Langtang Valley Trekking

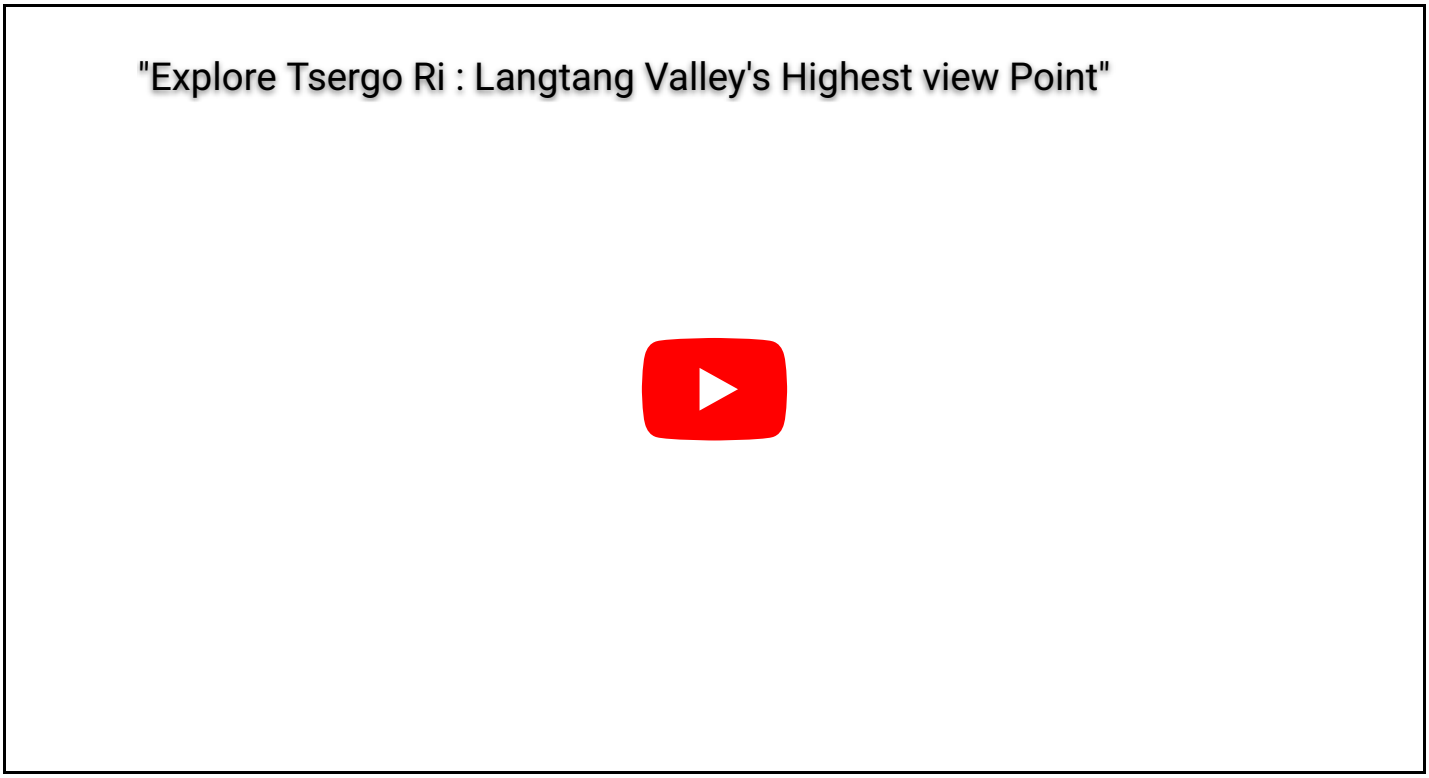
Trip code	HH-LA-10
Package name	Langtang Valley Trekking
Duration	10
Max. elevation	4945 m
Level	MODERATE
Transportation	Standard Bus service, others as per the Itinerary.
Accomodation	Hotel in Kathmandu and Lodge/Guesthouse on the Trek, as per the Itinerary.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu - Dhunche - Syabrubensi - Langtang village - Kyanjin - Syabru - Kathmandu.
Cost	USD 596 per person

