



Itinerary

12 Day Langtang Valley Walking Tour

IMPORTANT NOTE: This is the default version of the tour itinerary. Any extra nights, optional tours or other amendments, will not be visible on this version. If you have booked extras, Please contact info@myholiday2.com.au for a personalised version of your itinerary

Day 1: Arrival to Kathmandu, Nepal

Welcome to Nepal. Upon arrival at Tribhuvan International Airport, proceed through immigration and customs, collect your luggage and meet our representative. Receive a warm welcome and transfer to your hotel, and check-in.

There are no planned activities today so settle into your accommodation or step out on your own to uncover Kathmandu, Nepal's bustling and vibrant capital.

MEALS: Nil

OVERNIGHT: Nepali Ghar Hotel or similar

Day 2: Kathmandu Visit

Have a breakfast at hotel and start the tour and visit the Swayambhunath stupa and temple. Meet local artisans and gain an insight into Buddhism and the Thangka paintings. Join with the pilgrims circling the site and spinning prayer wheels.

The tour further goes to visit to Kathmandu Durbar Square and Boudhanath Stupa.

Kathmandu is a literal mix of religious diversity & western influence that goes back right to the 'hippie' days of yore; & there's nothing to change this, if ever, but it's a wonderful combination of the ancient & the contemporary. Some of the sites you visit are famously recognized UNESCO world heritage sites.

Later in the day, take time to meet with your trek guide and prepare for the adventure ahead. Permits will be organized (passport photos will need to be handed over), trekking gear (sleeping bags and down jackets) supplied and then enjoy some time for any last minute shopping (snacks or gear) if needed.

MEALS: Breakfast

OVERNIGHT: Nepali Ghar Hotel or similar

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

Leave Kathmandu early this morning after breakfast for the drive to Syabrubesi (approx 130kms, 8 hours) located in the Langtang Valley. After leaving Kathmandu Valley, the road climbs over green hills and mountain ridges, providing impressive snow-capped mountain views. Passing through small villages along the way, the long and bumpy road journey eventually ends at Syabrubesi village, your overnight stop.

The village is the starting point for several major trekking routes including the Langtang Valley Trek, and as such can see quite a lot of trekkers passing through each day. Originally part of the salt trade route running between Nepal to Tibet, it was actually in the 1980's that a road was constructed to provide access for gem mining. After the road opened, trekkers began showing up and tea houses formed as places to sleep.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Syabrubeshi Simple Teahouse or similar

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

Start your first day of trekking and cross the suspension bridge over the Bhote Kosi (Tibet River), which flows from nearby Tibet. The trail follows the river and gradually climbs through pine and rhododendron woodlands, passing small villages, and terraced fields. The forest provides perfect cover for langur monkeys, red pandas and other wildlife. Stop for lunch in one of the peaceful settlements along the way before today's final steep ascent to the small village of Lama Hotel and your overnight stop. Trekking duration (for average fitness level) is approximately 6-7 hours.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Lama Hotel Simple Teahouse or similar

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

Start with a gentle walk alongside a river before the trail climbs through dense forests enjoying beautiful landscapes. Glimpses of snow capped peaks appear occasionally from behind the lush hills. At Ghoda Tabela (3,030 m), as the narrow river valley spreads out, permits are registered. The trail ascends through yak pastures (a clear sign you're trekking at high altitude as yaks are rarely seen below 3000 meters) up to Chyamki village, passing by chortens, water mills, prayer wheels, and small stone walls encoding fields of potatoes and turnips to name a few. Finally you reach the picturesque Langtang Village and your overnight stay. Trekking duration (for average fitness level) is approximately 6-7 hours.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Langtang Village Simple Teahouse or similar

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

Depart Langtang Village for today's shorter trek, and as the trail ascends the valley opens out relish in the views as they become more stunning. Pass through several remote villages and cross small streams to Kyanjin Gompa. Keep a lookout along the way of the fascinating Buddhist mani walls constructed with stones of varying shapes and sizes, and each is carved with important religious mantras. Kyanjin Gompa is surrounded by snow peaks on all sides, and has a small monastery and a government-operated cheese factory, which you can visit. Trekking duration (for average fitness level) is approximately 3-4 hours. Increasing altitude can make you tired and out of breath.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Kyanjing Village Simple Teahouse or similar

Day 7: Kyanjin Gompa (Altitude: 3870 meters) Rest Day

Enjoy a day of rest or explore the surrounding area further. Those feeling more energetic can wake up early and hike to Tserko Ri (4984 meters), a viewpoint that offers stunning views of the nearby Langtang peaks and glaciers including Langtang Lirung which rises well over 7000 meters, Ganesh Himal, Shishapangma, Kang Guru, Dorje Lakpa. This is a tough hike and the trail is not well marked, but the scenery is truly spectacular. Trekking duration (for average fitness level) is approximately 7-8 hours (if joining).

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Kyanjing Village Simple Teahouse or similar

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

Following the same trail back, we descend to Lama Hotel. From Kyanjin Gompa, first, we descend to Langtang village, walking through pastures. The trail then drops down through dense forests. We walk along the Langtang river bank and pass by waterfalls to Lama Hotel. Trekking duration (for average fitness level) is approximately 6-7 hours.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Lama Hotel Simple Teahouse or similar

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

Continue retracing your steps to Syabrubesi, enjoying the quiet forested hills. If you are feeling fit, take the spectacular route from Rimche to Syabru Besi; it will take much longer to reach the ultimate destination, but it's a stunning detour. Trekking duration (for average fitness level) is approximately 6-7 hours.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Syaprubeshi Simple Teahouse or similar

Day 10: Syabrubesi ~ Kathmandu

Bid farewell to the mountain regions and drive back to Kathmandu. The drive begins early in the morning. We drop you at the hotel upon arriving in Kathmandu. In the remaining day, do the shopping and explore the local market. We meet you in the late evening over farewell dinner.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT: Nepali Ghar Hotel or similar

Day 11: Free Day in Kathmandu

Today is yours to spend at leisure in the beautiful city of Kathmandu. Or you can do the Everest Mountain flight tour, Everest Base camp Helicopter tour or Bhaktapur Tour, which can be arranged directly with the operator once you reach in Nepal.

MEALS: Breakfast

OVERNIGHT: Nepali Ghar Hotel or similar

Day 12: Depart Kathmandu

Today brings to end your Langtang Trekking journey. In due time receive a transfer to Kathmandu's Tribhuvan International Airport for your flight to Australia.

MEALS: Breakfast

OVERNIGHT: N/A