LANGTANG-GYANJALA TREK



Trip Overview

Langtang Valley over Gyanjala passes 5220m. It’s strenuous trekking. It requires good trekking experience and a good physical form. The good thing is that before going over the pass trekking in the Langtang Valley makes a big acclimatization opportunity, ready to go over 5220m. Kyanjin is a little village now before tourists it was just the local Yaks meadow, but later many visitors came to visit and local people build a tea house for the visitor and also established the Yak cheese factory, also a Buddhist monastery. View of Langtang, Ganesh Himal, Lang sisa ri, Yabru Himal, Dorje Lakpa/Dokpo, Langup, and Morimoto peak. Langsisa in Sherpa language Lang means Ox and sisa means death so it is place of an Ox died and the ox converted into a stone ox which can be seen till now. There are holly flags over it. This route follows the Langtang River from Syarpa Goan. Ama Yangri: ama means mother and Yangri is her name: Once a time Yak Shepherd a woman died on this peak and her three sons constructed a stupa where they found her dead body. It is a spectacular view of this area.

There are villages of mixed ethnicities, Tamang and Sherpa villages Brahmans, and so on. The route passes through forests and villages. Rhododendron blossoms in March and April. Beautiful landscape.

Cost Includes & Excludes
Includes

- Airport transfers in Nepal

- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 12 Kg each)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)