Highlights

- Following the scenic Central Himalayan trail to beautiful Langtang Valley.
- A pleasant country walk to experience the local colorful Tamang cultures.
- Trekking in the land where endangered and rare Red Panda habitats.
- Adventure within Nepal’s first mountain park the Langtang National Park.
- Enjoy the tremendous panorama of Langtang Himal and array of snow peaks.

Overview

'LANGTANG VALLEY TREKKING‘enjoy the scenic and cultural walks to picturesque Langtang Valley’



Langtang Valley Trekking is one of the most popular, famous, and short scenic adventures, after Annapurna and Everest region treks.
The areas of Langtang Valley take you on the laps of Central Himalaya around the Langtang Himal region. A fascinating trek, of little more than a week's duration, suitable for all types of visitors. Where all can enjoy the spectacular scenery that Langtang Valley Trek has to offer, along with impressive Buddhist culture.

Langtang Valley Trekking Gallery

Langang Valley is distinct trekking trail in Nepal unlike other popular trekking trail like **Annapurna Base Camp Trek** and **Everest Base Camp Trek.** This is a moderate adventure into the core Tamang people's land with astonishing mountain panoramas along with holy monasteries along the mild ascending trekking trail.

A moderate adventure with a touch of high altitude, the trail follows to the highest overnight halt at Kyanjin Gompa. The trek to Langtang Valley starts after an exciting drive on leaving Kathmandu Valley to the cooler hills of Langtang Himal.

The road follows the entrance of **Langtang National Park** at **Dhunche**, the major administrative town of the **Rasuwa** district. Then heading towards a small town of Syabrubesi, the starting and ending point of our trek.

Syabrubesi, the vantage point for various Himalayan destinations, is also the route to Tibet / China and Nepal border. Our trek leads towards the northeast heading uphill through a lovely forest of pines and rhododendron with smaller bamboo groves.
The forest with bamboo stalks, makes a perfect habitation for rare and endangered Red Panda, often sighted on walks. The trail follows the Langtang River gorge upstream, reaching the smaller settlements of **Ghoretabela** and Langtang village to **Mundu.** The tree lines fade for smaller bushes, then the walk heads towards the picturesque Langtang Valley at **Kyanjin Gompa**.

A magnificent place Kyanjin Gompa is enclosed by an array of towering snow peaks on both sides of the valley. A wonderful settlement to enjoy a day more for a short exciting hike to the scenic viewpoints of **Kyanjin-Ri** and **Tserko-Ri.**

While staying an extra day at Kyanjin, with an opportunity to explore the lovely valley surroundings and the high scenic viewpoints.
Enjoying the wonderful moment at Kyanjin Gompa and around Langtang Valley, return journey downhill back into dense tree lines. Then slowly the walk completes on reaching Syabrubesi for an interesting drive back to Kathmandu. After a mesmerizing adventure and marvelous experience on Langtang Valley Trek with the grand service of Haven Holidays Nepal.

How difficult is Langtang Valley Trekking?

Langtang Valley Trekking is a moderate adventure through Langtang National Park to a mesmerizing Langtang Valley surrounded by snow-fed mountain peaks including Mt. Langtang and Lirung. Actually, those who have got prior experience of short hiking and trekking with numerous ups and downs in the mountain above 3000m can conveniently accomplish this trek. No technical skills of trekking and climbing is required for Langtang Valley Trekking in Nepal. The Langtang Valley Trekking trail is flat and moderate; there is no steep or technical climbing during the trek from beginning to end.

