

8 DAYS LANGTANG VALLEY TREKKING ITINERARY

Langtang is the closest trekking region to Kathmandu. It provides an opportunity to see The highlights of the Langtang trek are numerous however the main areas of interest are the rhododendron and bamboo forests with an abundance of wildlife, majestic waterfalls, a chance to take a bath in the hot springs, magnificent views of the nearly whole Nepalese Himalayan mountain range from Annapurna in the West, to Makalu in the East. The maximum altitude reached by the trek is about 3700 meters.but there will be the possibility to climb up to the Kynajin-Ri at an altitude of about 4600 meters for an excellent view of all the Langtang peaks.

This is considered a classical and relatively short trekking. The accommodation will be in small lodges on the entire route.

Below a short description of the planned itinerary and its cost.

DA YS	DATE	PROGRAM / ITINERARY	HOTEL	MEAL PLAN
01.	OCT 2016	KATHMANDU /SYABRU BENSI (1430m) Drive about 7-8 hours by private jeep / Coach Lunch at TRISHULI BAZAAR and stay at SYABRU BENSI.	LODGE at SYABRU BENSI	L / D (Lunch and Dinner included)
02.	OCT 2016	TREK SYABRU BENSI to LAMA HOTEL (2410m) After breakfast trek start for LAMA HOTEL about 7 hours trek. You will have lunch on the way at BAMBOO.	LODGE at LAMA HOTEL	B / L / D (Breakfas t, Lunch and Dinner)
03.	OCT 2016	TREK LAMA HOTEL to LANGTANG VILLAGE (3330m) about 7 hours.	LODGE at LANGTAN G	B / L / D
04.	OCT 2016	TREK LANGTANG to KYANJIN GOMPA (3730m) about 4 hours	LODGE at KYANJIN GOMPA	B / L / D
05.	OCT 2016	KYANJIN GOMPA Stay (Excursion Day) Trek from Kyanjin Gompa to KYANJIN-RI (4601m) , or Tsergo Ri (5050m/ 16564ft) and back to Kyanjin Gompa. Walking 6 hours,	LODGE at KYANJIN GOMPA	B / L / D
06.	OCT 2016	Trek down to Lama Hotel (2480 m.) Walking 6 hours.	LODGE at LAMA	B / L / D

			HOTEL	
07.	OCT 2016	Trek down to Syaprubensi. Walking 5-6 hours	LODGE at SYABRU BENSI	B / L / D
08.	OCT 2016	Drive back to Katmandu by jeep/coach. 7 hours driving.		B / L (Breakfast and Lunch)

The preliminary cost for above program US\$ 810.00 Per person on twin sharing basis including of services mentioned below accordingly. Large groups can have reduced costs.

The above cost includes:

1. 8 Days Lodge arrangements trekking including of all Lodge accommodation, meals as 3 times a day as Breakfast, Lunch and Dinner with tea or coffee.
2. One English speaking guide and necessary porter their wages and insurance.
3. LANGTANG National Park fee and trekking permit fee (TIMS CARD)
4. KTM / SYABRU BENSI by private Jeep.
5. SYABRU BENSI / KTM by private Jeep.

The above cost does not include:

1. Laundry and communication services.
2. Private equipments as down jacket, trousers, daily changing clothes, woolen cap and gloves etc.
3. Drinks as cokes, juice, beer, mineral water and alcoholic etc.
4. Private insurance as including of rescue evacuation (If needed Helicopter rescue etc.)
5. Private nature as Tips etc.