

Langtang Valley Trek

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Trekking

ACCOMMODATION

Hotel/Lodges/Teahouse

WALKING

4-6 hrs

MAX ALTITUDE

5,033

m

DURATION

11

Days

DIFFICULTY

Easy

Difficult

GROUP SIZE

5

People

Expedition Overview

The Langtang Valley is just a short drive north of Kathmandu and so provides an opportunity for very short duration treks to still reach high into the heart of the Himalayas Mountain peaks that run along the border between Nepal and Tibet.

The Langtang valley itself is a classic “glaciated valley” from the era of the last ice age. This makes trekking along the valley floor very easy. The northeastern, or upper end, of the main valley, tapers to small active glaciers grinding their way down the high mountain slopes and tributary valleys. This makes the Langtang Valley such a compact, diverse, and interesting place to trek. In just a few days traverse the lower Himalayan foothills and reach active glaciers in the high Himalayas. There are so many opportunities for side treks, circuit treks, high mountain pass traverses, and peak climbing all within the beautiful Langtang Valley. This trek pursues one of these opportunities and reaches the spectacular high point of Tsergo Ri (5,033m).

INCLUDES

- 1. 1. **ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by Tourist vehicle.
- 2. 2. **HOTEL ACCOMMODATION IN KATHMANDU** – 3 nights hotel in Kathmandu (5-star category) - on twin sharing basis (B & B plan).
- 3. 3. **WELCOME DINNER** – One welcome dinner in a tourist standard restaurant in KATHMANDU with office staff.
- 4. 4. **PERMIT** – Annapurna Conservation Area permit, TIMS card.
- 5. 5. **INSURANCE** – Medical & Emergency rescue insurance for all involved Nepalese staff during the trek.
- 6. 6. **DUFFLE BAG** – One 120L 14 Peaks Expedition’s duffle bag (Caps/neck warmer).
- 7. 7. **MEMBER TRANSPORTATION** – Drive from Kathmandu – to Syabrubesi. While returning Drive from Syabrubesi to Kathmandu, as per the itinerary.
- 8. 8. **MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters. (1 porter: 2 trekkers).
- 9. 9. **FOOD AND LODGING** – Food 3 meals a day (including tea and coffee) and accommodation at Hotel/Lodge/Tea house during the trek.
- 10. 10. **GUIDE** – Local government licensed guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- 11. 11. **KATHMANDU VALLEY SIGHT SEEING** – Swayambhunath, Boudhanath and Pashupatinath (UNESCO heritage site)
- 12. 12. **STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters’ daily wages, salary, equipment, foods & clothing.
- 13. 13. **Comprehensive medical kit for members and staff.** –

EXCLUDES

- 1. 1. **AIR FARE** – International flight airfare (from and to Kathmandu).
- 2. 2. **NEPAL ENTRY VISA FEE** – Nepalese Visa fee is \$30 USD per person for 15 days.
- 3. 3. **LUNCH & DINNER** – In case of early return from trekking than the scheduled itinerary).

- **4. 4. EXTRA NIGHT IN KATHMANDU/LUKLA** – In case of early arrival or late departure, early return from trekking or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. 5. INSURANCE POLICY** – Insurance to cover both medical and high-altitude evacuation costs (If incase for the trip cancellation, high-altitude rescue & air evacuation, medical treatment, etc.).
- **6. 6. PERSONAL EXPENSES** – Telephone Calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, alcoholic beverages.
- **7. 7. FILMING** – Special filming, camera, and drone permit fee.
- **8. 8. INTERNET SERVICE** – Not included during the trek.
- **9. 9. TIPS** – For guide and porters.

Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu and Transfer to the Hotel (1,400m) and final preparation	D	Hotel	
2	Drive from Kathmandu to Syabrubesi (1,460m)	B/L/D	Lodge	
3	Trek from Syabrubesi to Lama Hotel (2,470m)	B/L/D	Lodge	
4	Trek from Lama Hotel to Langtang Village (3,430m)	B/L/D	Hotel	
5	Trek from Langtang to Kyangjing Gompa (3,750m)	B/L/D	Hotel	
6	Hike up to Kyangjin Ri (4,773m) and back to Kyangjin Gompa	B/L/D	Lodge	
7	Trek from Kyangjing Gompa to Lama Hotel	B/L/D	Lodge	
8	Trek from Lama Hotel to Syabrubesi (1,460m)	B/L/D	Lodge	
9	Drive from Syabrubesi to Kathmandu and transfer to the Hotel	B/L/D	Lodge	
10	Contingency/Leisure Day in Kathmandu City	B/L/D	Hotel	
11	Transfer to the International Airport for final departure	B/L/D	Lodge	

Trekking Gear List

Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)
Insurance Paper/Certificate

Medicine / First Aid Kits

Paracetamole

Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket
Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

Lower Body

Trowser Bottom Base Layer Fleece Trouser Gore Tex Pant
Heavy Weight Pant Mid Weight Pant Trekking Pant
Under Wear Down Pant Gaiters for Trekking Boots
Climbing Boot -6000m Normal Socks Summit Socks
Trekking Shoes Thermal Bottom Base Layer Trekking Pants

Foot Wear

Summit Boot - 8000m Sport Shoes

Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)
Summit Gloves

Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter

Eating & Drinking

Water bottle Thermos

Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

Miscellaneous

Trekking Pole Pocket Knife Nail Cutter Umbrella/Rain Coat
Hot Water Bag Pee Bottle Tenacious Tape Repair
Altimeter Watch Satellite Phone(Optional) GPS Tracker
Power Bank Camera