



## Langtang Circuit Trek Itinerary

### Day 1

#### Arrival at Tribhuvan international airport (1380m)

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

Company representative will assist you and check in to Hotel. Tonight briefing about Langtang Circuit Trek and following activity.

### Day 2

#### Guided Kathmandu valley sightseeing tour

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

Kathmandu Tour will be with a local (licensed) guide in A/C car. Our guide will take you to major 4 destination of Kathmandu. Swyambhu famous for self-created Buddhist stupa, Boudhnath famous for stupa built on the relics of Kanakmuni Buddha, Pashupatinath famous for Hindu cremation and a holiest place in for Shivaism and Kathmandu Durbar Square famous for the living goddess “Kumari”. Our aim is to give our clients an exotic experience, so we will take you off the common trip, meet locals and tour like locals.

### Day 3

#### Drive Kathmandu – SyabruBensi (1450m); 4-8 hours

- Altitude – 1450 meters
- Special – Scenic view during drive
- Time – 4/8 hours
- Activity – Travelling in bus

Drive by bus is about 8 hours with scenic view of river valley. Whereas, driving with jeep via new road connecting Nepal – China boarder will take 4 hours of drive through the river valley. Once you get near to SyapruBensi you will see snowcapped mountain, one of them is Langtang Lirung. Driving in hilly road with lots of hairpin curve makes interesting travel for a day.

### Day 4

#### Trekking from SyabruBensi – Lama Hotel (2480m)

- Altitude – 2480 meters
- Special – Diverse landscapes and Greenery



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- Time – 6 hours
- Activity – Walking by the side of river

Trekking from Syapru to Lama hotel is While walking on different terrain of land or looking at natural formation of pristine landscape one will certainly make their day worthy. From today, till the end of the trekking you will explore village and 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 Lama Hotel to Langtang (3540m); 6 hours

- Altitude – 3540 meters
- Special – View of mountain
- Time – 6 hours
- Activity – Trekking

Lama hotel is a small village on the side of Langtang River. Riverside is accessible from this village. After breakfast at this village, we walk through the jungle, cross the river once and get back to the same side at Ghoda Tabela. Langtang will look different before and after the earthquake. Today, no tree line starts at Thangsyap village of Langtang. Trekking in Nepal looks dangerous if you imagine how whole village of Langtang was swiped away by avalanche coming from the top of Langtang Lirung (7205meters). Langtang Lirung is the highest mountain of Langtang region.

## Day 6

### Trek from Langtang to KyanjinGompa (3900m); 4 hours

- Altitude – 3900 meters
- Special – Kyanjin village
- Time – 4 hours
- Activity – Trekking mostly on flat road

Trail from Langtang village to Kyanjing looks flat with slow ascend toward the height of 3900 meters. The scenery of 360 degree mountains and no tree line makes today's trekking interesting. Be prepared with the wind coming downhill from the glaciers of Langtang range.



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## Day 7

### Acclimatization, Rest and hiking day

- Altitude – 4984 meters
- Special – panoramic view of mountains
- Time – 45 minutes/1 hour hike
- Activity – short hiking

Motto of acclimatizing is to adapt you for the pass of Laurebinayak. We climb either Kyanjin Ri or Tseku Ri for 360 degree of the surrounding mountains. Himalayan scenery of Langtang Lirung 7245m (the highest of the region), Ganesh Himal 7406m, Nayakhanga 5846m, Dorje Lakpa 6988m, Gangchenpo 6387 m, Yala peak 5500m will make your best day of Langtang circuit trek. If you are looking for the easy trekking in Nepal just hike to Langtang Lirung base camp which is 1 hour away from Kyanjing Village and walk around village. Trekking to Langtang circuit might be an easy pass trekking in Nepal.

## Day 8

### Kyanjin Gompa to Lama Hotel (2480m); 7 hours

- Altitude – 2480 meters
- Special – Scenic view during trek
- Time – 7 hours
- Activity – Trekking downhill

Descending is always easy in lung. We will take the same trail back to Lama Hotel as on our way up. If you have bad knees, let your guide know and s/he will control the pace suitable for everyone in the group.

## Day 9

### From Lama Hotel to Thulo Syabru (2200m); 6 hours

- Altitude – 2200 meters
- Special – Scenic view during trek and exploration of villages
- Time – 8 hours
- Activity – Trekking uphill

Syapru is the real village we will sleep apart from the first day at Syapru Bensi. Do not get confused here, syapru and Syapru Bensi are two different villages; here Bensi is the village on the side of River. Trekking to Thulo Syabru is little bit of climb, take it easy and follow your pace, listen to your body.

