

## Langtang Circuit Trekking

<b>Trip code</b>	
<b>Package name</b>	Langtang Circuit Trekking
<b>Duration</b>	20
<b>Max. elevation</b>	4770 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu - Syapru besi , Melamchi Bazar - Kathmandu .
<b>Accommodation</b>	Hotel and Lodge twin sharing bed basis during the Trekking.
<b>Starts at</b>	Kathmandu/Syabrubesi
<b>Ends at</b>	Melamchi/Kathmandu
<b>Trip route</b>	Kathmandu - Syapru Besi - Lama Hotel - Langtang - Kyanjing - lama Hotel - Thulo syapro - Singomba - Gosainkunda - Lauribina pass - Ghopte - Melanchi Gaun - Tarkya gyang - Sermathang - Melanchi Bazar - Kathmandu .
<b>Cost</b>	USD 2,230 per person

## Highlights

Climb to Kynjin Ri (4700m) Over Mountain View of Dorjelakpa (6990m, Langtang (7227m), Langtang Lirung (7200) and Ganesh himal

Gosainkunda lake / Holy Lake.

Helambu trekking trail , Melamchi Bazar.

Test of the Best Yak Cheese in Kyanjin Goumpa.

Tamang settlements and Their Unique Culture

Beauty of forest of rhododendron, pine, bamboo and juniper trees and other medical herbs too the flow of mountain-streams and cliff of rocks amuses for those who love nature and it's magic

varieties of rare wild life- Himali Black Bear, Red Panda, Langur, munal

## Overview

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**The Langtang circuit trek is a mixture of natural beauty, culture and adventurous trek in the Langtang region. It is one of the most popular trekking destinations in the Langtang region. Its popularity is rising day by day because of its magnificent panoramic views and impressive landscapes, with more than 1000 plants, and birds exceeding 150 species of numerous other mammals.**

The Langtang Valley is pertinently known as the Valley of Glaciers. Langtang is a narrow valley located north of Kathmandu and south of the Tibetan border Kerung that offers a multitude of fine trekking destinations. This region is inhabited by a majority of Tamang people with rich cultures and traditions. Langtang Valley is protected by the Langtang National Park the second largest national park of Nepal.

The valley offers pain forest, slow-moving rivers and swift mountain streams, rugged rock, and snow-capped peaks, grassy downs,, and meadows strewn with daisies and wild Primus. In the upper part of the valley, there are snow bridges spanning angry torrents, high passes enveloped in mist, tiny lakes with icebergs floating on them,, and water of crystalline brightness. There are also high mountains of slide ice. On either side of the valley, mountains rise, soaring into the sky.

The main attractions of Langtang circuit trekking are a series of mountain views like Langtang Lirung (7,200m) Ganesh Himal (7,600m) Langtang -II (7,227m), etc. Langtang region is closer to Kathmandu and less populated than other trekking destinations in Nepal. This trek offers an opportunity to explore Tamang villages climb small peaks and visit glaciers at low elevations.

Langtang circuit trekking provides different experiences that could not be found elsewhere and offers great panoramic views of snow-capped Mountains. The trekking route goes through traditional, ethnic Tamang villages.

Syabrubesi is the starting point of the Langtang trek which offers a multitude of hiking destinations accessible without flights, and and also offers splendid varieties of natural and cultural diversity with spectacular Himalayan views. Traveling through the Langtang circuit, you will reach the Langtang Valley and the friendly Tamang villages, Kyanjin Gompa (3,870m).

Moving on to Gosainkund, watch the sun rise over a multitude of glistening Gosainkund Lake of this sacred pilgrimage site. After Laurebinayak pass (4,609m) you will also trek through beautiful rice terraces a number of splendid monasteries, and the and delightful villages of Tarke Gyang and Sermathang.

Mountain range, rhododendron and bamboo forests with an abundance of wildlife, majestic waterfalls flowing over mammoth boulders, and a chance to bath in soothing hot springs, Gosainkund the holy lake of Hindu and Buddhist are the main highlights of this trek. You will make your way through the lush valleys, evergreen forests, waterfalls,, and bright green hills with panoramic views of mountains on its backdrop.

