



# Langtang Valley Trekking - 8 Days



## Trip Facts

Destination	Nepal
Duration	8 Days
Group Size	2-30
Trip Code	DWTK07
Grade	Moderate
Activity	Langtang Treks
Region	Langtang Region
Max. Altitude	4,773m at Kyangjin Ri
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hr walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Syabrubesi - Kathmandu by Local Transportation.

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Langtang trek, Trekking to the most popular, and the valley of glacier trek is an experience worthy trek. It offers us the beauty of nature, a pinch of Tibetan culture,...

# About the Trip

Langtang trek, Trekking to the most popular, and the valley of glacier trek is an experience worthy trek. It offers us the beauty of nature, a pinch of Tibetan culture, and a glimpse of the local lifestyle.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- 🗺 Scenic road drive from Kathmandu to Syabrubesi
- 🗺 Visit to Langtang village and Kyangjin Monastery
- 🗺 Panoramic view of the mountain from Kyangjin Ri
- 🗺 Home land of snow-capped mountains, waterfalls and several suspension bridges
- 🗺 Amazing Lirung and Kimshung glaciers
- 🗺 Old and significant Buddhist monasteries, stupas and monuments
- 🗺 Visiting the cheese factory and hike to Tserko Ri
- 🗺 Thick and green forests and meadows
- 🗺 Majestic viewpoint of Langtang Lirung (7,345m), Gang Chhenpo (6,388m), Naya Kanga (5,846m), Dorje Lakpa (6,966m), Kimsung (6,781m), and Yansa Tsenji (6,575m)
- 🗺 Wildlife like red panda, snow leopard, musk deer, bear, langur etc.

## What is Included?

- ✔ Both way transportation service between Kathmandu and Syabrubesi by local bus.
- ✔ Accommodation: Five nights accommodation with private attached bathroom at Syabrubesi and Langtang Village, Kyanjin Gumpa, two nights standard accommodation at Lama Hotel (2N) (Twin Sharing room). - 7 Nights
- ✔ All Standard Meals ( 8 Lunches, 7 Dinners and 8 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader guide, (an assistant guide for 12 or above trekkers) and porter to help trekkers luggage (2 trekkers: 1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Arrangement of Sleeping bags and Down Jacket for the Trek.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

## What is Excluded?

- ❑ International Flight.
- ❑ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)

- ⊞ Excess baggage charges (Limit is 9kg per Person)
- ⊞ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊞ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊞ Personal expenses (shopping, snacks, boil bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊞ Personal clothing and gear.
- ⊞ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊞ Tips for guide and porters (Recommended by the Culture)
- ⊞ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes etc.
- ⊞ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

## Overview

**Langtang valley trek** is one of the most popular trekking areas in Nepal. The **Langtang valley** comprises many beautiful **landscapes, meadows, and old monasteries**. Langtang valley trek gives us lots of surprises of nature where we walk past the forests and get an amazing view of mountains and glaciers. Following the Buddhist religion, the chortens, mani walls, and monasteries shine with pride in **Buddhism**. As we cross through many small settlements, the hospitality of the locals is so heartwarming.

The **Langtang Valley trek** is a short and easy trek that rewards us with **amazing scenery valleys and glaciers**. The Langtang valley is indeed an amazing place to trek due to its diversity in nature. There are opportunities for a side trek as well to **TserkoRi** which will be the highest point of the trek.

The Langtang Valley trek begins with the drive along the Trishuli river, heading north from Kathmandu through **Trishuli Bazaar. Crossing Dhunche**, we will reach **Syabrubensi**, a Sherpa village. This route was once the trading route with Tibet. As we walk past many forests, we may have a chance of spotting local wildlife like the musk deers, **Danphe**, etc. Arriving at **Langtang village**, the Tamang people show their hospitality with such a hearty welcome. We continue our trek to **KyanjinGompa** where we will be having an extra day for acclimatization exploring the monasteries, cheese factory, and a hike to TserkoRi. From this viewpoint, we will see a stunning view of mountains and glaciers. Then we return back to **Lama hotel** trekking south back to **Syabrubensi**. The next day we will take the bus back to Kathmandu which will take about seven to nine hours. We will return back to our respective hotels in Kathmandu cherishing a short enjoyable trek.

