

## **LANGTANG VALLEY TREK**

### **Trip summary**

Sacred Tibetan culture permeates every inch of this 15-day Expedition, seemingly touching everything in its path. Venture deep into Tamang hinterland as you follow the quiet Tamang Heritage Trail (restricted until 2004) and explore the wilds of Langtang National Park on an unforgettable trekking adventure. Discover surprisingly verdant midlands and stay in villages to immerse yourself in Tamang culture and connect with locals. All this, and we haven't even mentioned the soaring views of Manaslu Massif, Ganesh, Langtang and Jugal Himal. This trek is perfect for the adventurous and active traveller looking for something different that lies well off the tourist trail.

### **ALTERNATE ITINERARY:**

Due to the nature of trekking in Nepal, please be aware that this trip will operate on an amended itinerary in the event of high-risk weather conditions.

### **Why you'll love this trip**

- Forest filled with monkeys, stunning ice-capped peaks, plateaued grasslands and epic mountains in Nepal's little-seen Tamang hinterland.
- This trek follows trails that run through villages and local communities, instead of teahouses built for tourists, so you'll gain real insight into life in these remote areas.
- An overnight homestay with a family in Briddim allows you to share stories, experience some traditional home cooking and sleep overnight in a comfortable wooden home.
- Hike to a 100-year-old monastery in the village of Gatlang then head out to find Parvati Kunda, a sacred lake that is revered for its apparent powers of fertility.
- Learn about the Himalaya from your experienced local crew, and hike easier in the knowledge that we take the safety and ethical treatment of trekking guides seriously.
- By travelling on this trip, you'll directly support our Intrepid Foundation partner, Sagarmatha Next. Donations help them remove waste responsibly and turn rubbish into art in the Everest region.

### **DAY 1: KATHMANDU**

You've arrived! Meet your group leader and fellow travellers for a welcome meeting at 2 pm. After the briefing you'll have a free afternoon and evening, but the tour leader will usually organize an optional evening dinner at one of the Kathmandu's great restaurants. Arrived early with time to spare? Check out some of the Urban Adventures on offer in this incredible city.

### **Accommodation**

- Hotel (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

### **DAY 2 : SYARBRUBESI (1460m / 4790ft)**

Wake up bright and early and drive northwest through Balaju. Make a steady climb to the rim of the Kathmandu Valley, eventually arriving at the pass at Kakani. As we wind ever upwards to the Trisuli bazaar you'll get views of the Manaslu Massif, Ganesh, Langtang and Jugal Himal. Prepare yourselves for a few humps and bumps, because the road from Trisuli onwards begins to deteriorate. You'll be driving in these conditions for around 50 kilometres (31 miles) to Dhunche and then another 15 kilometres (9 miles) to Syabrubesi. Tonight's accommodation is a basic teahouse.

#### **Accommodation**

- Hotel (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

Total driving time approximately 7 hours.

### **DAY 3 : GALTANG (2238m / 7742ft)**

Hope you had a good night's sleep, because today starts with a 2-hour ascent via a slew of switchbacks that mark the beginning of the trail. It's all worth it when you reach a vantage point with views of Ganesh Himal, the Gosainkunda range and Langtang Lirung. Along the trail you'll see numerous Buddhist Chortens and mani walls, which all add another dimension to this picturesque landscape. After descending for around 45 minutes, arrive at the little Tamang village of Goljung for a lunch break. Continue trekking for 2.5 hours to another Tamang village called Gatlang (2238 metres). Besides its obvious cultural richness and stunning location, Gatlang also boasts a 100-year-old Tamang monastery and the secret lake, Parvati Kunda. Legend has it that this lake was discovered in ancient times while the King of Gatlang was on his way to find a missing hunting dog. It is now revered by women for its apparent power to increase fertility. You'll reach each of these landmarks after a 45-minute uphill walk.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 10.5 km  
Approx time: 6 hours  
Ascent: 1080 m  
Descent: 340 m

#### **DAY 4 : TATOPANI (2607m / 8553ft)**

Are you ready? Today is widely considered the toughest day of the trek. But the rewards far outweigh the gruelling part. Descend gradually along a ridge to the Bamdang Khola, which turns north along the Chilime Khola until you reach the town of Chilime (around 2 hours). After crossing a suspension bridge (always fun) you'll begin an arduous climb of around 450-metres to the village of Gongang. It'll take around 1.5 hours of steep uphill climbing but there's a lunch break on arrival. The next section is much less physically strenuous, as you continue the ascent for around 2 hours until you reach Tatopani (2607 metres).