## Day 10

### Syabru village to Singh Gompa (3584m)

- Altitude – 3584 meters
- Special – Scenic view of langtang valley



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- Time – 5 hours
- Activity – Trekking through villages

Trekking to Sinngompa will flourish your trekking in Nepal. Today will be a village trek more and less wilderness. Scenery of Langtang valley will look amazing on the way to Sing Gompa.

## Day 11

### Sing Gompa to Gosainkund Lake (4381m); 6 hours

- Altitude – 4381 meters
- Special – View of gosaikunda lake and mountains
- Time – 6 hours
- Activity – Trekking through sherpa village

From the village of Sherpa to the lake in the hidden valley makes the day memorable. Once we get to gosaikunda; we can see Gosaikunda lakes (4,460meter), Himal Chuli (7,893meter,) Manaslu (8,156m), Ganesh Himal (7,406m.) and many other minor mountains. Saraswati Kund, Bhairab Kunda and Gosaikunda are some of the major lakes we can see while climbing towards Gosaikunda village.

All of these lakes we see on our Langtang Circuit Trekking are holy lakes. Once every year; local people come and festival is observed in these lakes, among all Gosaikunda is the major; Gosaikunda Lake is connected with mythical stories of god Shiva.

## Day 12

### Gosaikunda village to Phedi, after passing SuryaKunda Pass (4610); 6 hours

- Altitude – 4610/3780 meters
- Special – Village and mountains
- Time – 6 hours
- Activity – Trekking through villages

After breakfast in the morning we will climb up to pass view point of Gosaikunda then cross the Gosaikunda pass and trek down to Phedi( 3780m). Phedi is base of the mountains in Nepali; the trail passes few other villages like Bheda Goth before getting to Phedi.

## Day 13

### Hiking from Phedi to Tharepati(3690m); 5 hours

- Altitude – 3690 meters
- Special – Ghopte Bhir, Helambu village and mountains
- Time – 5 hours
- Activity – Trekking

We walk gradual downhill through the village and bamboo forest and climb little bit to get to Ghopte Bhir village. Trail after Ghpte Bhir has gradual ups and downs with magnificent view of the mountain and landscape. View of the Helambu Village looks mesmerizing today. We can see



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boarder mountain Sishapangma 8027 meters; 14th highest mountain of the world. Sishapangma is also called Gosainthān in Tibetan Language.

## Day 14

### Trek from Tharepati to Kutumsang(2470m)

- Altitude – 2470 meters
- Special – Scenic view during trek
- Time – 4/6 hours
- Activity – Trekking through forest

Scenery of hills and village along today's trekking trail will pass through forest. If you are trekking in the spring; those forest will look colorful with rhododendron flowers.

## Day 15

### Trekking from Kutumsang to Chisapani(2165m)

- Altitude – 2165 meters
- Special – Nature and culture of surrounding and view of mountains
- Time – 7 hours
- Activity – Trekking

Langtang circuit trekking introduces real Nepal from today's hike. We will walk through several houses and will be able to see the nature and culture at the same time. Our destination Chisapani has great view of wide mountain range. Believe it or not geometry of hills looks mesmerizing.

## Day 16

### Trek to Sundarijal (1460m) from Chisapani and drive to Kathmandu.

- Altitude – 1460/1380 meters
- Special – Shivapuri national park
- Time – 4/5 hours hike and 2 hours drive
- Activity – Trekking and travelling in bus/jeep

Trekking ends to this day with more downhill. We will walk through more villages and colorful forest (in spring trekking season) on the trail and exit national park at the end of the trek. We will enter and exit Shivapuri national park in a single day, today. Shivapuri national park is one of the small National park in Nepal with an area of 159km<sup>2</sup>. This national park conserves Pangolin, leopard, Red panda, yellow throated martin, deer, languor and 250 species of birds. Interesting thing about this national park is that, it is connected with the capital of Nepal, Kathmandu. Celebrate your last day of trekking at Kathmandu. Enjoy your luxury stay back in the city.



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## Day 17

**Our vehicle will drop you to Tribhuwan international airport for onward destination.**

- Time – 30 minutes airport transfer time
- Activity – Flying back to origin

Our representative will drop you the airport.  
We are happy to have you and take you in this tour. But time has come to farewell you with promise to see you again. Have a safe travel back.



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