Foods and Accommodation on the trail

Accommodation on the Langtang Trekking Trail will be very ordinary but sufficiently neat and clean for a night stay. The accommodation will on twin sharing basis if you join a group. Or, if you want a private trip, then, you will have a private accommodation with supplementary cost.
The trekkers will be staying in local teahouses, lodges or guesthouses on the trail with he local people. Staying with the locally owned lodges will be very exciting for you. You may be irritated with the crowd of people at the lodges during two peak trekking seasons in Nepal: Autumn (Sep-Nov) and Spring(Mar-May) . If your travel company is providing you sleeping bag, then, that's okay. If not, then, you are suggested to carry your own sleeping bag.
Regarding food items, you will have the food items as mentioned in the menu by the local lodges. Actually, your food items will be cooked by the local chefs and they will cook very fresh and hygienic food items. The local chefs will use the locally grown vegetables and other ingredients to cook your foods. You can have the items as mentioned in their menus. Mostly, Nepalese food items like Daal Bhat and other items like bread, noodles, dumplings, chicken curry, soups and other Indian, continental and Chinese food items also are available on the menu for trekkers.

Required Permits

Two different trekking permits for Langtang Valley Trek. These permits are: Langtang National Park Entry Permit costs USD,30 and TIMS Card (Trekking Information Management System). The TIMS Card costs USD,20. You can obtain these permits through your travel company easily. For this, you have to provide a copy of your passport and recent photographs.
Note: This trip itinerary and the cost are based on B/B(Bed and Breakfast) in the city and the mountain. But if you want an itinerary and the cost with a full board meal (B, L, D) Breakfast Lunch and Dinner, the cost will be extra (USD,216)

Trip Itinerary

Day 1 : Arrival in Kathmandu 1,320 m and transfer to hotel.

On first arrival at Kathmandu and Nepal international airport, Haven Holidays representative receives you. After getting introduce with the staff, your baggage will be loaded either in car, coach or bus as per group size. A short drive to the center of Kathmandu city, where your hotels is located. On checking to your lovely rooms, getting refreshed from Jet-Lag, then get ready for group briefing. Where you will meet with other members of Langtang Valley Trek.

The guide or group leader brief with related information regarding the trek, and local culture. Includes details on accommodation and foods hours of walks and overnight stops and views along the treks.

Day 2 : Drive to Syabrubesi 1,460 m(4790 feet) (122 km / 76 miles) -07 hrs.

Morning having breakfast, transfer by standard Bus(coach) for an overland journey. An exciting drive leads beyond Kathmandu valley towards North Mid-Western highway, the journey passes through lovely farm villages and towns. Then reaching higher mountainous area, where air gets cooler at Dhunche, the major town and headquarter of Rasuwa district. As well the entrance of Langtang National Park, then heading down to Syabrubesi small town.

Staying first overnight in a local lodge, with ample time to explore the village like town to catch glimpse of local culture.

Day 3 : Trek to Lama Hotel 2,470 m(8,104 feet)-06 hrs.

Start the morning from Syabrubesi on a gradual path to cross a bridge over a river that flows from Tibetan Mountains. After the bridge, a long haul for few hours to reach a small settlement at River Side. Possible lunch stop, afternoon the walk continues with uphill into dense forest of rhododendron, pines and oaks with bamboo stalks. Slowly the first day walks ends on reaching a wide open area amidst forest surroundings at Lama Hotel. A small settlement with number of simple lodges to accommodate the trekkers. Enjoy the comfort of nice cozy lodge for overnight halt, located by the Langtang Khola / stream.

Day 4 : Trek to Mundu village 3,550 m (11,647 feet)- 06 hrs.

Enjoy the second day walks, having good breakfast start the morning with slow climb through forest. The trail follows with occasional glimpses of Langtang Lirung in between the tree lines. After few hours of good walk into cool shade of serene wood, reaching a nice place at Ghoretabela 3,000 m / 9,842 feet. Once this place was a Tibetan refugee resettlement, but at present stands a Nepalese Army post.

