LANGTANG TREKS



Trip Overview

The Langtang region offers great diversity in an area that is one of the closest trekking regions to Kathmandu. There are several treks that provide different opportunities for eco-tourism experiences, technical climbing, and mountaineering challenges, trekking to glaciers, and crossing high-altitude passes. You may choose to trek through beautiful Tamang villages, see the rich culture, and maybe learn a little about their wonderful textile heritage. Your trek could include visiting sacred lakes, gompas, a cheese factory, or wonderful vantage points that are well worth the climb. If time allows, shorter treks can be combined.

The Langtang area provides opportunities for both teahouse trekking and camping and is a wonderful option if time is limited.

Lang tang trek is one of the most beautiful sought after trek route.It takes about 5-6 hours drive to Dhunche by local transportation .Trek starts with a spectacular view of the Ganesh himal range as you walk trough beautiful rhododendron, pine, fir and alder trees. As you get higher up, the landscape & vegetation changes as you get to walk through oak and alpine rhododendron forest with a magnificent view of Lang tang lerung peak and Khang chhembu mountain. The local history is approximately 4 hundred 70 years old and the origin of the people is mainly Tibetans, who migrated over the Himalaya high pass and settled in various mountainous regions throughout Nepal.

Kyanjin Gompa is the last village in this valley. Kyanjin Monastery is pretty interesting with a magnificent view of Langtang lerung, Khang Chhembu, Naya khanga, Yala Peak, and many more. This route follows along the Langtang River from Sherpa Gaon and ends at Syabru Bensi.

Trip Itinerary

- Day 01 - Drive to Dunche (1950m)
- Day 02 - Trek to Thulo Syabru (2200m)
- Day 03 - Trek to Lama Hotel (2480m)
- Day 04 - Trek to Langtang (3514m)
- Day 05 - Trek to Kyanjin Gompa (3900m)
- Day 06 - Day hike to Chherka Ri (4990m)
- Day 07 - Trek back to Lama Hotel (2480m)
- Day 08 - Trek to Syabru Bensi (1450m)
- Day 09 - Drive back to Kathmandu (1350m)

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
- 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