

LANGTANG VALLEY TREK





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TRIP HIGHLIGHTS

The promising 360° panoramic views of the sky stabbing Himalayas as you summit Kyenjing Ri (4,950m) or Tserko Ri (5,000m).

The world-famous Langtang National Park whose distinctive features include over a thousand species of beautiful flora, sub-tropical rhododendron blossoms, scenic woodlands with majestic waterfalls; hidden hot springs; and the naughty langur monkeys and red pandas.

A close up into Himalayan dwelling ethnic groups like Tamang, Sherpa, and Newari; whose thousand year's presence amidst ostentatious mountains has its very own culture to explore.

Hiking through Swiss-style alpine pastures to the foot of a huge glacier at Langshisa Kharka.

cultural heritages and sacred religious monuments, including centuries-old ornate Buddhist monasteries, prayer wheels, and Buddhist inscribed Mani walls



Trip Duration

9 days

Grade

Medium

Max. Alt.

5,000m

Summary

9 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 7 nights teahouse on trekking trail

WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

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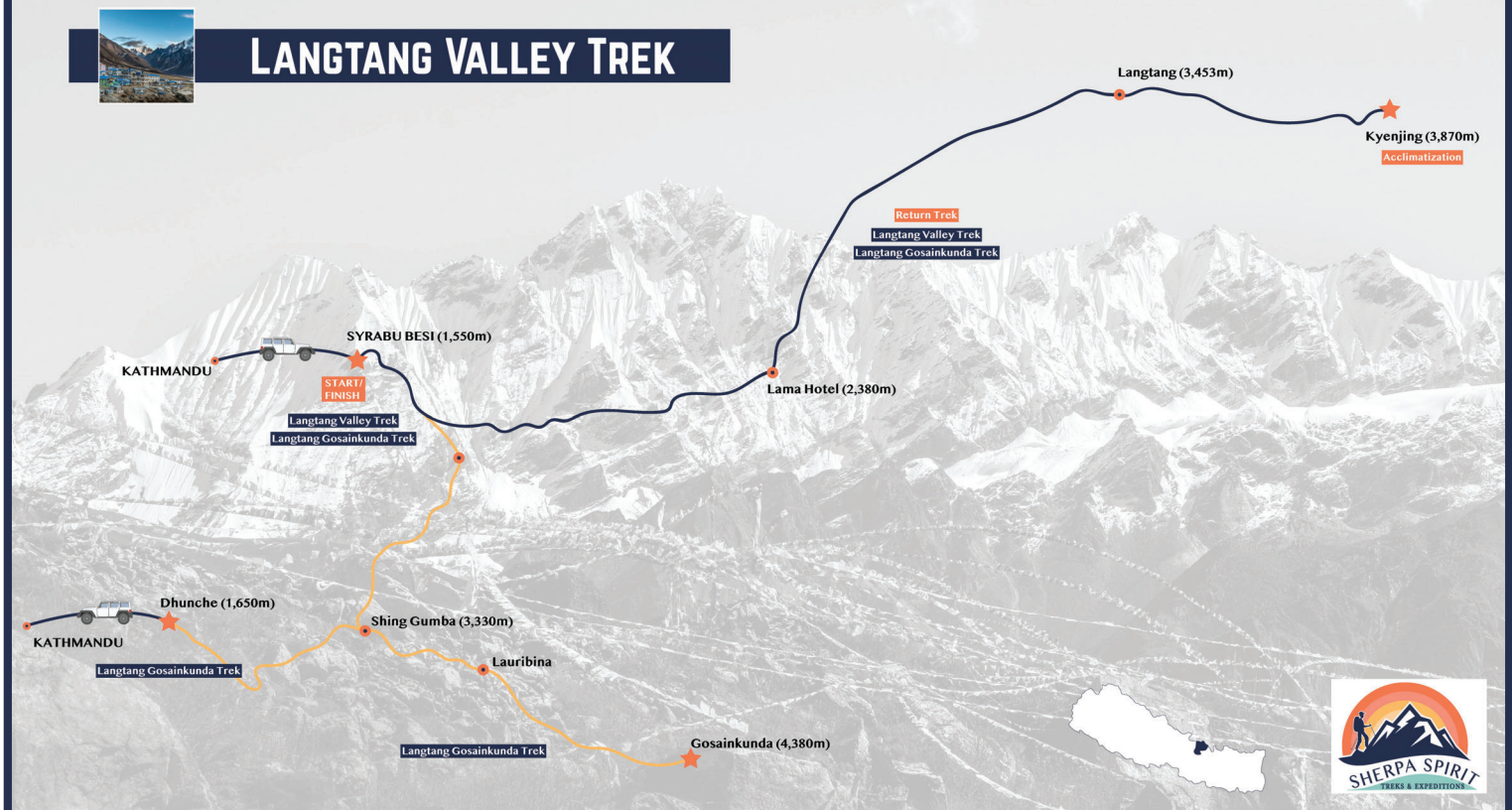
SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Langtang is a sublime, tapering valley located just 120km from Kathmandu. Lying between Tibet to the north and snow-clad mountains to the south, Langtang impresses with over 60 glaciers at low altitude, sky-piercing peaks shadowing the captivating yak pastures, bucolic mountain tribes, scenic woodlands with mystified waterfalls, hot springs, ornate Buddhist monasteries along the way; and much more in a reasonable span of time. Langtang Trek really is an all-in-one package!