The Langtang valley trek is a **pleasant and enjoyable trek** that should be experienced once at least. This trek gives us opportunities to explore the area, hike to viewpoints to see mountains, and **experience the local lifestyle**. This trek has won many hearts of the trekkers. Discovery World Trekking has many other treks in the **Langtang region**. Feel free to contact us.

Clients should look at our:

[Langtang Gosaikunda trek](#), [Langtang Valley Ganja La Pass 12 Days Everest Base Camp Trek](#), [\\_days Everest Base Camp Trek](#), [15 Days Everest Base Camp And Gokyo Lakes Trek](#), [17 Days Everest High Pass Trek](#),

## Day to Day Itinerary

### Day 1

#### Drive from Kathmandu (1400 m / 4,393 ft) to Syabrubesi (1,503 m / 4,655 ft)

##### Itinerary Facts

**Driving Hours** (122 km/75.8 miles) –7- 9 hrs.

After early morning breakfast, the drive to **Syabrubesi begins**. You head out of Kathmandu to the highway, slowly heading towards the north along the main valley road. You will come across many beautiful views of the river, terraced fields, small villages, and snow-capped mountains if the sky is clear. The road takes you to a little busy town called **Dhunche**. While passing along the road at the bank of **Trishuli river**, you will catch a glimpse of **Ganesh Himal, terraces, and green hills**. Passing through Dhunche will make you feel as though you are heading towards deep land. Then continue the drive, we will arrive at Syabrubesi with many things to explore and a riverside hot spring. In this Way, Our 1st day of the Langtang valley **trek will be successful**.



Overnight at "Hotel Trekkers Inn" with attached bathroom.



Included all standard meals ( Breakfast + Lunch + Dinner ).

### Day 2

#### Trek From Syabrubensi (1,503 m / 4,655 ft) to Lama Hotel (2,470m /8,103 ft)

##### Itinerary Facts

**Trek Distance** 11.3 km/7 miles

**Highest Altitude** 2,470m /8,103 ft

**Trek Duration** 6 hrs

We begin our **trek from Syabrubensi** following the route of the Bhote Kosi and **Langtang river**. We come across fertile jungle, terraced fields, and pass through **rural settlements** with bamboo and birch groves. In this place, we might have the chance to spot rare and local wildlife like the red panda. **Afterward**, the trek ascends gently to **Rimche (2,400m)** through **Bamboo** which lies at the bank of the **Langtang River**. Following the trail, we reach the Lama Hotel. In this Way, Our 2nd day of the **Langtang valley trek** will be successful.



Overnight at "Lama Guest House"



Included Meals: (Breakfast, Lunch, Dinner).

### Day 3

#### Trek from Lama Hotel (2,470m /8,103 ft) to Langtang village (3,430 m/11,255 ft)

##### Itinerary Facts

**Trek Distance** 14.8km/9.1miles

**Highest Altitude** 3,430 m/11,255 ft

**Trek Duration** 6 hrs.

We begin our day with an early morning breakfast and we will trek alongside the river through the **lush landscape** as we'll climb upward through dense forests. Along the way, we will see the snowy peaks ahead if the weather is favorable. Ultimately the narrow river valley broadens out at **GhoraTabela (3,030m)**. In this area, there was once a **Tibetan resettlement project running**, and currently, GhoraTabela has an army check post that will register our **papers** and a few nearby lodges. As we trek further we will come across **Chyamki village (3,230m)**; a small settlement. As we walk past chortens, water mills, mani walls, and prayer wheels, it means that we are nearing Langtang village. We continue past prayer wheels driven by flowing water and prayer flags to scenic Langtang, a large settlement of mostly Tamang people with a **nearby monastery**. In this Way, Our 3rd day of the **Langtang valley trek** will be successful.



Overnight at "Village View Hotel" with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

## Day 4

### Trek from Langtang village (3,430 m/11,255 ft) to Kyanjin Gompa (3,865 m/12,675 ft)

#### Itinerary Facts

**Trek Distance** 6.8 km/4.2 miles

**Highest Altitude** 3,865 m/12,675 ft

**Trek Duration** 3 hrs.

After a good cup of tea and breakfast, our journey waits for us. The trek today will be short and easy. We will pass by many small plateaus, big mani walls, yak pastures, small villages, and meadows. Since we will be walking towards a higher elevation, we can trek slowly so that our body can acclimatize to the altitude. Soon after, we will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. This is when we reach an ancient monastery called the **KyangjinGompa**. KyanjinGompa is another wonderful land of **Langtang** that is surrounded by the **Himalayas** and we get stunning views of the snow-capped peaks. In this Way, Our 4th day of the **Langtang valley trek** will be successful.