## Trip Itinerary

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### Day 1 : Drive from Kathmandu to Syabrubesi (1,550m/5,100ft) – 8/9 hours drive

On the first day of our journey, we leave Kathmandu and drive for about 8 to 9 hours in order to reach Syabrubesi. Syabrubesi is a small village which is located on the north-western parts of Nepal. It is a gateway to Langtang valley. Our journey will be on a winding road through frequent switchbacks. While passing along the road at the bank of Trishuli River you catch a glimpse of Manaslu, Annapurna and Ganesh Himal on a clear day, terraces, rustic villages and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. At the same time, the road winds up and down. We prepare for our first night camp upon reaching Syabrubesi and stay overnight.

### Day 2 : Trek Syabrubesi to Goljung (1960m) – 3/4 hrs trek

On this day, we wake up early and after having breakfast we start our trek to Goljung, destination of the day. Ascending from Syabrubesi after few hours we reach the view point from where we can see the fantastic views of Mountains including: Ganesh Himal, Gosainkunda range, Sishapangma, Langtang Lirung and the Goljung Valley. Here the Tamang, the indigenous people of the region, grow corn, potatoes, berries, and varied grains. Everything is cooked over an open fire. Their drafty houses are built out of stone and wood and during the snows of winter their only reliable source of heat is body heat. Descending down from the view point, we trek down to Goljung valley for our overnight stay.

### Day 3 : Trek Goljung to Gatlang (2240m) – 4/5 hrs walk

The trail today is very short and pleasant. Gatlang is a small beautiful village and the origin of Tamang ethnic people in Nepal. You can experience a warm hospitality and culture of Tamangs. Upon arrival the guests will be welcomed by “Khada” (white scarf) and the home made local drinks “Raksi” accompanied by the cultural song. Get refreshed and enjoy the local Syabru dance. You can particularly view that most of the houses are made up of stones and woods. You can closely observe their day-to-day life. Their days are filled with activities such as gathering/chopping wood, collecting water, gathering/storing food, planting crops, weaving baskets to store the food in, as well as, needed clothing and blankets and so on. Overnight camping at Gatlang.

Gatlang, Langtang

### Day 4 : Trek Gatlang to Tatopani (2607m/8550 ft) – 6 /7 hours walk

On the following day, we trek ahead towards Tatopani. Literally, Tatopani means “Hot Water” which best describes the place as there is a natural hot spring. We begin today's trek with a descent to Tyangboche by the Bhote Koshi River and soak-in magnificent views of the Ganesh Himal and Langtang Ranges along the way. Then we will pass by the Chilime Hydropower dam and ascend until Tatopani. We take a dip into the natural hot water and relax our tired muscles. After completing 6/7 hours of strenuous trek, we will reach Tatopani. You can take a bath in the hot spring in the lap of the mountains. Locals believe that these water have a healing quality that eases away your aches and pains.

### **Day 5 : Trek Tatopani to Thuman (2,400m/7,874 ft) via Brimdang and Nagthali – 6 hours walk**

Commencing trek from Tatopani, we pass through the dense alpine forest until we reach a small typical Tamang settlement of Brimdang. After having a close mountain view and observing the village life, we ascend to the high open grassland we reach Nagthali Danda which is about 3300 meters above sea level, where you can have mesmerizing views of snow covered Himalayas like: of Langtang, Sanjen, Kerung and Ganesh Himal. The hill is quite rich in biodiversity and is also a suitable place to have spectacular view of mountains. Nagthali is regarded as the popular meditation center for local monks. After spending some time at the top accompanied by tea prepared by the care taker of the Gompa, we descend down to Thuman via forest trail where you may encounter wildlife such as deer and monkeys. Thuman is another cultural village which is famous for its Shamanic performances. This place also offers the beautiful views of Langtang. The people here are very friendly and are influenced by Tibetan culture. At evening, you will observe Tamang cultural show and spend overnight in one of the lodges of Thuman.