The Langtang Trek is easily accessible from Kathmandu compared to the Everest Base Camp or Annapurna Circuit treks. If you're short on time but want a sensuous experience of the widely acclaimed Himalayas, then this itinerary is for you! With the ascent guided by awe-inspiring close-up sights of Langtang Lirung (7246m), Kimshung (6781m), and Langshisha Ri (6370m), this trek takes you through Himalayan dwelling ethnic groups like the Tamang, Sherpa, and Newari; whose thousand years presence amidst ostentatious mountains has its very own culture to explore. And once you're trekking through the forest, the melody of the gushing Langtang River will travel by your side for some time. Don't turn your eyes away if you happen to see a Red Panda clinging on to the bamboo; they're exceptionally rare and may pull out a great acrobatic move just for you!

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AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Kathmandu to Syabru Besi by private vehicle
Day 3	Syabru Besi to Lama Hotel
Day 4	Lama Hotel to Langtang
Day 5	Langtang to Kyenjing
Day 6	Acclimatisation and rest day in Kyenjing
Day 7	Kyenjing to Lama Hotel
Day 8	Lama Hotel to Syabru Besi
Day 9	Syabru Besi to Kathmandu by tourist bus
Departure	Departure

WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ All road transport required for the purposes of completing the trek
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (ACAP, TIMS card)
- ✓ All government & local taxes

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QUICK FACTS

Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

TRIP HIGHLIGHTS

- ✓ Take in the promising 360° panoramic views of the sky stabbing Himalayas as you summit Kyenjing Ri (4,950m) or Tserko Ri (5,000m). It's a spectacular non-technical hike from Kyanjing gumba, which can be embarked on by any age group.
- ✓ Discover the world-famous Langtang National Park whose distinctive features include over a thousand species of beautiful flora. The natural diversity of this trek is sure to indulge all nature seekers in a most sensuous natural experience as you traverse through sub-tropical rhododendron blossoms and scenic woodlands with majestic waterfalls; discover hidden hot springs; and get up close and personal with the natural habitats of naughty langur monkeys and red pandas.
- ✓ Visit several cultural heritages and sacred religious monuments, including centuries-old ornate Buddhist monasteries, prayer wheels, and Buddhist inscribed Mani walls for a blessed adventure.
- ✓ Hiking through Swiss-style alpine pastures to the foot of a huge glacier at Langshisa Kharka. You might discover some hot springs in Pairo as well. Perfect for soothing aching muscles, or at least dipping your travel worn feet!
- ✓ Take a moment to savour a hot cinnamon roll or an alfresco plate of Nak cheese while admiring the views of Langtang Lirung Himal (7,246m) at Kyanjing Gumba.
- ✓ A close up into Himalayan dwelling ethnic groups like Tamang, Sherpa, and Newari; whose thousand year's presence amidst ostentatious mountains has its very own culture to explore.
- ✓ Enjoy a tasty and rejuvenating yeasty cheese at 3,500 meters from the first and the finest Gumpa Cheese Factory. And if you feel thirsty along the way, the Himalayan mineral-rich water is a stomach enlightener on the Langtang Trek!
- ✓ Get to see the exotic wild beehives on the cliff sides of the mountains, made by the Himalayan honey bees. Extracted from the nectar of various rhododendron trees and countless flowers, it is a pure delight to have on the way. But don't eat too much - it has the strange side effect of intoxication!

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TRIP GRADING

Medium

This trek is rated as Medium. Although it involves numerous, consecutive days of walking, the daily distance and time spent trekking is less than other trails. This trek climbs to high elevations (above 3,000m) and there is a risk of altitude sickness, however the number of days spent at high elevations is minimal. You will be required to walk steep, unsteady trails, both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a daypack weighing up to 10kg.

ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DETAILED ITINERARY

ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

DAY 2 *Kathmandu (1,350m) to Syabru Besi (1,550m: 8 hours)*

We'll set off early in the morning towards Syabru Besi in our own private jeep. This 141km journey will consist of both an on-road and off-road adventurous ride with scenic views of Ganesh Himal and Annapurna Himalayas. You'll get to see rural villages exquisitely depicting the local culture, pass through rolling rice fields, steep mountainous routes and travel across the Chilime Hydropower plant to reach out overnight accommodation at Syabru Besi.

