



Itinerary for Langtang valley trekking - Scenic Route

Day 1

Arrival Arrive at Tribhuwan international airport (1380m)

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at the hotel

Our company representative will assist you to transfer to hotel, tonight briefing about Langtang trekking by your guide.

Day 2

UNESCO world Heritage sightseeing

- Altitude – 1380 meters
- Special – Kathmandu City Tour
- Time – full day
- Activity – Sightseeing UNESCO world heritage sites

Kathmandu sightseeing with Guide in an A/C car (Pasupatinath, Buddhanath, Monkey temple and Kathmandu durbar square) & in afternoon Preparation for Langtang valley trekking

Day 3

Drive from Kathmandu to Syabru Bensi (1450m)

- Altitude – 1450 meters
- Special – Scenic views of river valley, waterfall and snow-capped mountains
- Time – 8 hours
- Activity – Travelling in Bus

Today you will be traveling in the bus or jeep, it will take about 5-8 hours with lunch break. Narrow hilly road and bumpy ride will give scenic view of river valley, waterfalls and snowcapped mountains being near to National park and its check point of Nepal Army. For your information the roads are improving as this road connects one of the Nepali borders with China via Kerung.

Day 4

Trekking starts from Syapru Bensi to Sherpa Gaun (2550meters)

- Altitude – 2550 meters
- Special – View of diverse landscapes
- Time – 6 hours hike
- Activity – Trekking uphill



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This day looks like tough (as you need to ascent uphill in the very first day of the trek), but it will help you to be acclimatized and gives unreal view of the mountain & landscape. The more you get higher the view will be awesome and you will forget the pain of walking little more uphill. One of the important factors of this uphill is; most of your energy at the beginning is more at any cost; and walking hard terrain in the beginning is always a great idea in multi-day trek. Your pace might be slower, but once you get to Sherpa gaun, you will forget everything and soak in the beauty of nature and amaze with how big is the river valley in front of you. From today till the last day of the trekking you will explore village, stay at the local owned tea houses. There will be menu at every eating places from which you will be choosing your lunch dinner and breakfast, which is included if you buy our normal package. You will be following trekking guide, who helps you from choosing food to sleeping warm. You are free to decide on your own but listening to your guide is always wise. Your porter will be carrying your luggage where you need to carry a small bag-pack with drinking water, camera, sun screen and your daily usable stuff. Do not worry while traveling with Nepalgram Adventure, but do not forget to eat more and drink enough.

Day 5

Trek from Sherpa gaun to Ghoda Tabela (3040m)

- Altitude – 3040 meters
- Special – Trekking towards Ghoda Tabela
- Time – 6 hours
- Activity – Trekking through forest

Sherpa Gaun is a small village, literally Sherpa Gaun translates to Sherpa Village. After breakfast at Sherpa Gaun we start our trek to Ghoda Tabela. Ghoda Tabela Translates to horse stable. It will take around 6 hours to get to Ghoda Tabela, most of the walk is by the side of Langtang river through the forest and passing by couple of villages. There is a army check post at Ghoda Tabela.

Day 6

From Ghoda Tabela to Kyanjin Gumpa (3900m)

- Altitude – 3900 meters
- Special – Kyanjing village
- Time – 5 hours
- Activity – Trekking uphill and later on flat trail

After breakfast at Ghoda Tabela our Langtang Valley trek starts to hit the final destination of trek; Kyanjing Gumpa. Kyanjing village is big village in comparison to what we have seen so far. The name Kyanjing Gumpa comes after a monastery near the village now. Looking back to the history Kyanjing used to be a grazing meadow for



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yaks and people used to keep Yak sheds at this place, but the place where Gompa lies is believed to be one of the place Guru Rimpoche mediated many years ago.

Day 7

Acclimatization, rest and exploring day at Kyanjing (hike up to Kyanjin Ri or Tsergu Ri for 360 degree view of Langtang Range).

- Altitude – 4773 meters
- Special – Kyanjin Ri or Tsergu Ri
- Time – 1/2 hours
- Activity – Short hike to watch 360 degree view of mountains

View of the mountain from your guest house at Kyanjing Gompa is unreal, 360 degree panorama of Langtang range is stunning thing i have ever seen. Most of the mountains above 6000 meters and few of them above 7k looks amazing to anyone. If you are trekking this region in December, even kyanjing will be piled up with snow and scenery looks even better. Mountains and glacier of Langtan Lirung and neighboring mountains are amazing. If you want to get even better view from higher up, your guide will take you to one of the view points. Please read this comparative article to choose one of the climb for better view.

Day 8

Kyanjin Gompa to Lama Hotel (2480m)

- Altitude – 2480 meters
- Special – Lama Hotel
- Time – 7 hours
- Activity – Trekking downhill to reach Lama hotel

Now trekking back to Lama hotel concludes the trekking. Most of the walk today is by the side of the river and through the jungle. It will take approx 8 hours to get back to Lama Hotel. Take gentle steps downhill and screen the beauty of Langtang valley from different prospective.

Day 9

Lama Hotel to Syabrubensi.

- Altitude – 1450 meters
- Special – Hotspring
- Time – 6 hours
- Activity – Trekking by the side of river

Today is the last day of your trek, make it beautiful walk of 6 hours to Syapru.

Syaprubensi is on the side of the river called Kerung Khola, make sure you soak into the



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nature as much as possible. Do not miss to go to hot-spring by the side of the river if you love natural hot-spring in the mountains.

Day 10

Drive back from Syabrubensi to Kathmandu and transfer to hotel.

- Altitude – 1380 meters
- Special – View of waterfall, paddy field and river valley
- Time – 9 hours
- Activity – Travelling in bus and Relax at hotel in kathmandu

Drive will take about 9 hours, but government of Nepal is improving this road. After completion of road connecting Nepal – China travel time will be around 5 hours. View of waterfall, paddy field and river valley is nice on the drive back to Kathmandu.

Day 11

Departure

- Altitude – 1380 meters
- Time – 30 minutes transfer time from hotel to airport
- Activity – Fly back to your origin country

We will drop you to TIA airport for your final flight departure to home with promise to see you again.



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