Possible lunch spot in one of its small lodge restaurants, afternoon the walk continues as the valley widens. The trek leads to few temporary settlements used by cattle and Yak herders. Trek follows to reach a somber reminder of the past, dreadful earthquake of 2015. Where Langtang village once

was, with many good strong lodges, at present only a huge rock field. Spare a thought for the locals and trekkers who lost their lives here. The walk continues a little further to reach Mundu, a new settlement after Langtang village was destroyed by the earthquake. Enjoy the comfort of a nice lodges, the lost village is slowly returning back to normal, with new houses being built in a modern style.

Day 5 : Trek to Kyanjin Gompa 3,800 m(12,697 feet) - 04 hrs.

Today a fairly short day walk to reach our final destination to Kyanjin Gompa from Mundu. The morning walk leads to climbs on gradual ups through yak pastures as the valley opens out. The views of surrounding snow-capped becomes more extensive. On crossing several small icy streams and moraines, walk then ends on reaching Kyanjin Gompa, a nice moderate settlement. Check into a nice lodge for lunch and overnight halt for two nights. Afternoon visit the small monastery and a community run Yak cheese factory. Rest of the afternoon explore the Kyanjin settlement and enjoy the local immense Buddhist cultures. As well as facing grand views of Langtang Himal with its glacier close to Kyanjin settlement.

Day 6 : Rest day in Kyanjin for local exploration and short hike.

Various places to explore and for short hike to the high hills of Kyanjin-Ri at 4,850 m. / 15,912 ft. The climb of few hours for every effort offers spectacular views of surrounding peaks of Langtang Himal. As far as to Tibetan side of mountains with Mt. Shisapangma, the Langtang Himal main peaks, Langtang Lirung, Langtang-Ri. The view extends to Far East with Langshisa and Dorje Lakpa peaks with Ganjala or Naya Kanga in the south direction.

For those who are not interested for climb to Kyanjin-Ri or Tserko-Ri can enjoy walk up the moraine. Facing spectacular ice faces and tumbling glaciers of Langtang Lirung just a mere distance from the lodge at Kyanjin Gompa.

Day 7 : Trek to Lama Hotel-06 hrs.

After an enjoyable and marvelous time at Kyanjin and Langtang Valley, return journey a long distance walk to Lama Hotel. Morning from Kyanjin retrace the journey following the Langtang Khola to Mundu village and Ghoretabela. The drops continues heading back into dense forest, as the day walk completes, on reaching Lama Hotel for overnight stop.

Day 8 : Trek to Syabrubesi village -05 hrs.

Leaving the high country, morning walk leads towards Syabrubesi, enjoying the cool forested hills. The walk continues heading past Riverside, and then head further down to a bridge. After crossing the bridge a slow short walk reaches Syabrubesi for last overnight halt around Langtang Himal region.

Day 9 : Drive to Kathmandu and transfer to hotel.-07 hrs.

Morning after breakfast board in a vehicle for exciting long drive back to Kathmandu, as the road leads on winding up to Dhunche town. After Dhunche on winding downhill to Ramche, Manebhanjyang town to reach low warmer areas at Trisuli Bazaar. Possible lunch stop, afternoon

drive continues on good road at the end Nuwakott area, then reaching the Kathmandu city.

On arrival check into your hotels, afternoon free for individual activities and shopping spree.

Evening group dinner in a nice authentic Nepali restaurant, dinner with exciting Nepali cultural program.

Day 10 : International departure for homeward bound.

Last day in Nepal and at Kathmandu, as time for your respective airlines flight departures. Our guide, staff transfers you to the airport, then bid farewell to Nepal till you return for another exciting adventure.

Inclusions

What is included?