### **Day 6 : Thuman to Briddim (2,345m/7,693 ft) – 6 hours walk**

Today, after breakfast we trek to Briddim via Ling ling. Briddim is a Tibetan Buddhist village with ancient Tibetan immigrants, ideally located on the lap of the Langtang Himal. Houses of this place are built up of stones and offer the wonderful cultural and traditional scenario to us. You can also visit the Dukchu Gompa monastery. Inhabitants of this place are originally from Tibet. Thus, this place resembles a typical Tibetan village on this side of Tibet.

### **Day 7 : Briddim to Lama Hotel (2470m) – 6 hours walk**

After closely observing Tibetan culture in Briddim, we move forward to Lama Hotel which is a 5/6 hours walk from Briddim. At beginning, our trail descends to Ghopche Khola. Passing through the small stream, our trail then ascend through Rimche before reaching Lama Hotel. Rimche has the best sun set view. It takes further 30 minutes to reach Lama Hotel from Rimche. Lama Hotel is located on the banks of the Langtang River and surrounded by lush forests and amazing mountain vista. Overnight in Lama Hotel.

### **Day 8 : Lama Hotel to Langtang village (3,430m/11,253ft) – 6/7 hours walk**

After breakfast, we embark on our trip to the Langtang Village. The trail winds through oak and rhododendron forests. You can also have a watch for different kinds of birds. After climbing up steadily through the valley, we leave the tree line behind us. On the way, we also enjoy the marvelous views of Langtang Lirung framed by the trees. We then pass by water mills, prayer wheels and chortens adorned with sacred mounds of rocks with inscriptions carved on them. At Ghora Tabela (3000 m) the trail comes out from the forest. The trail continues to climb gently and the valley widens, passing a few temporary

settlements used by herders who brings their livestock to graze in the high pastures during the summer months. There is a monastery which can be visited shortly before arriving at the village of Lantang. Langtang is the Headquarter of Langtang National Park. Stay overnight at a camp.

### **Day 9 : Langtang village to Kyanjin Gomba (3,870m/12,697ft) – 4 hours walk**

Leaving the beautiful Langtang village, we walk through yak pastures and pass the largest Mani wall in Nepal which is made from stone with prayers written on them. It is believed that the prayers on the Mani wall spread around by blowing winds. We cross several wooden bridges before reaching Kyanjin Gomba which is beautifully surrounded by the mighty Himalayas all around. This day's trek is the shortest trek of the whole trek. Upon arrival at Kyanjin Gomba, we can take a walk around the place enjoying astounding views of glaciers, icefalls, birds and yaks. You can also explore some popular cheese factories in this beautiful valley situated at the lap of Langtang Lirung and get an opportunity to sample the tasty local yak cheese. You can walk up the valley part of the way to the grazing grounds of Langshisa Kharka surrounded by glaciers but we leave in for the next day as we will be hiking around the Kyanjin Gomba.

### **Day 10 : Explore Kyanjin Gomba**

The trail further up the valley past the airstrip will provide more spectacular views that include Langtang Lirung (7246m), Ganchenpo (6400m), Langshisa Ri (6320m), Dorje Lakpa (6700m), Lenpo Gang (7100m), and Urkinmang (6170m). Four hours walk to the east of Kyanjin Gomba from the village is 5000m Tserko Ri. If we start early in the morning and are well-acclimatized, we should be able to climb this peak and return to Kyanjin Gomba in 1 long day. The reward for climbing to the prayer flags on its summit is a magnificent view of the 7246m Langtang Lirung, the mountain that dominates the valley. Several of the more moderate local peaks are quite climbable and provide breathtaking panoramic views of mountains in Tibet, including the 8027m Chisa Pangma.

### **Day 11 : Trek Kyanjin Gomba to Lama Hotel (2500 m) – approx 6 hrs walk**

We trek back to the Lama Hotel. Since the trek is only downhill, it will only take us around 4 to 5 hours to reach our destination. It is a downhill trek through forests and alongside a beautiful mountain river. On the way we pass through the ethnic settlements of the Tamang people whose religious and cultural practices similar to the Tibetans. Overnight at Lama Hotel.

