teahouses, which are basic lodges with shared rooms and bathrooms. Most teahouses provide a blanket, pillow, and mattress, but it's advisable to bring your own sleeping bag.

### **5. Do I need a guide for the Langtang Valley Trek?**

While it's possible to do the Langtang Valley Trek independently, it's highly recommended to hire a licensed guide for your safety and convenience. A guide can help you navigate the trail, arrange accommodation, and provide valuable information about the region.

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