##### **Accommodation**

- Teahouse (1 night)

##### **Meals**

There are no meals included on this day.

##### **Special information**

Trek Distance: 11 km  
Approx time: 5.5 hours  
Ascent: 1025 m  
Descent: 680 m

#### **DAY 5 : THUMAN (2338m / 7670ft)**

Pass through an incredible rhododendron forest clinging to the side of the mountain, where vines and moss-covered trees may be filled with troops of gray langur monkeys. Pass through village of Brimdang then continue up the side of the highest and steepest part of the trail. One ridge after another offers better and better views of Ganesh Himal to the west and the Langtang range on the east. The ridgeline ends atop the open grasslands of Nagthali Hill (3210 metres), approximately 45 minutes from Brimdang. All of a sudden you are surrounded by jaw-dropping views of Langtang Lirung, Kerung, Ganesh Himal, Shishapangma on the Tibetan side, with the Sanjen Ranges before you. Spend time taking in the views, visit the Monastery and enjoy the sense of accomplishment, before an approximately 900-metre descent through deep woodlands to Thuman, which faces the Shishapangma and Langtang Lirung peaks (about 45 minutes). A distinct Tibetan influence can be felt in the village, with its Shamanistic beliefs, ancient monasteries and houses covered in woodcarvings.

##### **Accommodation**

- Teahouse (1 night)

##### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9 km

Approx time: 6-7 hours

Ascent: 650 m

Descent: 900 m

### **DAY 6 : BRIDDIM (2239m / 7345ft)**

Descend through deep woodlands, which faces the Shisapangma and Langtang Lirung peaks (about 45 minutes). A distinct Tibetan influence can be felt in the village, with its Shamanistic beliefs, ancient monasteries and houses covered in woodcarvings. Pass through rhododendron forests and meadows to reach the Tamang village of Briddim, located in the heart of the Langtang Himal. It will take just over 2 hours of uphill walking. Briddim marks the end of the Tamang Heritage Trail and is often a highlight for many of our travellers. Here you will get to experience a teahouse owned by a local family, sleeping overnight in their comfortable wooden rooms. You'll get a richer understanding of the culture here plus the chance to share stories with your host.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9 km

Approx time: 5 hours

Ascent: 720 m

Descent: 840 m

### **DAY 7 : LAMA HOTEL (2420m / 7939ft)**

Continue along the trail through the hilly region of Khangjim and Sherpagoan, learning about the rich culture of the Tamang and Sherpa communities along the way. After trekking for around 7 hours, reach tonight's guesthouse. Lama Hotel is the name of a collection of guesthouses that marks the start of the Langtang Valley. The standard of accommodation in Lama Hotel is slightly below the usual standard on this trip, but still comfortable.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 15 km  
Approx time: 7 hours  
Ascent: 1035 m  
Descent: 780 m

#### **DAY 8 : LANGTANG VILLAGE (3500m / 11482ft)**

Ascend through Langtang National Park via Gumnachowk and Ghotatabela, finally reaching the village of Langtang (approximately 5–7 hours). Langtang National Park was established in 1976 to conserve the unique flora and fauna of the region. Rhododendron, Nepalese alder and oak forest thrive here due to the temperate conditions. The park is also home to red pandas, Himalayan black bears, snow leopards and more than 250 species of birds. Spend the evening at a newly built guesthouse. Don't forget to refill your water bottles tonight at the newly installed water purifier, installed as part of a joint World Wildlife Fund–Intrepid project.

##### **Accommodation**

- Teahouse (1 night)

##### **Meals**

There are no meals included on this day.

##### **Special information**

Trek Distance: 12 km  
Approx time: 5-7 hours  
Ascent: 1140 m  
Descent: 175 m

#### **DAY 9 : KYANJIN GUMPA (3830m / 12560ft)**

Today is going to be a short hike before we reach our final destination, Kyanjin Gumpa (3817m) on this trek. After breakfast, we continue on the trail which climbs gradually through small villages and yak pastures. You will come across many Tibetan structures, particularly chortens, prayer wheels, and religious rocks with inscriptions etched on them.

