



# Langtang Valley Trek – 7 Days

## Trip fact:

<b>Designation</b>	: Nepal
<b>Region</b>	: Langtang Region
<b>Duration</b>	: 7 Days
<b>Maximum Altitude</b>	: 4,900 m (Kyang Jing Ri Peak)

## Outline Itinerary:

**Day 01:** Kathmandu to Syabrubesi by bus, 1460m – time: 6-7 hours

**Day 02:** Trek from Syabrubesi to Lama Hotel, 2560m- time: approx 6 hours

**Day 03:** Trek from Lama hotel To Langtang valley, 3430m, time: 6 hours

**Day 04:** Trek From langtang valley to Kyan jing Gompa, 3900m/ time: 4-5 hours

**Day 05:** Kyang Jing Gompa to kyang Jing Ri Peak, 4900m, time- 4-5 hours , and continue the trek to lama hotel , Time: 4 hours

**Day 06:** Trek to Syabrubesi , 2750m, time: 4-5 hours

**Day 07:** Drive from Syabrubesi to kathmandu by bus, 1400m, Time: 7 hours



### **Cost Include:**

- ✔ Kathmandu to syabrubesi- kathmandu via bus ( Option : transportation by jeep will cost \$150 charge)
- ✔ Langtang valley permit
- ✔ All papers that need to be done
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Taxes and official costs paid to the government.
- ✔ A map of a trek and a certificate of completion of the trip
- ✔ Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of altitude sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ Assistant guide group size above 10+ people.
- ✔ All the charges to stay at different tea houses except for the food and beverages.

### **Cost Exclude:**

- ✘ Food that you will eat for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay; 30 days: \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care
- ✘ International Airfare.
- ✘ Your personal expenses
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on the journey
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ Tipping the guide and the driver is expected.
- ✘ Fees for entering different sites.
- ✘ One porter for two people \$ 140.



## Trip Highlight

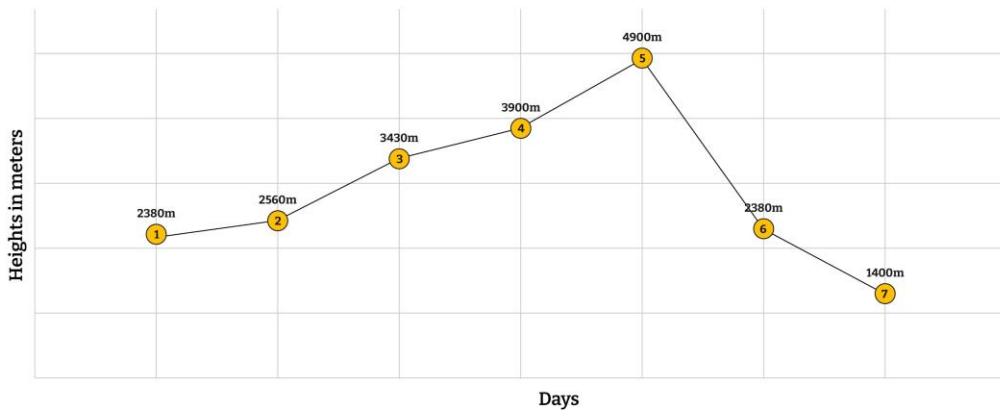
- ✔ Explore the ancient Kyanjin gumpa, visit the local cheese factory
- ✔ Witness the breathtaking sunrise from Kyang Jing Ri
- ✔ Explore the mountain village and local lifestyle.
- ✔ The Langtang Valley provides a refreshing break from the city hustle, guiding you through rhododendron and bamboo forests.
- ✔ The langtang valley trek showcases the stunning Langtang region, known for its lush forests and vibrant wildlife.
- ✔ You will have the chance to embrace both the Tamang and Buddhist traditions.
- ✔ Explore the glorious Langtang Valley .
- ✔ Along the way, savor authentic Nepali cuisine infused with local flavors that beautifully showcase our culture.



Route Map:



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## **Payment process**

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

## **Cancellation policy**

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted.
- Cancellation on the same day: 25% of full payment will be deducted.
- No refund on cancellation after departure.
- If you need to postpone your trip, there won't be any additional charges i.e you'll be able to go on the trip at the originally booked amount.

## **List of Trekking Equipment for the trek**

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

### **Head and Hand**

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

### **Upper Body**

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

### **Lower Body**

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks



- Sandals
- Lightweight Hiking/Trekking Boots

### **Toiletries**

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

### **Miscellaneous**

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

### **Travel Document**

- Valid Passport
- Valid Visa
- 4 PP Size Photo



- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card

If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram

[@adventuremastertrek](#) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

**Adventure Master Trek**

We are recommended on



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