### **Day 12 : Trek Lama Hotel to Thulo Syabru (2250 m / 7316 ft) – approx 5 hrs walk**

On this day, we gradually descend down to the river at first and then ascend to Thulo Syabru. Enroute, you will be fascinated by the views of Langtang Himal and many more. Passing through pine and juniper forest, from here the trail starts ascending up through beautiful green forests with distant views of Thulo Syabru on top. Thulo Syabru is a beautiful Sherpa and Tamang village from where you can observe the miraculous vista of Langtang Himal and Ganesh Himal. We will camp overnight here.

### **Day 13 : Trek Thulo Syabru to Singompa (3,330m/10,925ft) -5hrs walk**

After mouth watering breakfast, we will pack our stuffs and start ascending uphill trail leaving Thulo Syabru village behind. We pass through beautiful rhododendron, Bamboo, pine trees, hemlock and oat forest and Chandanbari. You can also visit the Cheese factory. The walk is quite pleasant with the company of panoramic views of snow capped mountains. Upon arrival at Singompa, explore around the

place and prepare for camping overnight.

### **Day 14 : Trek Singompa to Gosainkunda Lake (4,460m/14,632ft) - 5hrs walk**

Today, we have to walk along the forested area passing through rhododendron and pine forest. Ganesh Himal, Langtang Lirung, and Manaslu range, Hiunchuli and Tibetan peak are the high lights of this adventure. The area is a sanctuary for the red panda, an endangered species which are known as "Call cat bear" in Nepali. Along with your trail, you will get an opportunity to have perfect views of Himalayan peaks, green hills, villages and towns in the horizon, river, waterfalls and forests. We will continue further via stone cliffs and tiny trail towards Gosainkunda Lake; our main destination. The trail is mostly gentle uphill with occasional short downhill walk. As we enter towards the gorge we will have closer sound of water coming out of the lake; its sign that we are close. Walking further will give us views of lodges nearby the lake; that's our place for overnight stay. We will look and then stroll around the lake and hills. You can walk around the village, take pictures and enjoy this amazing place. We return to the ridge path and climb a wider route through alpine country to arrive at a Gosainkunda.

### **Day 15 : Trek Gosainkunda to Ghopte (3430 m / 11,286 ft) via Laurebinayak Pass (4,609m/15,121ft) – approx 6 hrs walk**

Today's trail is a bit challenging as you have to pass through the Laurebinayak Pass. Initially, the trail skirts the shore of the lake before ascending towards the Laurebina Pass and then gradually descends down to the southeast on a rocky path. Some parts of the trail is very tricky, so you have to be more careful while you walk. Passing three more small lakes, the trail ascend and cross Laurebinayak Pass. After the pass, the path descends down to Phedi and you continue to walk up and down throughout crossing a rocky hill with pine, rhododendron trees. Laurebinayak gives impressive reasons of doing Langtang Circuit Trekking. The view on the side of Langtang valley is impressive. Sunset over Ganesh Himal and Langtang Himalayan range looks amazing but we won't get chance to see the sunset from here as we have to walk further to reach Ghopte. Further continuing our walk we'll come to see some roofless stone herders' huts, and from here the trail descends another ridge, crossing several streams and passing two waterfalls. After passing another stone hut, we climb to another ridge and reach Ghopte. Upon arrival at Ghopte, you can see overhanging rocks form a cave that is used as a campsite by the trekkers and we will be camping at the same destination today. The Himalayan peaks look very close from here. High altitude can cause basic to mild headaches here, please consult with your guide if you have any symptoms like this.

