

## Langtang Cultural Trek

<b>Trip code</b>	
<b>Package name</b>	Langtang Cultural Trek
<b>Duration</b>	14
<b>Max. elevation</b>	4773 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu - Syapru besi , Sundarijal - Kathmandu by private vehicals.
<b>Accomodation</b>	Hotel and Lodge Twin sharing bed basis during the trekking.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Syapru besi - Lama hotel - Langtang - Kyanjin -Lama hotel - Bamboo - Thulo syapru - Singomba - Gosainkund - Lauribina pass - Kutungsang - Chisapani - Sundarijal - Kathmandu .
<b>Cost</b>	USD 1,530 per person

## Highlights

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

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

## Overview

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**Lantang cultural trek is a newly introduced trek within Nepal & less used by trekkers due to its recent introduction, which makes this trip more curious & attractive. This trek is ideal for the family, a group of close friends, or for someone wishing to enjoy their honeymoon in a special way.**

As we hike along this off-the-beaten-path, it's an amazing new window of experience for backpackers discovering & exploring mountainous regions that give new insights into the cultures of local ethnic people & the tough codes they live by in these beautiful but painfully rough areas that tax the physical & mental abilities of people year in & year out.

This venture amalgamates an enthralling odyssey wherein you relish the magnificent landscapes with one-on-one interactions with the local folks & their unique Tamang culture, wading across alpine terrain, lush green dales, and rhododendron forests in the backdrops of huge silver-grey mountains glimmering in the sunlight of autumn.

The Langtang Circuit trek begins in the ancient city of Kathmandu; from where you will drive to Syabrubesi; the starting point of your trek. This is an interesting village on the banks of the Bhote Koshi River. The trail gains elevation as you make your way along the Langtang Khola, first through forests of oak and rhododendron and then bamboo forests on the higher reaches of the trail.

Traveling through Langtang (3,430m/11,253ft), you will reach the Langtang valley and the friendly Sherpa village of Kyanjin Gumpa (3,870m/12,697ft). In Kyanjin Gumpa you will experience the spiritual lifestyle of dedicated Buddhist monks who perform their rituals in a beautiful Monastery dating back to circa 1300 A.D.

Early in the morning, you will ascend Tserko Ri (5,000m/16,404ft) for a tremendous view of the Langtang Lirung (7,200m/23,622ft) range. A short hike will also be taken to a magnificent glacial moraine (4,300m/14,107ft), which can be climbed depending on the time factor and offers more spectacular views of Langtang Lirung and the foot of one of its major glaciers.

There will also be the opportunity to visit a traditional cheese factory, where the produce is manufactured by hand. Once in Chandan Bari (3,330m/10,925ft), having traveled through Lama Hotel, you can relish magnificent views of the towering snow-covered Ganesh Himal (7,600m/24,934ft) and Langtang -II (7,227m/23,711ft) peaks. If lucky you might also be able to spot the shy Red Panda that inhabits the Langtang region.

Moving on to Gosainkunda, watch the sun rise over a multitude of glistening Lakes at this sacred pilgrimage site. It is believed that Lord Shiva created the holy lake with his trident. After Laurebenayak pass (4,600m/15,121ft) you will also trek through some beautiful rice terraces and a number of splendid Buddhist monasteries around the delightful villages of Kutumsang before heading back to Kathmandu.

## Trip Itinerary

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### Day 1 : Drive Kathmandu / Syabrubesi (1450 m) – 8 hours drive.

About 45 minutes out of Kathmandu, you pass through the town of Kakani where there are great views of the Himalayas. For part of the way the road clings to the edge of a steep mountain. Dhunche is an attractive village with large stone houses. Here, there is a police check post where you must show your entry permit for the Langtang National Park, which you'll be trekking through. There are excellent views of Gheng (6581m) and Langtang Lirung (7246m) to the north and Ganesh (7460m) to the west during the drive. From Dhunche there is a descent to the Trishuli River which is reached within half an hour. Right from here a track to Gosainkunda leaves the main trail to Rasuwa Ghari and the Langtang Valley. Traversing up and down after crossing a suspension bridge over the Langtang River, the village of Syabrubesi is reached.

### Day 2 : Trek Syabrubesi / Lama Hotel (2480 m.) – approx. 6 to 7 hrs walk.

Descending through the village of Syabrubesi and continuing down the ridge until we come to the east that drops sharply off the ridge and through a dense forest. Trail starts meandering through the cool deciduous forests of oak and maple that cover the lower sections of the valley and climbs through massive stands of spruce, fir and blue pine. Towering walls close in and our paths will skirt precipitous drops, which fall into a silt-laden river below. Crossing a bridge (1960m) over a tributary of the Langtang Khola and then climb up from the river and in an hour, shortly after the trail levels off, we join the old Langtang trail from Sherpa Gaon and Syabrubesi. Another hour from this trail junction brings you to the Lama Hotel in the tiny village of Chon gong.

