



# Himalayan Adventure Treks & Tours

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## *Langtang Valley Trek 10 Days :- 10 Days - USD 700 Per Person*

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## Highlights

### *Key Highlights of Langtang Valley Trek*

- *Get up close to stunning Himalayan giants like Langtang Lirung and Kyanjin Ri, with breathtaking views from Kyanjin Gumpa Viewpoint.*
- *Immerse yourself in the rich Tamang culture and traditions, and visit traditional villages like Langtang Village.*
- *Hike through diverse landscapes, from rhododendron forests and alpine meadows to serene lakes and waterfalls.*
- *Spot incredible wildlife, including the rare red panda, musk deer, and Himalayan tahr.*
- *Enjoy the peace and tranquility of the Langtang National Park, a UNESCO World Heritage Site.*

## Overview

*Langtang Valley Trek is the nearest trekking route from Kathmandu, attracting a large number of trekkers to explore this region. The Tibetan and Tamang cultures, with the backdrop of the Langtang range, make up exciting trekking trails. The flora and fauna in Langtang National Park are quite surreal as well. All in all, the trek is a glorious trip into Langtang Valley– the Valley of Glaciers. The Langtang Valley Trek can be done by anyone from any age group. Prior trekking experience is not required for this hike, but you must be in good health to do it. If you want to explore more of this region, you can take a side trip to Gosainkunda Lake or Helambu Valley. Why trek the Langtang Valley in 2024/2025? The Langtang Valley is a trekker's paradise, offering something for everyone, from gentle hikes to challenging climbs. But why choose Langtang Valley over the countless other trekking destinations in Nepal? Here are a few reasons: Spectacular Scenery: Prepare to be mesmerized by jaw-dropping views of snow-capped peaks, lush forests, and serene valleys. Langtang offers some of Nepal's most stunning landscapes. Rich Cultural Experience: Along the trail, you will encounter friendly and inviting local people,...*

## Itinerary

### *Langtang Valley Trek 10 Days Itinerary Outline*

*Day 01: Arrival at Kathmandu Airport and transfer to Hotel.*

*Day 02: Drive from Kathmandu to Syabrubesi (1503m) 6-7 hours. (B/L/D)*

*Day 03: Trek from Syabru Besi to Lama Hotel (2500m) 6-7 hours. (B/L/D)*

*Day 04: Trek from Lama Hotel to Langtang Valley (3430m) 5-6 hours. (B/L/D)*

*Day 05: Trek from Langtang to Kyanjin Gumba ( 3835 m) 3-4 hours. (B/L/D)*

*Day 06: Explore day in Kyanjin Gumba & hike to Kyanjin Ri ( 4773m). (B/L/D)*

*Day 07: Trek from Kyanjin Gumba to Lama Hotel (2500m) 5-6 hours. (B/L/D)*

*Day 08: Trek from Lama Hotel to Syabrubesi (1503m) 5-6 hours. (B/L/D)*

*Day 09: Drive from Syabrubesi to Kathmandu 6-7 hours. (B/L/D)*

*Day 10: Departure to Airport. (B)*

#### *10-day Langtang Valley Trek Cost Includes*

- *Pick up from the Airport and Transfer to the hotel.*
- *Two Nights in 3\* hotel in Kathmandu with Breakfast.*
- *Kathmandu/Syabrubesi/Kathmandu by bus.*
- *Lunch, dinner, and breakfast during the trek.*
- *All accommodations in tea houses during the treks.*
- *National Park Permit.*
- *All necessary paperwork.*
- *'Trekkers' Information Management System (TIMS) Permit.*
- *An experienced, helpful, and friendly Guide, porters (1 porter for 2 clients).*
- *Medical supplies (first aid kit will be available).*
- *All government taxes.*
- *Last night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

*Please contact us if you have any doubts about what the cost includes or to get a more in-depth list.*

#### *10-day Langtang Valley Trek Cost Excludes*

- *Nepal Visa fee: You may obtain it easily at Kathmandu airport.*
- *International airfare to and from Kathmandu.*
- *Travel and rescue insurance.*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc).*