Overnight at "Namaste Guest house " with attached bathroom.



Included Meals: (Breakfast, Lunch, Dinner).

## Day 5

### Exploration day at KyanjinGompa

Today is the day to let our **body acclimatize** to the high altitude and also explore this **beautiful land of Langtang**. This area of the valley has so much to offer for trekkers. Since the elevation is high, we will definitely be getting stunning views of the Himalaya ranges. Also, sightings of the glaciers will be seen too. A day full of exploration remains as there is so much to do. We will be visiting the monastery that portrays the religion; **Buddhism** and we may also get to see the monks do their prayer. The cheese **factory** would also be another compulsory visit as it is interesting to see. Besides these, we also have optional hikes to **LangshisaKharka** and the viewpoint of **TserkoRi (5,450m)**. This will be the highest point of the trek. **TserkoRi** is the best place to see the peaks like **LangtangLirung (7,227m)**, **Langtang II (6,586m)**, and many more. As the sun begins to set, we will return back to **KyangjinGompa**. In this Way, Our 5th day of the **Langtang valley trek** will be successful.



"Over night at Namaste Guest house "with attached bathroom



Included Meals: (Breakfast, Lunch, Dinner).

## Day 6

### Trek from Kyanjin Zomba (3,865 m/12,675 ft) to Lama Hotel (2,470 m/8,103 ft)

#### Itinerary Facts

**Trek Distance** 21 km/ 13 miles)

**Highest Altitude** 3,865 m/12,675 ft

**Trek Duration** 6 hrs

From **KyangjinGomba**, we admire the last glimpse of the beautiful mountains standing with pride and head back down and out of the valley. We retrace the arrival route through **Langtang Village** and break for lunch at **GhoraTabela** where the army check post registers our exit. After the leisurely lunch, we continue down through the dense forests of the river valley to **Lama Hotel**. In this Way, Our 6th day of **Langtang valley trek** will be **successful**.



Overnight at "Lama Guest House"



Included meals: Breakfast, Lunch, Dinner

## Day 7

## Trek from Lama Hotel (2,470 m/8,103 ft) to Syabrubensi (1,420 m/4,655 ft)

### Itinerary Facts

**Trek Distance** 11.3 km/ 7 miles

**Highest Altitude** 2,470 m/8,103 ft

**Trek Duration** 5 hrs.

Today being the final trekking day, we will head to our destination which is **Syabrubensi** so we can drive back to Kathmandu from there. We will be walking along the **Langtang river**, heading downwards to the **beautiful river valley**. Descending down through bamboo and birch forests, we will be seeing an amazing landscape to cross the Langtang and the Bhote Koshi rivers to Syabrubensi. This being the beginning point of our trekking journey, the next day we will be driving back to **Kathmandu**. In this Way, Our 7th day of the **Langtang valley trek** will be successful.



Overnight at "Hotel Trekkers Inn" with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 8

### Drive from Syabrubensi (1,420 m/4,655 ft) to Kathmandu (1400 m / 4,393 ft)

#### Itinerary Facts

**Driving Hours** (122 km/75.8 miles) 7-9 hrs.

After accomplishing an eventful and enjoyable trek, we will take our respective vehicle and drive from **Syabrubensi to Kathmandu** which will take about seven to nine hours. This drive will begin in the early morning. During the drive, we will be getting scenic views of the **Trishuli river** valley as we head through the south of the hills. Along the way, we will see the terraced **farmlands** and meadows and hopefully a final glimpse of the **snow-capped mountains**. Once we arrive at Kathmandu, trekkers will be dropped at their **respective hotels**. In this Way, Our Langtang valley trek will be successful.



Overnight at your selected hotel in Kathmandu



Included Meals: (Breakfast, Lunch).

Route Map



## Trips Notes

### How will you start your journey towards langtang valley trek?

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival. The next day we will be traveling to our destination via bus or a local jeep. Our trek begins from Syabrubesi (Gateway to Langtang ), after approximately 8/9 hours drive from Kathmandu.

