



COMMUNITY ACTION TREKS

Langtang Valley Trek

A trek through a beautiful valley that lies north of Kathmandu, straddling the Tibetan border.

NEPAL





GRADE
GENTLE

MAX ALTITUDE
4772m

TREKKING DAYS
6

TRIP LENGTH
12 days

MIN PEOPLE
4

Langtang Valley Trek

Langtang is the name of a beautiful valley that lies north of Kathmandu, straddling the Tibetan border. Despite its proximity to the capital, it sees nowhere near as many visitors as the Everest and Annapurna areas, yet surrounded by several 7000m peaks, it is considered as spectacular. Langtang has long been a favourite with first time trekkers, and with good reason. It combines moderate and well-paced walking trails with outstanding natural beauty and the opportunity to visit schools rebuilt by Community Action Nepal. Treks where you will be guaranteed a warm welcome. On this trek we start in the lower Langtang Valley, trekking through its forests and among the villages and farmlands of its people, many of whom are of Tibetan origin. Once an important trading route with Tibet, this influence is reflected in the character of the villages and peoples. Emerging above the tree line into a wide glaciated valley, we have a couple of days set aside for exploring its icy upper reaches, a jumble of peaks, glaciers and moraines. During part of the trek, you will be walking through national park and though wildlife is never easy to spot in a forest setting, there are chances of seeing some interesting animals and birds. Among those found in the national park are monkeys, Musk deer, Pika and the national bird of Nepal, the colourful Danphe.

The trek is graded gentle and though we have a couple of long days of trekking, many of the shorter days allow you time to explore and take in the magnificent surroundings at a more leisurely pace.



TREKKING WINDOW

MAR - MAY & OCT - DEC

PRICE

£1280 per person* (land only price - see last page

*prices subject to change



Langtang Valley Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu, 1400m

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Free day in Kathmandu.

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Drive to Sybrubensi 1440m via Dhunche (5-6 hour drive).

After breakfast we'll drive to Sybrubensi, a village with huge stone houses, passing by Trishuli Bazaar and Dhunche. Along with the green hills, villages, and rivers, we will be looking at snowcapped peaks. Driving on a bumpy and winding road, we reach Sybrubensi where we stay overnight.

Day 4

Sybrubensi to Lama Hotel 2480m (4-5 hours walking).

An easier day where we follow the river gently upstream to the settlement of Lama Hotel.

Day 5

Lama Hotel to Langtang Village 3480 2240m (5 hours walking).

We follow the Langtang river upstream through a beautiful area of forest, which in the early morning will be alive with bird song. The trunks and branches are festooned with moss and lichen and a variety of unusual wildflowers carpet the forest floor. Every so often, it thins out and we start to get views of the snow-clad peaks in the distance. Once past the checkpoint at Ghora Tabela (2950m), the path becomes gentler as it emerges above the tree line. We are now in a wide, glaciated valley and as we approach the village of Langtang, where we stay overnight, water powered mani wheels line the path. The village has its own small hydroelectric scheme and several community development projects, including the school that Community Action Nepal has rebuilt.





Day 6

Langtang to Kyangjimg Gompa 3900m (4-5 hours walking).

Leaving Langtang village and the cultivated land behind, the path traverses glacial debris and dry riverbeds. By now we are amongst the high peaks and Langtang Lirung (7245m) towers above. We arrive at Kyangjing by lunchtime leaving plenty of time to explore the area surrounding the village, which is settled by people of Tibetan origin. The Tibetan border lies only a few miles to the north of here.

Day 7

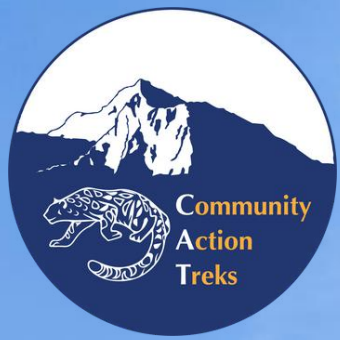
Exploration Day.

An early start today to climb Kyangjin Ri (4772m), it takes about one and half hours to two hours get to the top. From here you have a breath-taking 360 degree view of Langtang II/Ghonge Liru (6,596m), Langtang Lirung/Ghone (7,227m), Changu (6,251m), Kinshung (6,781m), Langtang Yansa (6,048m), Yurba (6,264m), Tserko Peak (5,749m), Yala Peak (5,500m), Langshisa Ri (6,427m), Dorje Lakpa (6,966m), Ganchenpo (6,387m), Dshabu Ri (5,202m), Urkin Kanggri (5,863m) and Naya Kang (5,844m) and the foot of the huge Langtang Lirung Glacier.

Day 8

Kyangjing – Rimche 2399m (4.5 hours walking).

Today we descend towards Rimche village. There will be fantastic views of towering mountains all day.



Day 9

Rimche – Sybrubensi 1440m (4-5 hours walking).

Today we trek downhill following the so called 'high' route back to Syarubesi. This trail splits off the route we took upwards shortly after leaving the Lama Hotel. The route goes to the small village of Syarpagaon and continues onto Bhanjyanggaon and then to Khangjung before descending back to Sybrubensi. This was the primary route to Langtang before the new trail was built.

Day 10

Drive to Kathmandu (7-8 hour drive).

An early morning start today for our return to Kathmandu. We will drive back to Kathmandu passing terraces, streams, rivers, local settlements and high hills along the Trishuli River. The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.

Day 11

Free in Kathmandu.

TA day to explore Kathmandu and do some last-minute shopping.

Day 12

Depart Nepal.

Transfer to Kathmandu airport.





The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices:

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options:

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact Us

For more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at www.catreks.com

Community Action Treks,
Stewart Hill Cottage, Near Hesket Newmarket, Wigton,
Cumbria,
CA7 8HX

Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.