- All Arrival and Departure Transfer from airport to hotel and airport.
- Twin sharing room on best tourist standard hotels in Kathmandu with breakfast basis(For single supplement at extra cost).
- Transportation on best comfortable Bus service Kathmandu-Syabrubesi-Kathmandu.
- Twin sharing accommodation on best available mountain lodges/Guesthouse with Breakfast.
- Service of English speaking guide with two clients one porters.
- Wages, meals, medical allowance of guides and porters.
- If Necessary, Trekking Equipment : such like, Down jacket, company Duffel bag and Sleeping bag.
- Applicable Trekking Permits TIMS (Trekking Information Management Systems).
- Langtang National Park Entrance Permits.
- Comprehensive Medical Kit carried by our trekking staff for prevention sick.
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.
- Expenses of personal nature, as well as gratitude or tipping for trekking staff, drivers, porters and guide, including extra snacks and refreshments.
- Personal trekking gear, including sleeping bags.
- Emergency Evacuation if required by any means of transportation, including Helicopter Service.
- Personal medical kit, as advised by your doctors.
- Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.
- Lunch and Dinner all round the trip.
- Privet vehicle if clients needed.

Trip Info

Booking Terms and Conditions

Booking

To book this trip, you have to find the book on button and click it. After that, you will see a form where you will fill up all the required information for the trip including the departure date you want and click the button submit. Now you have completed the form and we will reply to your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Cancellation and Refund

You can cancel the trip if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payments to other operating sections. Therefore, the other operating departments like transportation, food and accommodation, and trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer

Though you cannot get a refund after you cancel your planned trip, you can postpone it for the future and you can do it whenever you have a favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want other people who are closer to you to do this trip, you can do the transfer or offer this trip as a gift. But for this, we require valid and reliable evidence like email addresses, other contacts and all required contracts we made previously.

Training for High Altitude

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the trip in the Himalayas. For this, you are required to do short hikes and joggings, aerobics, regular exercises, walking up and downs with a small backpack, joining a gym for cardio and other exercises and primarily, jogging, cycling, futsal football and short hikes/treks in the hill. You can practice both slow jogging and quick running which will help you a lot in the mountain to adjust to the new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board the trip to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have a balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to

maximum8 hours with little backpack for the trek you want.
If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek.

Preparations for the Langtang Valley Trek

If you prepare the trek very well in a finely organized way, it is said, half of the trek is already accomplished. Therefore, one requires preparing the trip with all requires things to carry and keeping oneself fit and fine.

Best Ways for Preparing the Trek

- Do regular exercises basically related to Cardio
- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears
- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for the trip
- Prepare all required medicines you must take on the trip regularly if you are doing it
- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don't try to be prodigal, just enough
- Prepare travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways flight tickets and confirm it so that it will be easier for you to return homeward

Arrival

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience. On Arrival, you will have the on-arrival visa instantly if you have not applied for Nepal visa for Nepal through the consulate center or Nepal Embassies near you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all the required documents for the visa.

Tourist Visa Nepal

A tourist Visa is on arrival visa in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. It's a quick and not a delayed process. TIA (Tribhuvan International Airport) under the Department of Immigration has

been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, You can expect some queues during peak Tourist season (Autumn-Sep-Nov). If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. We recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining a tourist-visa-Nepal on arrival. The choice is yours.

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just 30 minutes drive.

Get checked in the hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Orientation

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.
We will briefly let you know the trip you are undertaking from the next day or the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.

If you have any queries, you can put them in this orientation meeting before you depart for your trip.

Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Those who approach for last minute booking with us; must pay a 10% additional cost of the total trip cost mentioned on our website.

You can book the trip you like on our website even a day before the trip begins.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh hour. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips.

Don't hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some little additional cost which we will settle in mutual understanding.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or other several places of Kathmandu, trekking beginning points as well. You can find several money exchange counters in different corners of Thamel city. If you are in a rush and cannot do this, you can pay USD, AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc. You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, and Namche You can ask to exchange your currency with Nepal with local lodges/restaurants/hotels/ guesthouses too. But, you need to have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal.

