

## Langtang valley trek



### Introduction

Langtang valley is a short and unique trek that can be done within an 8 days. It is a trip to Tsergo Ri (4984m). The trek starts at Syaphru Besi (1400m), after an 8/9hr bus ride from Kathmandu. The first two days are spent climbing gorge-like lower Langtang valley, spend a night at Lama Hotel (2470m). Oaks and rhododendron forest make the trail peaceful and after ascending an old moraine, suddenly snowy peaks appear ahead and the gorge opens into a U- shaped glacial valley, prime yak pasture. Spring is an excellent time for the view of different types of flowers, and in autumn the barberries bushes turn a deep rust color. Langtang village is a good place to spend the night and acclimatize, while Kyanjin Gompa (3750m) boasts a small monastery and cheese factory. From the rocky viewpoint of Langhisha Kharka (4100m), a little beyond the yak pasture at Numthang, you can see ice and moraine spreading up the high valleys, hemmed in by snow peaks. Equally attempting Tsergo Ri (4984m), a challenging, 6 hours round trip that offers an awesome white wilderness of snow-capped peaks.

### Trip Facts

Trip Duration	11 Days
Trip Grade:	Moderate
Best Season	Sep/Oct & Mar to May
Per Day Hiking:	6/8 hrs
Elevation	4984 meter
Accommodation	Tea house / Lodge

Transportation	Bus/ Jeep
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### Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program.
- Guided Kathmandu city sightseeing tour including entrance fees.
- Langtang National Park entrance and trekking permit & TIMS card.
- To and from transfer by bus. (Option with additional cost for private transport)
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek.
- Teahouse/ Lodge accommodation during the trek.
- An experienced guide including his salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, t insurance, lodging and food.
- A first Aid medical kit box.
- All government tax and local taxes.