

## Overview

### Langtang Valley Trek Trip Overview

Langtang Valley Trek is a heavenly beautiful classic trekking situated in the high and remote Langtang Valley within Langtang National Park, inhabited by welcoming and culturally rich Tamang people. Their religious practices, language, and dress are very similar to those of Tibet and their cousins' traditions in the middle hills. The area is famous for its pleasant local, unique tradition flavor, Buddhist monasteries and monuments along the way, and spectacular mountain view. This charming Langtang valley trek follows the river upstream through the forest of pine, bamboo, and rhododendron, uphill through pastures to arrive at the alpine meadows of Kyanjin Gumpa where you will get an exceptional mountain view just a stone's throw from the Tibetan Border.

Langtang Valley Trekking which is easily accessed in the region from Dhunche (district headquarters of Rasuwa) town and National Park office, which is a day's drive from Kathmandu. The upper reaches of Langtang can be reached in four days of easy hiking; however, it is worthwhile to spend a few days around the forest at Ghode Tabela to watch for the red panda. Once above Langtang village and the monastery at Kyangjin, Langtang is inhabited by people of Tibetan descent. In contrast, the villagers of Dhunche, Bharkhu, and Syabru further down are home to the Tamangs of Nepal's middle hills. Trekkers can explore the high valley of Langshisa Kharka, Kyamjin Ri, or hike to Tserko Ri which is (4985m, 16351ft.) from the sea level and more than 21 snowy peaks are seen from there.

The forest around Ghode Tabela in the below Langtang Valley and lower the Gosainkund Lakes are inhabited by the very shy red panda, a rare and endangered symbol of a healthy Himalayan ecosystem. Other animals, common to these forests are yellow-throated martens, wild boar, Himalayan black bear, Ghorel (Mountain Goat), grey langur monkeys, and leopards. The region is also home to Himalayan honeyguides, mountain pheasant, musk deer, and snow leopards. The upper Langtang Valley is one of the few known breeding grounds of the ibis bills besides the Tibetan snow cock and snow partridge. Like other Himalayan nature parks, Langtang has to be explored on foot. There are several possible trails and itineraries to choose from depending on your favorite and the time available.

### Outline Itinerary

**Day 01 : Kathmandu - Khanjim (2280m) approx. 6 hours drive and 2 hours walk.**

**Day 02 : Trekking to Rimche (2324m) 6-7 hours walk,**

**Day 03 : Trekking to Langtang (3330m), 5-6 hours,**

**Day 04 : Trekking to Kyanjin Gumpa (3870m). 3-4 hours walk.**

**Day 05 : Hiking to Tsergo-Ri (4985m). 5-6 Hours excursion**

**Day 06 : Trekking to Lama Hotel (2324m). 5-6 hours walk.**

**Day 07 : Trekking to Thulosyabrubesi (1400m). 4-5 Hours walk.**

**Day 08 : Drive to Kathmandu, 5-6 hours.**

### **Cost Includes**

- Government licensed experienced English speaking local trekking guide.
- An assistant guide as per the group size
- Porters to carry your main pack
- All meals: 7 Breakfasts, 7 Lunches and 8 Dinners during the trek.
- Tea, coffee, cookies and fresh fruits during the trek.
- All local ground transportations to and from trekking.
- Food, accommodation, salary and insurance of your guide and porters.
- Sharing trekking lodge accommodation during the trek.
- All necessary trekking permits for Langtang trekking.

### **Cost Excludes**

- Transfers, accommodation and meals in Kathmandu.
- Guided sightseeing and monuments fees in Kathmandu.
- Hard drinks, beverages such as coke, fanta, mineral water
- Hot shower and hot water, laundry and toiletries.
- Personal travel insurance, internet, phone calls
- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide and porter.