

# Langtang Trek

## **Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)**

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

## **Day 02: Travel to Syabrubesi (1,550 m / 5,100 ft): 7-8 hours**

Syabrubesi is located inside the Langtang National Park. We have extraordinary views of villages, farms, snow capped mountains and the jungle along the way. The entrance to the park is in Dhunche, which is the last major city we come to. We pass through Dhunche headed toward Syabrubesi for about two hours. We spend the night in Syabrubesi.

## **Day 03: Trek to Sherpa-Gaon (2,350 m): 06 hrs**

We begin our trek today. Starting from Syabrubesi we trek over Langtang, and Trisuli Rivers. We then turn north and pass through scattered farming villages that are set in the foreground of the amazing mountains behind them. The trail then leads us into a beautiful rhododendron, pine, and bamboo forest. This area of Langtang is known for its population of Red Pandas. We spend the night in Sherpa-Gaon.

## **Day 04: Trek to Thyangsyap Village (3,307 m): 06 hrs**

As we continue our ascent through Langtang National Forest, we have great views of the river gorge below. The trail leads us onto the ridgeline, which appears to seamlessly flow through the mountain. As we follow the ridge we pass stone and mud houses that are sprinkled throughout the area. The climate begins to cool as we reach Thyangsyap Village. This area has a thriving Tamang and Bhotias population, which gives us opportunities to understand their cultures and life styles. We spend the night in Thyangsyap.

## **Day 05: Trek to Kyanjin Gomba (3,870 m / 12,697 ft): 4-5 hrs**

We continue along the trail, which leads us to areas that show the river gorge open into a beautiful valley with the ever present snow capped mountains towering overhead. The trail continues past a few prayer walls (mani walls) before we arrive at Kyanjin Gomba. We spend the night here surrounded by mountains and near the Langtang Lirung Glacier.

## **Day 06: Acclimate in Kyanjin and Go on day hikes**

During our acclimatization we have many activities available to us. We can hike to Tsergo and Kyanjin Ri for phenomenal panoramic views of the mountains. From here we can see Langtang II (6,571 m), Langtang Lirung (7,425 m), Kimshun (6,745 m), Shalbachum (6,918 m), and other mountains. The views of these incredible mountains are truly spectacular. If we have time when we return to Kyanjin, we can also visit a cheese processing facility that was established about 35 years ago.

## **Day 07: Trek to Lama Hotel (2,350 m): 07 hrs**

We descend to Lama Hotel today. The trail is mostly downhill and a fairly easy walk. We can still catch glimpses of the mountains on our way down. We spend the night in Lama Hotel.

**Day 08: Trek to Upper Syabru Village (2,118 m): 06 hrs**

The trail takes us on an alternative path to Upper Syabru. This section of the trek does not see a lot of trekkers and is mostly used by natives. The trail passes through a bamboo, rhododendron, and oak forest and near a river. There is a beautiful monastery above Upper Syabru Village. The houses here are uniquely crafted and have intricately carved windows and doors.

**Day 09: Trek to Singh Gompa (3,254 m): 05 hrs**

The trail to Singh Gompa leads us through a beautiful rhododendron, oak, and pine forest. The forest has over 10 species of rhododendron plants are magnificent in bloom. At points along the trail the forest opens up and we can see Langtang, Ganesh Himal, Manaslu, and the Annapurna Mountains. The contrast is remarkable. We spend the night in Singh Gompa.

**Day 10: Trek to Dhunche (1,950 m): 05 hrs**

We continue our trek with today's destination set for Dhunche. We pass forests and farms on our way. Near the bottom of the mountain we reach Dhunche. We spend the night in Dhunche.

**Day 11: Travel to Kathmandu, and Check into a hotel.**

We conclude our trek in Dhunche. In the morning we board a vehicle to transport us back to Kathmandu. Along the way we have different views of the landscape and time to reflect on our journey. We spend the night in Kathmandu.

**Day 12: Reserve day in case of inclement weather**

We Reserve this day in case we have to spend an extra day on the trek. If we complete the trek on time we can spend this day shopping for souvenirs, go sightseeing, or participate in any number of leisure activities.

**Day 13: Conclude Trip**

If you wish to extend your stay in Nepal, we will be happy to make the arrangements for you. For those of us that are leaving, we provide transportation to the airport for your convenience.