After 5 to 6 hours of hiking, crossing small streams and glacial moraines, you will reach Kyanjin Gumpa. As the name suggests, the small valley houses the Kyanjin Monastery and also a few tea houses and a cheese factory. Besides these, the surrounding environs also offer breathtaking views of Dorje Lakpa (6966 m), Langtang Ri (6370 m), and Langtang Lirung (7205 m). While here, you can visit the cheese factory and explore the rest of the village, before calling it a night.

##### **Accommodation**

- Teahouse (1 night)

##### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 7 km

Approx time: 4-5 hours

Ascent: 480 m

Descent: 30 m

### **DAY 10 : EXCURSION AROUND KYANJIN GOMPA**

Today is an active rest day! After fueling up on breakfast, we have a laid back yet adventurous day exploring the landscapes around Kyanjin Gumpa. A short hike leads us to the moraine, unveiling dramatic glacier views and icy faces of the mighty Langtang Lirung.

For those craving more stunning vistas, we can ascend Kyanjin Ri, the steep peak rising directly behind town. At 4,350 meters, it offers breathtaking panoramas of the surrounding Himalayan giants. If we're up for a longer challenge, Tsergo Ri beckons at 5,000 meters elevation. The 360 degree views from its summit showcase over 20 shimmering peaks, the Langtang Valley spread out below, and frozen alpine lakes.

Whatever our activity level, we'll unwind tonight back in the cozy village of Kyanjin Gumpa.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 3 km

Approx Time: 4 hours

Ascent: 750 m

Descent: 750 m

### **DAY 11 : LAMA HOTEL (2420m / 7939ft)**

After breakfast, we will retrace the trekking trail that we came from and head back directly to Lama Hotel. Descending is fairly quicker and relatively easier than ascending. So, starting at Kyanjin we will follow the Langtang Khola to Langtang village, and back to Ghora Tabela. After lunch, we will continue on a steep descent to Lama Hotel where we will stay the night.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 18 km

Approx time: 7 hours

Ascent: 380 m

Descent: 1560 m

### **DAY 12 : SYABRUBESI (1460m / 4790ft)**

Today is the last day of trekking for this 10-day Langtang Valley Trek. We hike back from Lama Hotel to Rimche, Bamboo, and finally to Syabrubesi. It will be short and easy, so enjoy every moment. Take time to appreciate the Himalayas and the villages on the trail back. Once at the trail-end, we will enjoy a delicious evening meal together before ending the night.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 12 km

Approx time: 6-7 hours

Ascent: 725 m

Descent: 980 m

### **DAY 13 : KATHMANDU**

After an early breakfast at the lodge, we pack up and depart the Langtang region around 7am, ready for the 7-hour drive back to Kathmandu. Retracing the scenic route from a week prior, we wind through mountain roads surrounded by Himalayan grandeur.

Upon arriving in Kathmandu, you can check into our hotel and finally relax. Enjoy a nice trekker's massage or explore through Thamel's maze of tourist shops and restaurants. We will catch up for the farewell dinner in the evening.

#### **Accommodation**

- Hotel (1 night)

#### **Meals**

There are no meals included on this day.

### **Special information**

Total driving time approximately 7 hours.

### **DAY 14 : DEPARTURE**

The trip ends today, and you are free to depart at any time after check out. If you plan on spending more time in Kathmandu, let your booking agent know and they can organise more accommodation for you (subject to availability).

### **Meals**

There are no meals included on this day.

## **Trip Details**

### **Price**

\$1090usd (twin share)

### **Trip length**

- 14days 13nights
- Trip starts and finishes in Kathamndu, Nepal.

### **Meeting point**

Kathmandu, Nepal

### **Departure point**

Kathamandu, Nepal

### **Group size**

Maximum 12

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### **Included**

- 13 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide,Porter & luggage transport
- Tims permits fee
- Langatang national park fee
- Transportations.

### **Not included**

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included breakfast,lunches and dinners

- Tip to guide and porters
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodati