



## Itinerary

### 12 Day Langtang Valley Walking Tour

**\*IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

#### Day 1: Arrival to Kathmandu, Nepal

Welcome to Nepal! After landing at Tribhuvan International Airport in Kathmandu, make your way through immigration and customs, collect your luggage, and meet our friendly local representative. You'll receive a warm welcome before being transferred to your hotel. Check in and take some time to settle in.

There are no scheduled activities today, so you can either relax at the hotel or head out for a wander and start exploring the lively streets of Kathmandu at your own pace.

**MEALS:** Nil

**OVERNIGHT:** Nepali Ghar Hotel, Kathmandu

#### Day 2: Kathmandu - City Tour

Start your day with breakfast at the hotel before heading out on a guided tour. Your first stop is the Swayambhunath Stupa, also known as the Monkey Temple. Here, you'll meet local artisans, learn about Buddhism, and gain an understanding of the intricate art of Thangka painting. Join pilgrims as they walk around the stupa, spinning prayer wheels and soaking in the spiritual atmosphere.

Next, visit Kathmandu Durbar Square, a historic palace complex filled with stunning architecture, followed by a trip to the majestic Boudhanath Stupa, one of the largest stupas in the world and an important site for Tibetan Buddhism.

Kathmandu offers a unique blend of ancient traditions, religious diversity, and modern influences—dating back to the famous hippie era. Many of the places you'll visit today are UNESCO World Heritage Sites, rich in cultural and historical significance.

Later in the day, you'll meet your trekking guide to go over the adventure ahead. Your trekking permits will be organised (you'll need to hand over TWO passport photos), and you'll be supplied with essential trekking gear, including a sleeping bag and down jacket. You'll also have a bit of free time for any last-minute shopping—whether it's snacks, gear, or souvenirs.

**MEALS:** Breakfast

**OVERNIGHT:** Nepali Ghar Hotel, Kathmandu

#### Day 3: Kathmandu ~ Syabrubesi (Altitude: 1500 meters)

After breakfast this morning, you'll leave Kathmandu and set off on the scenic drive to Syabrubesi, a village nestled in the Langtang Valley (approx. 130 km / 8 hours).

As you travel out of the Kathmandu Valley, the road climbs through lush green hills and along mountain ridges, treating you to spectacular views of snow-capped peaks. You'll pass by small rural villages along the way, offering a glimpse of local life in the countryside. The road can be long and bumpy at times, but the stunning mountain scenery makes it well worth the journey.

Syabrubesi is a lively little village and the starting point for several major treks, including the Langtang Valley Trek. Once a key stop on the old salt trade route between Nepal and Tibet, it wasn't until the 1980s that a road was built to support gem mining in the area. Once the road opened, trekkers began arriving, and teahouses popped up to offer food and accommodation.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Syabrubesi

#### Day 4: Syabrubesi ~ Lama Hotel (Altitude: 2470 meters)

Today marks the start of your trekking adventure! You'll begin by crossing a suspension bridge over the Bhote Kosi (Tibet River), which flows down from nearby Tibet. The trail follows the river as it winds its way through beautiful pine and rhododendron forests, gradually climbing in elevation.

Along the way, you'll pass through small villages and terraced farmland, with plenty of opportunities to take in the peaceful surroundings. Keep an eye out for local wildlife—these forests are home to langur monkeys, red pandas, and a variety of birdlife.

You'll stop for lunch in one of the quiet settlements en route, before tackling the final steep climb to Lama Hotel, a small village nestled in the forest and your overnight stop for the night.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Lama Hotel

**APPROXIMATE TREKKING DURATION:** 6-7 hours.

#### Day 5: Lama Hotel ~ Langtang Village (Altitude: 3430 meters)

Today's walk begins gently, following the river through the forest. As you continue, the trail gradually climbs through dense woodlands, opening up to beautiful landscapes and occasional glimpses of snow-capped peaks peeking out from behind the hills.

At Ghoda Tabela (3,030 m), the narrow river valley widens and you'll stop here to register your permits. From this point on, you're trekking at higher altitude—notice the yak pastures, a sure sign you've reached over 3,000 metres, as yaks rarely roam below this elevation.

The trail continues uphill to Chyamki village, where you'll pass chortens (Buddhist shrines), prayer wheels, water mills, and stone walls that surround fields of potatoes, turnips, and other hardy crops.

You'll finish your trek today at the stunning Langtang Village, surrounded by dramatic mountain views—your home for the night.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Langtang Village

**APPROXIMATE TREKKING DURATION:** 6-7 hours.

#### Day 6: Langtang Village ~ Kyanjin Gumpa (Altitude: 3870 meters)

After breakfast, you'll leave Langtang Village and begin a shorter trek today. As the trail gently ascends, the valley begins to open up—soak in the incredible views as they become more and more spectacular with each step.

You'll pass through a few remote mountain villages and cross small glacial streams on your way to Kyanjin Gumpa. Along the trail, keep an eye out for Buddhist mani walls—intricately carved stones stacked together, each inscribed with sacred mantras and prayers.

Surrounded by snow-capped peaks, Kyanjin Gumpa is a peaceful village with a small Buddhist monastery and a government-run cheese factory, which you're welcome to visit. Take the rest of the day to relax and enjoy the stunning mountain scenery.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Kyanjing Village

**APPROXIMATE TREKKING DURATION:** 3-4 hours.

#### Day 7: Kyanjin Gumpa (Altitude: 3870 meters) Rest Day - Optional Hike to Tserko Ri (4,984 metres)

Today is yours to enjoy at your own pace. You can take it easy and rest at Kyanjin Gumpa, soaking in the fresh mountain air and stunning surroundings, or head out to explore the area a little more.

If you're feeling adventurous and up for a challenge, you can wake up early and hike to Tserko Ri (4,984 metres). This is a demanding climb and the trail isn't well marked, but the effort is well rewarded with breathtaking panoramic views of the Langtang region's mighty peaks and glaciers. From the top, you'll be able to see Langtang Lirung (soaring over 7,000 metres), Ganesh Himal, Shishapangma, Kang Guru, and Dorje Lakpa—an unforgettable experience for those who make the trek.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Kyanjing Village

**APPROXIMATE TREKKING DURATION:** 7-8 hours.

#### Day 8: Kyanjin Gumpa ~ Lama Hotel (Altitude: 2470 meters)

Today you'll begin your descent back to Lama Hotel, following the same trail you took on the way up.

From Kyanjin Gumpa, you'll first trek back down to Langtang Village, passing through peaceful yak pastures and open landscapes. As you continue, the trail leads you back into the dense forest, where you'll walk alongside the Langtang River, passing cascading waterfalls and enjoying the serene beauty of the valley.

It's a long downhill walk, but the changing scenery makes for a pleasant and rewarding journey.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Lama Hotel

**APPROXIMATE TREKKING DURATION:** 6-7 hours.

### Day 9: Lama Hotel ~ Syabrubesi (Altitude: 2470 meters)

Today you'll continue retracking your steps as you make your way back down to Syabrubesi. Enjoy a relaxed walk through the peaceful forested hills, taking in the natural beauty one last time.

If you're feeling fit and up for an extra challenge, you can take a scenic detour via Rimche. This alternate route offers stunning views, but keep in mind it will take considerably longer to reach Syabrubesi.

Whichever path you choose, it's your final day on the trail—take your time and soak it all in.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Simple Teahouse, Syabrubesi

**APPROXIMATE TREKKING DURATION:** 6-7 hours.

### Day 10: Syabrubesi ~ Kathmandu

This morning, you'll say goodbye to the mountains and begin the journey back to Kathmandu. The drive kicks off early and takes you through familiar winding roads and scenic landscapes.

Once you arrive in the city, you'll be dropped off at your hotel to check in and freshen up. You'll have the rest of the day free to do some last-minute shopping, wander through the local markets, or simply relax and enjoy your final afternoon in Nepal.

In the evening, we'll gather for a farewell dinner—a chance to celebrate the adventure and share stories from the trek.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** Nepali Ghar Hotel, Kathmandu

### Day 11: Kathmandu - Free Day

Today is yours to enjoy at your own pace in the vibrant city of Kathmandu. You might like to take it easy, explore more of the city on foot, or simply relax at your hotel.

If you're feeling adventurous, you can choose from a range of optional tours (arranged directly with the local operator once you're in Nepal), including:

- **Everest Mountain Flight** – a scenic flight offering breathtaking views of the world's highest peaks.
- **Everest Base Camp Helicopter Tour** – an unforgettable heli ride to see Everest up close.
- **Bhaktapur Tour** – a cultural visit to the beautifully preserved ancient city of Bhaktapur, known for its temples, architecture, and local artisan crafts.

The choice is yours—spend the day however you please!

**MEALS:** Breakfast

**OVERNIGHT:** Nepali Ghar Hotel, Kathmandu

## Day 12: Depart Kathmandu

Today marks the end of your Langtang trekking adventure. At the appropriate time, you'll be transferred to Tribhuvan International Airport in Kathmandu for your onward flight.

We hope you've had an unforgettable experience in Nepal and wish you a safe journey home!

**MEALS:** Breakfast