*Please contact us if you have any doubts about the cost excludes.*

## *Equipment*

### *Packing list for Langtang Valley Trek*

#### *Clothing:*

- *Base Layers*
- *Insulating Layers*
- *Outer Layers (Jacket)*
- *Trekking Pants*
- *Waterproof Gear (Rain Jacket, Pants)*
- *Headwear (Hat, Beanie)*
- *Gloves*

#### *Footwear:*

- *Hiking Boots*
- *Comfortable Trekking Socks*

#### *Accessories:*

- *Daypack*
- *Trekking Poles*
- *Sunglasses*
- *Headlamp/Flashlight*
- *Water Bottles/Hydration System*
- *Sleeping Bag*
- *First Aid Kit*

#### *Miscellaneous:*

- *Toiletries*
- *Sunscreen*
- *Insect Repellent*
- *Multi-tool/Knife*

#### *Optional:*

- *Camera*
- *Binoculars*
- *Book/Journal*

*Please do not hesitate to contact us if you have any doubts about the equipment and gear for this adventure.*

## Trip Notes

*How is the Weather in Langtang Valley?*

*The weather in Langtang Valley changes throughout the year. In the spring, from March to May, it gets warmer; flowers bloom, and it's nice for trekking. During summer, from June to August, it rains more, and it can be cloudy – the mountains might be hard to see, but everything turns green and lush.*

*In autumn, from September to November, the weather is clear and cooler. It's one of the best times for trekking because the sky is usually very clear, showing off the beautiful mountains. Winter, from December to February, gets really cold, and there might be snow. It's quieter, and some places might close due to snow.*

*So, depending on when you visit, the weather can be warm and flowery, rainy, clear with amazing views, or really cold with snow. It's always good to check the weather before planning your trek!*

*How difficult is the Langtang Trek?*

*The Langtang Trek can be a bit challenging but also exciting! It's not too hard for beginners, but it's good to be ready for some ups and downs. The trails have rocky paths and some steep parts, so it's important to take it slow and steady.*

*It's a moderate trek, which means it's suitable for most people with a fair level of fitness. Walking for several hours each day might feel tiring, especially if you're not used to it. But remember, there are plenty of places to take breaks, enjoy the views, and catch your breath!*

*Altitude can also be a factor, as some parts of the trek go quite high. It's essential to acclimatize, which means taking it easy as you climb higher to let your body adjust to the altitude.*

*Overall, with the right preparation, a positive attitude, and taking your time, the Langtang Trek is a rewarding adventure for those looking for a moderate challenge.*

*Health and safety concerns*

*Here are some considerable health and safety aspects to ensure a safe and enjoyable journey:*

*Acute Mountain Sickness (AMS)*

*Acute Mountain Sickness (AMS) is usually seen in unacclimatized people shortly after ascent to high altitudes. The condition occurs due to the thinning of the air as the altitude increases. The condition, if not taken seriously and treated immediately, can be life-threatening, and its symptoms can be seen generally above 3200 meters. The symptoms of acute mountain sickness are nausea, vomiting, tiredness, shortness of breath, and cerebral pain. The itineraries are designed to properly acclimatize you to the change in high-altitude climate, and sufficient precautionary measures are taken to take the utmost caution for our valuable guests.*

*Our staff is also equipped with cell phones and satellite phones (Option) in the event of any emergency. We are greatly driven to keep the safety and security of our clients as our foremost concern.*

#### *General Safety Tips*

*Other safety concerns include staying hydrated by drinking lots of water, using sunscreen, wearing protective clothing against the sun, and being cautious on the trails, especially in rocky or steep areas. You should follow your guide's advice, stick to designated paths, and be prepared for changes in weather by carrying appropriate gear like rain jackets or warm layers.*

*Regarding health, it's a good idea to bring a basic medical kit with essentials like bandages, pain relievers, and any personal medications, as well as travel insurance that covers hiking and emergency evacuations in the event of unforeseen circumstances.*

*Taking care of your health and being cautious on the trails will help ensure a safe and enjoyable trekking experience in Langtang Valley.*