DAY 3 *Syabru Besi (1,550m) to Lama Hotel (2,380m: 6 hours)*

Once you're done with breakfast, it's time to get your legs moving for a great adventure. Today you'll descend across a steel suspension bridge over Bhote Koshi River which winds all the way down from Tibet. The trail soon gets exciting, especially for nature seekers, as we navigate our way to higher lands through sub-tropical rhododendron forest, scenic woodlands with majestic waterfalls, hidden hot springs, and through the natural habitat of naughty langur monkeys and red pandas. The day will wind down as we hike the canyons aside the gushing Langtang Khola River until you reach your cozy warm bed in our teahouse accommodation in Lama Hotel.

DAY 4 *Lama Hotel (2,380m) to Langtang (3,543m: 6-7 hours)*

Feel closer to nature as we find our way through a lush green pine forest on our ascent towards Langtang, with Langtang Khola rushing alongside the canyon. We'll lighten the mood after an hour or so with a warm cup of tea beneath the alpine trees while the river slides calmly in the foreground. Today's trek further leads us to Kortabela where you can amaze in the long-awaited view of Langtang Lirung. End your day by stretching your legs and satiating your trekker's appetite with a nice hot plate of Dahl Bhat.

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DAY 5 *Langtang (3,543m) to Kyanjing (3,870m: 3-4 hours)*

As we proceed trekking towards the scenic valley of Kyanjin our view of the picturesque valley will begin to broaden. Today will be a relatively short trek in which you will come across lush and exotic yak pastures and Buddhist Mani walls, which are made up of stones of varying sizes carved or painted with Tibetan Buddhist inscriptions. Crossing into Kyanjing, we'll cross a suspension bridge over a mountain river that guarantees a splendid view of ice fall from a nearby mountain. As you approach closer to Kyanjin, the breathtaking view of snowy capped Langtang Lirung starts to unveil.

Don't forget to stop by the prayer wheel that operates with running water to get good vibes for the journey ahead - myths say that the prayer wheel accumulates good karma (wisdom) and purifies bad karma (negativity).

DAY 6 *Acclimatization and rest day in Kyanjing (3,870m)*

Start your day with a sweet retreat in the heart of the Himalayas, take a deep breath and imagine rolling down the deep abyss of the Himalayas. After you're done with an early morning wander (or a sleep in!), we will head off on a day hike to Tserko Ri (5,033m) which is approximately a 4 hour hike from Kyanjin Gomba. The 360° panoramic viewpoint makes it absolutely worth it to summit! It might be a little challenging for some people, but it's a non-technical hike that offers astounding views of sky stabbing peaks, the most prominent amongst them being Langtang Lirung (7,234m). Continue your acclimatization day by exploring the centuries-old Kyanjing Gomba (monastery) depicting the colorful traditions and culture of Nepal or visit the world's only cheese factory at 3,500 meters! Gomba's yeasty cheese is simply mouthwatering!

DAY 7 *Kyanjing (3,870m) to Lama Hotel (2,380m: 6-7 hours)*

As we bid farewell to the serene Langtang valley, we begin to retrace our way back to Lama Hotel. Pass through familiar alpine pastures or navigate through local communities. The Tamang people are considered very friendly. Be sure to listen in to them as they may have some very interesting stories to tell!

Our descent will be much smoother and quicker, so you can visit any areas previously unchecked or missed. We'll stop by at the Earthquake monument to offer our prayers for those who lost their lives in the devastating earthquake of 2015, which wiped away the whole Langtang village. The remains of the village are still to be found in the landslide wreckage.

DAY 8 *Lama Hotel (2,380m) to Syabru Besi (1,550m: 4-5 hours)*

Our last descent of the trek towards Syabru Besi! After breakfast, you'll continue descending downwards from Renche through the village of Sherpagaon. This will be the last trek on this route, so take your time to wave goodbye to the Himalayas while maintaining a comfortable pace. Don't miss this final opportunity to click a dazzling Instagram of you adventuring in the Langtang Region!

DAY 9 *Syabru Besi (1,550m) to Kathmandu (1,350m: 8 hours)*

We want to offer you the most of your time in Nepal, and the opportunity to experience as much as you can. So today we make the long bus journey back to Kathmandu, taking a final chance to breathe in the mountains, winding roads, terraced farms, small towns, and roadside villages. Depending on the time we arrive back, you can take the afternoon to yourself to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

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DEPARTURE *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

OTHER OPTIONS

Want the ultimate cultural experience?

Why not plan your trip to coincide with local festivals such as Janai Purnima, Dmje, Mani Rimdu, Buddha Jayanti (Birthday of Lord Buddha), Gyalpo Lhosar (Sherpa Tibetan New Year) or Sonam Lhosar (Tamang Tibetan New Year). Just **Contact Us** to find out more about these festivals and when they fall each year.

COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

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DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please [Contact Us](#) for a customised itinerary.

EQUIPMENT REQUIRED

Please refer to our website for a detailed [Equipment Checklist](#). This list will also be provided to you after booking.

VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

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The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the **Nepal Department of Immigration** website, for all questions regarding visa entry requirements in Nepal.

SOCIAL NETWORKING

Connect with us on Social Media

FACEBOOK: @sherpaspirittreks

INSTAGRAM: @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

www.sherpaspirit.com

TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.