### **Day 16 : Trek to Melamchi Gaon (2,560m/8,399ft) via Tharepati Pass (3490 m / 8,399 ft) – approx 6 hrs walk**

From Ghopte, the trail descends to more caves and enters a thick forest of Pine and rhododendrons. Climbing the ridge directly above the village gives you a marvelous view of the Jugal area. You slide down through a forested area and climb through a dry river-bed to arrive at a Kharka that is surrounded by rhododendron forest. After crossing a stream, which is dry for part of the year, the trail will make a final ascent to Tharepati, a grouping of small stone huts used in the summer months by herders. Tharepati is also popular as a view point for peaks of Langtang region. The whole trail after Tharepati is downhill walk inside dense forest. There are no lodges or settlements until we reach the beautiful Melamchi Gaon village. Cross the village and enter a forested area, again descending to Melamchi River followed by yet again climbing to the Melamchi Gaon. Melamchi Gaon is the most pleasant village of whole region at an



altitude of 2,560 meters. This village represents the major settlements of Hyolmo people influenced by Tibetan culture and traditions. This is undoubtedly a beautiful village. Here we will also visit one of the oldest and biggest monasteries of the whole region. This monastery suffered with a serious theft around 2010 A.D.

### **Day 17 : Trek Melamchi Gaon to Tarkeghyang (2743 m / 8,497 ft) – approx 6 hrs walk**

On the following day, we have our breakfast in Melamchi Gaon and then start our trek by gently climbing uphill. We will descend further down towards Melamchi River and start ascending uphill towards Tarkeghyang via another small village called Nakotegaon. This day you enter a cultural destination called Helambu Region, walk up to Tarke Gyang where you can enjoy with Sherpa culture with traditional village and monasteries. The stone houses are close together with narrow alleyways separating them. The trail makes a sweep around the wide valley end between Para chin and the pretty Sherpa village of Gangyul. The people of this village practice Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Tarkeghyang is a beautiful village from where you can enjoy the glorious snowcapped mountain views. Finally, we will reach another village called Tarkeghyang on the top of hill.

### **Day 18 : Trek Tarkeghyang to Sermathang (2621 m / 8,563 ft) – approx 6 hrs walk**

Leaving behind the beautiful village of Tarke Gyang, we walk through lush forest valley to Sermathang. We will walk through dense green forest of Himalayas. The walk is pleasant as we pass through flat lands and walk through jungles, beautiful villages and Mani walls, the trail is moderate level of trekking today. We trek on crossing some small streams on the way. There is situated a beautiful village on the half way to Sermathang. To add your joy, Sermathang is another pretty Sherpa village where you can visit many ancient monasteries. There you can see Jugal Himal range at the north face of Sermathang village. We will have some time to explore around the village including an old and beautiful Buddhist monastery. We will camp overnight at Sermathang village.

### **Day 19 : Trek Sermathang to Melamchi Pool Bazaar (846 m) – approx 5 hrs walk**

Leaving the pretty Sherpa village, we gradually descend towards Melamchi bazaar. The walk is quite pleasant today comparatively easy through soft green forests with the panoramic views of Mountains. We will be walking via beautiful forests, waterfalls, paddies and chanting streams. Exploring the countryside, we pass through various diversity of culture and village life style. The trail gradually descends all the way to Melamchi Pool Bazaar through meadows and cultivated fields. Melamchi Pool Bazaar is a small town that has frequent buses to Kathmandu. This town is also popular for delicious local fishes from the river. On the way, you come across several old villages with their own particular tradition. We will camp overnight at Melamchi Bazaar today.

### **Day 20 : Drive towards Kathmandu – 4 hrs drive**

Concluding our trek, we walk down to Melamchi pool Bazaar passing through Sherpa Village. We will be walking near Indrawati River and cross the river near Melamchi Pool Bazaar; inhabited by various ethnic groups. There you will meet a vehicle waiting for your arrival. Then you will be escorted to Kathmandu through the bumpy graveled roads. Upon your arrival at Kathmandu, transfer to hotel for your overnight stay.

## Inclusions

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### What is included?

kathmandu - Syapru Besi, Melamchi - Kathmandu by Private vehicals.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

Langtang & Shiv puri National Park entrance fee.

Basic first aid kit.

All Government taxes and service charges

### What isn't included?

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### Complimentary