#### *Insurance for the Langtang Valley Trek*

*Getting good insurance is super important for your Langtang Valley Trek. You need a policy that covers trekking and medical stuff, especially at higher places. Make sure it clearly says it covers trekking and matches the altitudes you'll reach. Our advice? Get insurance made for remote trekking. It helps you stay ready for anything unexpected during your adventure.*

#### *Fitness and Preparation for Langtang Trek*

*Preparing for the Langtang Trek involves both physical and mental readiness. While it's not a marathon, having a reasonable level of physical fitness helps. Start with regular walks or light exercises to build stamina. Gradually increase the intensity and duration to get used to walking for a few hours a day. Remember, the trek involves some steep paths and rocky terrain, so a bit of leg strength and endurance can help you.*

*In addition to physical fitness, mental preparation is also essential. The Langtang Trek is moderately challenging, so having a positive mindset is crucial. Be prepared for some uphill climbs and varying weather conditions. Packing the right gear, like sturdy hiking boots and layers for warmth, and being mentally ready for changes in the terrain and weather will make the trek more manageable and enjoyable. Notably, take it slow, listen to your body, and enjoy the stunning views along the way to make your Langtang Valley Trek an incredible adventure!*

#### *Nepal Visa Entry Procedure*

*Getting a tourist visa in Nepal is quite straightforward. Here's what you need to know:*

#### *Visa Options:*

- 1. Visa On Arrival: Most nationalities can obtain a tourist visa on arrival at Tribhuvan International Airport in Kathmandu. The visa fee varies depending on your nationality and*



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*duration of stay (typically USD 50-100 for 30 days, with extensions available).*

- 2. Online Visa: Pre-arrange your visa online for convenience. Simply apply through the Nepalese Department of [Immigration website](#) and pay the applicable fees.*

## ***Required Documents:***

- Valid passport with at least 6 months validity from arrival date.*
- Two passport-sized photographs.*
- Completed visa application form (online or manual).*
- Proof of sufficient funds for your stay (bank statement, credit card).*
- Onward travel ticket (confirmed booking for your departure from Nepal).*

*Note: Always refer to the latest requirements on the official website.*

## ***How to Book Your Langtang Trek?***

*Are you excited to take on the Langtang Valley trek? Book your adventure with us with the following straightforward steps:*

### ***Step 1: Find Your Perfect Match***

*Browse our website or contact us to discuss your trekking aspirations. We'll help you choose the itinerary that suits your fitness level, experience, and desired duration.*

### ***Step 2: Connect and Discuss***

*Simply contact us via email, phone, or [WhatsApp](#), and we'll guide you through the booking process step by step. We're happy to answer any questions you have along the way.*

### ***Step 3: Secure Your Spot***

*To confirm your booking, a non-refundable deposit is required. We'll provide secure payment options or discuss alternative methods tailored to your preferences.*

*We encourage you to ask any questions you have before booking. We're here to clarify every detail about the trek, itinerary, inclusions, exclusions, or anything else on your mind. Your confidence and comfort are our priorities.*

## ***Langtang Valley Trek earthquake damage***

*Following the [2015 earthquake](#), Langtang Valley faced significant challenges, with some areas along the trekking route affected by the natural disaster. While parts of the route have been rebuilt and are accessible, there may still be visible signs of the earthquake's impact in certain areas.*

## ***Langtang Valley Trek After Earthquake***





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*The earthquake left its mark on Langtang, but what came up is a memorial to the enduring resolve of its people. Today, the Langtang Valley stands strong, its beauty unaffected, its hospitality even warmer, and you can be a part of its inspirational comeback by choosing our Langtang Valley Trek.*

## *Post-Trek Activities (Optional)*

*After coming to Kathmandu after your joyful Langtang Valley trekking, you can do the following activities as well:*

- *Explore temples such as Durbar Squares, Swayambhunath, and Pashupatinath – history whispers within!*
- *Market Magic: Dive into Thamel's alleys, bargain on Freak Street, and find unique Nepali treasures.*
- *Enjoy tasty Momos, thukpa, and Dal Bhat – tantalize your taste buds, and learn to cook like a local.*
- *[Hike Nagarkot](#), watch the Himalayas turn gold and embrace the panoramic magic.*