

Langtang Region Trek



Trip Overview

Langtang Valley is the nearest Himalayan trekking destination to the north of Kathmandu it is in a narrow landscape and can be reached within a few hour's drive from Kathmandu and is bordered by Tibet in the main Himalayan range. Because of its borders with Tibet, this area is as wild as Tibetan highland and people of this area are thought to have migrated from Tibet in ancient times. Although there are not big mountains but slightly lower range of snowy peaks and it offers an opportunity to explore villages, small peaks, and glaciers with low elevation. There are many other trekking packages but we the Khumbu Alpine Travel do offer excellent choices of just the Langtang Valley trip for those who are interested in short trips with less crowds from Kathmandu. This valley is also known as Glacier Valley following the river upstream through a forest of rhododendrons and bamboo. Our Journey to Langtang Valley moves forward drive from Kathmandu to Syabru Besi. Varieties of Waterfalls, snow-capped Himalayas, and Rhododendrons make the trip one of the most memorable. Just after the five-day trek from Syabru Besi, will reach reached again in ending point Syabru Besi, and a reserved vehicle take us to Kathmandu.

Gallery



Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu and preparation for trek

- Day 3 - Drive to Shyabru Besi(1550 Mtr/5084 Ft)
- Day 4 - Trek to Lama hotel(2380 Mtr/7806 Ft)
- Day 5 - Trek to Langtang (3430Mtr/11250 Ft)
- Day 6 - Trek to Kanzing Gomba(3850 Mtr/12628 Ft)
- Day 7 - Acclimatization and Exploring day in Kyanzing Gomba
- Day 8 - Trek to Lama Hotel(2380 Mtr7806 Ft)
- Day 9 - Trek to Shyabru Besi(1550Mtr/5084 Ft)
- Day 10 - Drive to Kathmandu
- Day 11 - Final departure

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- All trekking permits , TIMS card,Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accomodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost

- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Upper Body
 - Warm Hat
 - Cap
 - Face Mask / Muffler
 - Wind stopper/Waterproof Jacket
 - Down Jacket
 - Fleece Jacket/ trousers
 - Thermal
 - T-shirts
 - Woolen gloves/Water/windproof gloves
- Lower Body
 - Trekking Trousers(lightweight long Pant)
 - Underwear
 - Wind stopper/waterproof Pant
 - Fleece or woolen pants
 - Thin light/heavy poly or wool Socks
 - Sandals
 - Trekking Boot
 - Gaiters
 - Spare Shoes
- General
 - Medium Rucksack (50-70 Ltr)
 - Small Day Pack
 - Personal Medical Kit
 - Chapstick/Sunscreen
 - Water bottle
 - Large Duffel bag
 - Trekking Pole

Spare batteries for the Camera
Hand Towel
Headlamp with extra Batteries
Sun Glasses with UV protection

Faqs

1. Where is Langtang region?

Langtang is located on the north side of Kathmandu. It the nearest point see the mountain from Kathmandu valley.

2. What is the best seasons to trekking in Langtang region?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.

3. What permit do I need for the trek to Langtang region?

We have to get a permit of Langtang national park entry permit .The entry permit costs around 1500 rupees (\$15) per person.

4. How safe is Langtang region trek?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency. We make the proper decision according the regular updated weather report, if there is any chances of big snow falls or stroms, we decide and do the action as per the situation.

5. How is the lodging and fooding facilities in Langtang trek?

Along the trail to Langtang Trek, there are well faciliated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. if you buy single supplementary package you will get single room.

6. What is the normal temperature in spring and Autumn season?

Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.