Local Transportation (KTM to Syabrubesi and vice versa) is included in the package, private jeep is available at an extra cost

### Don't worry, we'll pick you!

We provide free airport arrival and departure transfer on any flight for the **Langtang Valley Trek package**. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The trek

**8 Days Langtang Valley trek** includes a seven nights lodge to lodge stay at a mountain where we use the best available lodge and select **the best accommodation** during the trek. We provide **five nights of accommodation** with a private attached bathroom at Syabrubesi, Langtang Village, and Kyanjin Gomba two nights standard accommodation at Lama Hotel.

For solo trekkers -a single private room with attached bathroom in the available lodge, single private accommodation in most places of the itinerary.

**Two nights of Hotels in Kathmandu before and after the trek is required** which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

### What about the Meals?

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **7 Breakfasts, 7 Lunch and 6 Dinners** will be provided in the trek.

Some of the popular menu items are -

**Seven breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Seven lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Six Dinners** -( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek.



The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shortened.

We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Though plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges except Standard Meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

## Best Time To Langtang Valley Trek

The weather is one of the most important factors to look at when deciding to trek to **The Langtang Valley Trek**. It is best suited to trek during the winters and monsoon snow and rain can be enjoyed during the trek but you should be a bit more careful in these weathers.

### January – February

This time is the coldest, especially **from early January to early February**. This when there is heavy snowfall in the mountain and can result in cold **temperatures**. Day time will be warm and admirable with clear skies but the **night time** can be cold. Trek will be fun with magical views of snow-capped hills and mountains. Feb can definitely be your vacation time.

### March – April

This is the best time of the season to trek in the **Langtang Valley Trek**. The weather is very favorable through the trek. Stunning views of the LangtangLirung, Langtang II and many more will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time. On the journey, the bamboo and birch forests will be luscious green and dense.

### May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid-August. The season of spring and summer makes the trek much more enjoyable.

### July – August

The rainfall hits at its peak during this time you'll see clouds more once in a while. Due to rainfall, the trails would be a bit slippery but trekking can be still fun as after the rain is over and you'll see rainbows more often after rains.

### September – October

Another perfect season for the **Langtang Valley trek**. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to **20 degrees** in the day time and falls down to **8 degrees during the night time**. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the LangtangValley trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

### November – December

As winter slowly begins, snow falls begin in the Langtang region and it is eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold, and begins to snow. At night time Temperatures dropping to -5 degree C at high altitudes.

The weather in the Mountain region can be unpredictable and the temperature may change quickly from day tonight.

## Acclimatization

Our 8 days Langtang Valley Trekking package spends two nights over 3500m above the sea level, where there are chances of being affected by altitude sickness also called acute mountain sickness. We will be acclimatizing at KyanjinGompa. We will be exploring various places like the monastery itself, the cheese factory, or the optional hikes planned to the viewpoint of TserkoRi.

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and are well -experienced in the Himalaya. We urge you to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately.

Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

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## Trip Grade: Fitness level, Medical and Health

The Langtang valley trek is an easy and rewarding trek. The hiking will be from 3-6 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long treks, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

## Trekking group/single

We organize a group **as well as a private trek**. The price of **group discount** is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

## A typical day on trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea.

Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour's rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm.

In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day's trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our Discovery World Trekking crews, playing cards, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

## Communication on trek

On the **Langtang Valley Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes. We'll communicate with all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there.

You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (**Most of the places have wifi service available with an extra cost**) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (**both luxury & budget**) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (**dollars**) **which can be changed to rupees** here cause during the trek only Nepalese currency is accepted.

### Electricity and battery recharge, water on langtang valley trek

Throughout the lodges at **Langtang Valley Trek**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shops or filling boiled water at an extra cost. **A water purification pill will be provided to make water drinkable.**

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

### Insurance Policy

Trekking in The Langtang Valley Trek requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and another casualty are supposed to unexpectedly happen. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking conditions for an adventure trek in Nepal.

To join in The Langtang Valley trek, at a minimum, a comprehensive travel insurance policy is a must cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can recommend an insurance company in case of our help needed but we do not involve in the sale of the insurance policy. Trekker refused to participate in The Langtang Valley Trek, with improper policy or without travel insurance policy.

