

## Overview

*Trek and discover gorgeous **Langtang valley** and sacred lake Gosaikunda*

**Langtang valley trek** is one of the finest hikes & treks in Nepal. Hike your way from south to north, cross through Langtang national parks and follow the typical Tibetan villages, colorful prayer flags, the complexity of wildlife and culture of the local population is mirrored everywhere along the way. We trek the highest peak Tserko Ri (5000m/16,404ft) from Kyanjin and stroll beneath high alpine peaks and traverse beautiful meadows and forested river valleys. The spectacular scenery is combined with site exploration as we spent two nights in Kyanjin. We will trek normally 5-6 hours per day.

Trek to Langtang valley will be a trip of a lifetime and one to be memorized for years to come for all trekkers. Our 16 days itinerary combines most popular lake gosaikunda with a cultural visit to Helambu village. This is a well-designed itinerary. However, if required it could be customized. [Langtang valley trek](#) starts from Syabrubesi and ends at Melamchi Pul Bazaar. Once you cross the Laurebinayak pass (4,609m/15,121ft) you will also trek through some stunning rice terraces and a number of impressive Buddhist monasteries around the charming villages of Tarke Gyang and Sermathang (2,621m/8,599ft), before heading back to Kathmandu

## Itinerary Details

### **Day 01 : Arrival In Kathmandu – (1300m/ 4265ft). Pickup by our guide & transfer to Hotel**

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu.

### **Day 02 : Drive To Syabrubesi (1450m/ 4757ft). Overnight stay at Lodge**

Estimated time: 5-6 hours estimated altitude gain: ~492ft After morning breakfast we drive out along the north-western hills of Kathmandu. Enjoy the Himlayan views and mountainous lifestyle through the terraced fields and rustic villages. Take Lunch at the

Trishuli Bazar before continuing further to Dhunche. From Dhunche, we descent down to Syabrubesi.

### **Day 03 : Trek To Lama Hotel (2480m/ 8136ft)-Overnight stay at Lodge**

Estimated time: 5-6 hours estimated altitude gain: ~3379ft After leaving our hotel we cross the Bhote Kosi river by a suspension bridge towards 'old' Syabrubesi, a cluster of houses and a school opposite the river. Another suspension bridge carries us over the south side of the Langtang Khola, this river we will be following upwards for the next couple of days. We climb slowly to Doman (1680m) and continue over a rocky ridge to Landslide Lodge and Hot Spring restaurant; named after a small hot spring on the opposite river bank at 1810 meter. The trail now climbs gently up to Bamboo Lodge where we will enjoy our lunch. Opposite the river we will see near vertical cliffs covered with cactuses. After Bamboo we cross the Langtang Khola on a new suspension bridge to the north bank. The forest becomes sparser and drier on this side of the river, consisting mainly of scrub oaks and nettles. We climb steeply on a good trail to Rimche (2510m). We have now finished most of today's climbing and descend slowly to our selected teahouse where we will spend the night (6 hrs).

### **Day 04 : Trek To Langtang Village (3541m/ 11617ft)-Overnight stay at Lodge**

Estimated time: 5-6 hours estimated altitude gain: ~3481ft The day starts with a gentle climb, but it soon becomes steeper, climbing through a forest of hemlocks, oaks, maples and rhododendron. Beautiful views of Langtang Lirung (7246m) can be seen from the trail. After little more then an hour we pass two lodges in the forest at Gumanchok (2800m), from where we climb to a Nepal army post and a national park checkpoint at Ghora Tabela (2970m). The trail asvends gradually, as the valley becomes wider. We will pass a few teashops at Thangshyap at 3140 meter, where we will have our lunch. The route is now in open country, and passes many mani stones, water-driven prayer wheels and a few scattered Tamang villages before arriving in Langtang. This is a small village consisting of guesthouses and yak farms. The surrounding fields containing buckwheat, potatoes, wheat, turnips and barley have typical stone fencing walls.

### **Day 05 : Trek To Kyanjin Gompa (3900m/ 12795ft)-Overnight stay at Lodge**

Estimated time: 5-6 hours estimated altitude gain: ~1178ft Walking through the village of Langtang we will pass many stone mani walls, covered with Tibetan inscriptions to please the gods. It then climbs up gradually past the small villages of Mumdu and Sindum. The trail continues through yak pastures. After crossing the Langtang Khola to its south bank we climb up through a landscape scattered with large boulders to a moraine where we will have the first views of Kyanjin Gompa ahead of us, and the dramatic icefall flowing from Langtang Lirung and Langtang Kinshung (6781m) north of us. Our route weaves through the large boulders to a gompa and from here it's a short descent to Kyanjin Gompa. It is easy to reach our destination before lunch, allowing time to acclimatize and explore the surroundings. One of the options is a hike to one of the good viewpoints. To the north of Kyanjin Gompa is the Kyanjin Ri (4773m), which is a two-hour climb. From here we have

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a great view over the mountain range in the west, including Langshisha Ri (6370m), Gang Chhenpo (6388m) and Dorje Lakpa (6966m) (3 hrs, to the viewpoint and back is about another 3 hrs).

