



Adventure Altitude

Treks & Expedition Pvt. Ltd.

www.adventurealtitudetreks.com

LANGTANG VALLEY TREK

ITINERARY

Day 1:

Arrive in Kathmandu and transfer to hotels.

Day 2:

The Kathmandu with sightseeing tour at places of interest.

Day 3:

Drive to Syabrubesi 1,470 m via Trisuli and Dhunche town 1,950 - 06 hrs.

Day 4:

Trek to Lama Hotel 2,200m - 06 hrs.

Day 5:

Trek to Langtang village 3, 307m - 05 hrs.

Day 6:

Trek to Kyanjin Gompa 3,750 m - 04 hours

Day 7:

Rest day for acclimatization and for hike around.

Day 8:

Trek to Lama Hotel 2, 350 m - 06 hrs.

Day 9:

Trek to Syabrubesi - 06 hours walk.

Day 10:

Drive back to Kathmandu and transfer to respective hotels.

Day 11:

In Kathmandu free and spare day for individual activities.

Day 12:

International departure for homeward bound.

INCLUDES & EXCLUDES

Whats included

- Airport pick up and drop off by a private vehicle
- 3 nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu valley sightseeing (Private vehicle and guide)
- Transportation (Kathmandu- Syabrubesi and Syabrubesi-Kathmandu) by local bus
- Langtang National Park Entrance fees and TIMS Cards
- Food (breakfasts, Lunches, Dinners) (Full board during the trekking)
- Teahouse accommodation during the trekking
- An experienced English-speaking guide and his all expenses including insurance
- Porter (1 porter for 2 trekkers) and their all expenses including insurance
- Trekking route map
- Sleeping bags and down jackets
- First aid box
- All the government taxes and service charges

Whats excluded

- *International airfare*
- *Visa fees*
- *Travel insurance*
- *Entrance fees during Kathmandu valley sightseeing*
- *Lunch and dinner in Kathmandu*
- *Personal expenses (WIFI, bar bills, hot shower, hot water, electricity for charging gadgets etc.)*
- *Tipping*