Haven Holidays Team

Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle the sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.
The Haven Holidays Team will assist you in every step of your trip to make it memorable and more convenient.

Luggage and Storage

If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the labor rule that a porter can only maximum of 20kgs in the mountain. Please, don’t pack unnecessary stuff in the duffel bag. Two people one porter put 10kg of stuff by each individual.

If you think you don’t need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Take the luggage tag while storing the unnecessary luggage.

Meals on Langtang Valley Trek

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have extra tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time, you have to consider it very calmly. You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient

Langtang Valley Trek Start

The Trip commences from Kathmandu with a drive to Morning having breakfast, transfer by standard Bus(coach) for an overland journey. An exciting drive leads beyond Kathmandu Valley towards the North Mid-Western highway, the journey passes through lovely farm villages and towns. Then reaching a higher mountainous area, where the air gets cooler at Dhunche, the major town and headquarters of Rasuwa district. As well as the entrance of Langtang National Park, then heading down to Syabrubesi small town. Syabrubesi is the starting point for trekkers heading towards Langtang National Valley Trekking.

Syabrubesi is a picturesque village located in the Rasuwa District of Nepal. Situated at an altitude of around 1,460 meters above sea level. Syabrubesi is approximately 117 kilometres away from Kathmandu, the capital city of Nepal. It serves as the gateway to the Langtang Valley trekking, one of the popular trekking destinations in Nepal. The village is inhabited primarily by the Tamang ethnic group, and it offers stunning views of the surrounding Himalayan landscapes, including the Ganesh Himal and Langtang ranges. In addition to trekking, Syabrubesi also serves as a stopover point for travellers en route to the Tibet-Nepal border at Rasuwagadhi.

Electricity on Langtang Valley Trek

You will get good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to charge your phones and backups. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount to charge your batteries, backups and phones in remote areas trekking. There won't be an electricity heating system in the mountain while doing trekking or other adventure activities.

Drinking Water on Langtang Valley Trek

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water you can buy along the trek in the guesthouse.

Communication Facility on Langtang Valley Trek

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains, you may not be able to have such kind of facility as in the cities. But, most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-fi

during the trip in the mountains.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, access the internet over it.

Langtang valley Trek Ends

Our trek ends in Sayabrubensi for the last overnight halt around the Langtang Himal region. The next Morning after breakfast board a vehicle for the exciting long drive back to Kathmandu, as the road leads winding up to Dhunche town. After Dhunche downhill to Ramche, Manebhanjyang, Betrawoti town to reach low warmer areas at Trisuli Bazaar. Possible lunch stop, afternoon drive continues on the good road at the end Nuwakott area, then reaching Kathmandu city.

Feedback

You can give feedback on the trek/trip you have undertaken at the end of Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don’t have time to visit our office, you can write your feedback on the trip advisor page which will be more reliable and public.

Langtang Valley Trek Extra Personal Expenses

How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

Typical Day in Langtang Valley trek

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you want in the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/guesthouse/teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day’s trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

Free Booking and Free Cancelation
Veteran Crew Members
Enhancing Eco-Tourism
Prompt response, full safety and comfort guaranteed.
No hidden cost
Flexible
Cost Friendly
Wider Networks
Expert in risk management

Trekking Packing/Checklist List for Langtang Valley Trek

When preparing for a trekking trip in Nepal, it's essential to have the right equipment and packing list to ensure your safety and comfort to complete your mission. You will need to pack smart and light. This packing list doesn't mean you need to pack everything listed here. This list is a guideline, and your final list will depend on your preferences and judgment. Follow as per your personal needs and preferences by taking this as a reference. Here's a comprehensive list of items you should consider
Trekking equipment list

Departure

After a farewell dinner with our team and the important feedback session, we will comfortably drop you off at the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up on your international flight and another trip you want. We wish you a very wonderful time ahead.