In case of emergency circumstances of our valued client, the company put forward the travel documentation processing to the insurance company based on your prior information submission details in order to assist in arranging rescue operations and transfer to the hospital for treatment. You are requested to send the details of insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of the trek.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

### Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is the US \$50 for 30 days which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.118 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during Langtang Valley Trek?

The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what is essential, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

### Langtang Valley Trek Safety

Discovery World Trekking guarantees our valuable client's **safety, security, and satisfaction. Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits.




**Our leaders and guides have vast knowledge and have extensive first aid training.** If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist




### Equipment lists for LangtangValley Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

#### Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

#### Hands

-  Light weight gloves

- ☞ Heavy weight winter glove
- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

## Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

## Foot wear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pairs of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude trekking)

## Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
04 Dec, 2020 - 11 Dec, 2020	\$950 \$450
08 Dec, 2020 - 15 Dec, 2020	\$950 \$450
11 Dec, 2020 - 18 Dec, 2020	\$950 \$450
15 Dec, 2020 - 22 Dec, 2020	\$950 \$450
18 Dec, 2020 - 25 Dec, 2020	\$950 \$450

# FAQ's

## Is trekking to Langtang difficult?

No, basically you do not need any ropes or ice picks. Moreover, there is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill,

## How safe is Langtang trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen level at high altitude and offers regular health check-up facilities.

## Which is the best time of the year to Langtang trek?

Spring (March to May) and Fall (October to November) are the best seasons to trek Langtang trek to explore a clear view of the Himalayas. The temperature is cold between December and February but the visibility is still good. Trekkers choose this season because there are few tourists on the trails. Admittedly, Discovery World Trekking can make it happen in any season you want with all the safeties and fun.

## How to avoid altitude sickness in Langtang trek?

- ☞ Cut off caffeinated, alcoholic, and smoking items.
- ☞ Drink at least 4 liters of water a day.
- ☞ Trek slow.
- ☞ Don't skip the acclimatization days.
- ☞ Better to continue with Diamox (if any symptoms show up).
- ☞ Drink Garlic Soup.

## How long do I need to walk per day during my trek to Langtang trek?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

## Do I need Travel Insurance to trek in Langtang Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

## What is the weather condition at Langtang trek?

Month	Temperature	Weather and Nature
January	Max -10°C at daytime to min -20°C at night and morning	Snowfalls and harsh winds

February  
Max -10°C at daytime to min -23°C at night and morning  
Mild and humid and clear skies

March	Max -5°C at daytime to min -18°C at night and morning	Nice and warm temperature, chances of occasional snowfalls
April	Max 0°C at daytime to min -9°C at night and morning	Moderate temperature with amazing red, blue, white, green, and pink rhododendrons
May	Max 5°C at daytime to min -4°C at night and morning	Days are nice and warm but nights are a bit colder
June	Max 8°C at daytime to min 0°C at night and morning	Fresh and Beautiful flora and fauna
July	Max 10°C at daytime to min 6°C at night and morning	Warmest month
August	Max 10°C at daytime to min 5°C at night and morning	Slippery Trails
September	Max 10°C at daytime to min 0°C at night and morning	Days are short but sunny and warm
October	Max 2°C at daytime to min -6°C at night and morning	Colder days and nights, a festival season of Nepal
November	Max -4°C at daytime to min -9°C at night and morning	Driest month
December	Max -8°C at daytime to min -12°C at night and morning	Foggy and cloudy weather

### What documents do I need for trekking to Langtang?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

### What is the accommodation on the trails of Langtang trek?

For the Langtang trek, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. The toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

### Is meal easily available on the trek to Langtang trek?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### What types of liquid do I need to drink at high altitude?

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.

### Is the drinking water safe in the trek to Langtang?

Bottled water is easily available at a low cost. . So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

### Do I need to bring medicines for trekking to Langtang trek??

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

### I am a vegetarian. Am I supposed to get enough meal on my trek?



Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

### **Is there pick service by the Company?**

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

### **Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's tour packages for more information.

### **What is the booking and payment method for Langtang trek?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

### **Is tipping necessary for porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

### **Can I buy the gear in Nepal?**

Discovery World Trekking will introduce dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

### **Is internet access available in Manaslu Circuit trek?**

Yes, most guesthouses offer Wi-Fi, for a small charge.



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**[+9779840055491](tel:+9779840055491)**  