### **Day 06 : Trek To Kyanjin Gompa-Overnight stay at Lodge**

Estimated time: 5-6 hours Early morning we visit to Tserko Ri (5000m/16,404ft) for mountain sunrise views. After breakfast we stay in Kyajin Gompa to explore a bit more of the Langtang valley. Our trail descends a little to the old abandoned VTOL airstrip, and then follows the river upstream to some herders' huts at Jatang (3840m). We will continue to climb slowly up the valley until we are surrounded by the mountain amphitheatre with Langshisha Ri, Langshisha Kharka and Dorje Lakpa towering high above us. We will descent back to Kyajin Gompa after our lunch.

### **Day 07 : Trek Back To Lama Hotel (2480m/ 8136ft)-Overnight stay at Lodge**

Estimated time: 5-6 hours estimated altitude gain: ~4659ft Today we follow our route back to Lama Hotel, the trail goes with a few short exceptions most of its way downwards, descending around 1400 meter back to Lama Hotel (5/6 hrs).

### **Day 08 : Trek to Thulo Syabru (2,230m/ 7,316ft) - Overnight stay at lodge**

Estimated time: 5-6 hours estimated height gain: ~919ft We take the same route until we reach the Landslide lodge where we take the upper trail to reach Thulo Syabru. The trail goes up for around 400 meter, and passes a bhatti at U Kyang on the ridge before arriving at the pleasant village of Thulo Syabru, with its many elaborate carved windows (6 hrs).

### **Day 09 : Trek to Sing Gompa (3584m/ 11758ft)- Overnight stay at Lodge**

You take the wide trail ascending up to Dimsa village and the trail continues less steeply, through rhododendron, hemlock and Oak forests to Shin gompa. On the way of your trek you will see imaginary views of Langtang Himala and langtang valley. Shin gompa is very famous place for Yak Cheese. You will stay over night at lodge in Shin gompa (3,330m/10,925ft).

### **Day 10 : Trek to Goisakunda Lake (4381m/ 14373ft)-Overnight stay at Lodge**

The trail climbs efficiently throughout rhododendron-covered point to the top of the edge and across a forested area. The area in-between Shin gompa and Laurebina Yak is a shelter for the red panda, and rare species that the Nepalese call cat bear. You return to the ridge path and climb a larger path through alpine country to arrive at a Gosainkunda. Discover around the Lakes and overnight stay at lodge in Gosainkund (4,460m/14,632ft).

### **Day 11 : Trek to Gopte (3430m/ 11253ft)-Overnight stay at Lodge**

Estimated time: 5-6 hours estimated height gain: ~3120ft The first part of the trail climbs further through rugged country passing three more small lakes towards Laurebina La pass (4610m). There is a good view from this pass in both directions. After the pass, the trail descends alongside a stream through alpine country to the national park post at Bhera Goth. We continue descending over a rocky trail along the middle of the valley to Phedi (3740m) for lunch. From Phedi the route drops to a stream and then climbs through scrub bamboo to a crest at 3750 meter. From here we climb in and out ravines across the head of the valley to Gopte (7 hrs).

### **Day 12 : Trek to Malemchigaon (2,560m/8,399ft)-Overnight stay at Lodge**

You slide down throughout a forested area and hike through a dry riverbed to arrive at a Kharka that is encircled by rhododendron forest. You hike through the forest to arrive at the village of Thare Pati. Ascending the ridge straight above the village gives you a wonderful view of the Jugal area. Cross the village and enter a forested area, again downhill to Melamchi River followed by yet again ascending to the Malemchigaon (2,560m/8,399ft) for overnight.

### **Day 13 : Trek to Tarke Gyang (2,590m/8,497ft)-Overnight stay at Lodge**

The day you enter a cultural destination it call Helambu Region, walk up to Tarke Gyang where you can enjoy with Sherpa culture with traditional village and monasteries. The stone houses are close together with narrow alleyways separating them. Overnight in Tarke Gyang(2,590m/8,497ft).

### **Day 14 : Trek to Sermathang (2,610m/8,563ft)-Overnight stay at Lodge**

You will cross small forest with the view of beautiful village of Helembu region. The trail makes a sweep around the wide valley end between Parachin and the pretty Sharpa village of Gangyul. The people of this village practice Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Overnight in Sermathang(2,610m/8,563ft).

### **Day 15 : Trek to Melamchi Puul Bazaar -Kathmandu-Overnight stay at Hotel**

Short walk down to Malemchi Puul Bazaar with many Sherpa village and catch transport to Katmandu. Himalayan Glacier Trekking will host a farewell dinner. Congratulations on the completion of your trek! Overnight in Kathmandu.

### **Day 16 : Kathmandu - Departure**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime