



Detailed Itinerary for Langtang Valley Trek

Day 1 Arrival

- Altitude – 1350 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

On arrival at Tribhuvan international airport (1350m), our company representative will assist you to check in to your hotel. In brief, s/he will let you know the time and location for the pre-trip meeting about the sightseeing tour, and the Langtang Valley trekking.

Day 2 UNESCO world Heritage sightseeing with Guide in A/C car

- Altitude – 1350 meters
- Special – Kathmandu City Tour
- Time – Full day
- Activity – Sightseeing of UNESCO world heritage sites

Authorized local tour guide will take you around the city of Kathmandu. We will follow the major landmarks of the valley (Pashupatinath, Buddhanath, Monkey temple and Kathmandu durbar square). As a local guide, s/he will take you off the tourist path and make you feel the adventure even in the city tour. Afternoon will be for the last preparations for Langtang Valley trekking.

Day 3 Drive from Kathmandu to SyabruBensi (1450m); 4-6 hours

- Altitude – 1450 meters
- Special – Scenic view during drive
- Time – 4/6 hours
- Activity – Travelling in bus

All day today will be in the bus or jeep; the journey will take about 8 hours. Narrow hill road and bumpy ride will offer scenic views of the river valley as well as snowcapped mountains while you get nearer to the National park check point of Nepal Army.

Day 4 Start of Langtang valley trek from SyabruBensi to Lama Hotel (2480m); 6 hours approx

- Altitude – 2480 meters
- Special – Diverse landscapes and Greenery
- Time – 6 hours
- Activity – Walking by the side of river



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From today till the last day of trekking you will explore villages, and we will stay at the local owned tea house. There will be a menu at every tea house from which you will get to choose your lunch, dinner and breakfast (all included if you buy our normal package). You will be following our trekking guide, who helps you in all things 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, you only need to carry a small day-pack with drinking water, camera, sun screen and other things you will need during the day's trek. You do not need to worry about anything while traveling with Nepalgram Adventure, but always remember to eat and drink enough to keep your energy up.

Day 5

Trek from Lama Hotel to Langtang (3540m); 6 hours approx

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

Today we will start trekking from middle of jungle to no tree zone. Interesting factor of today's trekking is the Langtang village. If you ask your guide about the earthquake of 2015, you can only imagine how Langtang village was, before earthquake. It is completely different now and the evidence of the avalanche devastation is still visible. Apart from this, we will get a nice view of mountains towards North and a spiral river valley in the South.

Day 6

From Langtang to KyanjinGompa (3900m); 4 hours

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

Today is an easy day on the Langtang Valley trek. Langtang valley trekking is said to be an easy trek in Nepal because once trekkers get above 3000m, the trail gets flat and the view gets nicer. Enjoy the short hike and utilize your free time to stroll around Kyanjing Gompa. Kyajing has a few bakeries serving Espresso, Latte, flavored tea and pastries. If you love making new friends while trekking in Nepal, a good way to do that is hang out in a bakery.

Day 7

Acclimatization/Explore/Side Trip of your choice

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



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There are multiple option for today. Walk around the village, hike to the base camp of Langtang Lirung, climb KyanjingRi to 4800 meters, Climb lower Kynajing peak 4500meters, climb TsherguRi 5000 meters, walk towards Tilmang pass (Langshisa Kharka) or climb to the base camp of Nayakyang peak. Hike up to KyanjingRi for 360 degree view of Langtang Range is a popular choice among most of the trekkers. To choose from all these options, you can talk about your wishes with your guide and estimate your stamina for today's exercise. Our guides can give you honest recommendations based on their experience.

Day 8

Kyanjin Gumpa to Lama Hotel (2480m); 7 hours

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

Walking downhill is always easier than climbing up. Walk in your pace and soak in the views of nature, and the way back will be interesting as well. We will take the same trail on our way back.

Day 9

Lama Hotel to Syabrubensi; 5 hours

- Altitude – 1450 meters
- Special – Exploration of village
- Time – 5 hours
- Activity – Trekking and relax at hotel

This last day's hike is ups and down inside the jungle. Tonight in Syaprubensi enjoy your free time and relax, explore the village on your own, or if you are interested to jump in to hot spring, that is also possible in Syaprubensi.

Day 10

Drive back from Syabrubensi to Kathmandu and transfer to hotel.

- Altitude – 1350 meters
- Special – Scenic view during drive
- Time – 4/6 hours
- Activity – Travelling in bus

Driving back along the same road will remind you of a week ago, at this moment you must be feeling more or less accomplished. We hope you liked this itinerary, giving you an easy and general introduction to the Himalayas. We hope to serve you soon again for your next great adventure. Or if you decided trekking is not your cup of tea after all, our adventure tours will surely entertain you.



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Day 11

Rest, guided shopping and relax day in Thamel, Kathmandu.

- Altitude – 1350 meters
- Special – Shopping
- Time – Full day/half day (as per your choice)
- Activity – Shopping and Relax at hotel

To add something extra on your Nepal holidays, we have upgraded our itinerary with a shopping tour in Kathmandu. Apart from trekking and culture, Nepal is also a good place to do shopping. This tour is a great opportunity to get the souvenirs and gifts to take back home. Our local guide will take you to some of the shopping centers available in Kathmandu. Tell your guide about your wishes and s/he will help you find the best selections and prices. If you want to spend this day in the mountain, you can decide now for group joining trek and during the trek for solo trekking, indeed

Day 12

We will drop you to TIA airport for your final flight departure to home.

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

Time has come to farewell you. We will be looking forward to your return to Nepal and wish to see you again on your next adventure. Wish your safe travel.



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