### Day 3 : Lama Hotel / Langtang village (3541 m.) – approx. 5 to 6 hrs walk.

A day further on the forest peters out and we start getting the first tantalizing glimpses of snow-capped peaks. From the Lama Hotel the trail climbs steadily to Ghora Tabela with glimpses of Langtang Lirung (7246m) through the trees. At Ghora Tabela the trail leaves the forest and a spectacular view of Langtang Lirung appears. Continue up the valley, leaving the forests behind, the trail ascends steadily up to Langtang village, passing below a monastery about 30min beforehand. Langtang is an interesting Tibetan-style village with stone- walls enclosing houses and fields where we might just see first yaks.

### Day 4 : Langtang / Kyanjin Gumpa (3900 m.) – approx. 3 hrs walk.

Leaving Langtang, we ascend gradually to a chorten (a small Tibetan Buddhist stupa) behind which is a very long Mani wall. The trail passes two small villages and the village widens. We cross some streams and a moraine before arriving at Kyanjin Gumpa. Between Langtang and Kyanjin Gumpa, the views just get better and better where we will see Yansa Tsenji (6580m) and Kim shun (6750m) to the north and the Langtang Himal to the northwest. Alternatively, take a good rest and allow our body to acclimatize with the high altitude as much as possible to be fully prepared for more ascending during the next day.

### Day 5 : Day hiking and back to Kyanjin Gumpa. 3900m

A day hike 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). A 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 6 : Kyanjin Gomba /Ghora Tabela (2950 m) – approx. 4 to 5 hrs walk.**

Since we'll be acclimatized and will be descending, we trek down all the way to Ghora Tabela through the same trail in a day's walk from Kyanjin Gomba.

### **Day 7 : Ghora Tabela / Bamboo (1980 m). – approx. 4 to 5 hrs walk.**

We have to trek descending all the way passing various oaks forest and follows the rivers with suspense bridges to reach the Bamboo. Overnight at lodge.

### **Day 8 : Bamboo / Thulo Syabru (2200 m) – approx. 4 to 5 hrs walk.**

From Bamboo the trail is little bit descending up to the Pahirol and then we have to climb up to reach to Thulo Syabru. On the way we will see various animals like monkey, bear, and various species of birds. This place is the settlement of Tamang and also famous as Tamang village. We will see the culture of Tamang along with various monasteries and stupas.

### **Day 9 : Thulo Syabru / Sing Gomba (3584 m) – approx. 5 to 6 hrs walk**

Leaving behind the pleasant village of Syabru , climb past the Gomba, school and army post, and switchback up the steep hill above the village. There are a few houses and potato fields' steep trail and pleasant teashops in the settlement of Dursagang. The trail continues less steeply, now mostly in forests, past an old chorten to the top of the ridge and two shoddy teashops. Coming out of the forest, the trail climbs a bit more before reaching the top of the ridge. The trail continues across the head of a second valley, and then reaches a final ridge. The small Buddhist monastery of Sing Gomba is about 100m along the trail to the left.

### **Day 10 : Sing Gomba / Gosainkunda (4381 m) – approx. 6 to 7 hrs walk**

From Sing Gomba the trail continues climbing steadily through rhododendron forest with the Trishuli Khola far below. The trail crosses over to the Langtang side of the ridge you are climbing and stays in deep forest for a while, then emerges onto a saddle at Cho Lang Pati then entering the Gosainkunda protected area where the killing of animals, lighting of wood fires, and grazing of goats is prohibited. There are good views of Langtang Lirung from the north side of the ridge, and looking west, we can see the Mustang, Himalchuli, and Manaslu. We cross high altitude summer pastures for sheep and goats before going back to the south side of the ridge overlooking the Trishuli Khola. When we cross to the south side of the ridge the trail becomes much narrower than it has been up to now, and finally be able to see the first of the largest lake, the holy Gosainkunda, which is evident from the large stone Shiva lingam

and the guesthouses around its shores, Saraswati Kunda from here.

### **Day 11 : Cross over the Laurebina pass (4600 m.) descend to Thare Pati (3600 m.) – approx. 8 hrs walk.**

Leaving Gosainkunda, the trail skirts the shore of the lake before ascending towards the Laurebina Pass 4610m. The trail now descends, steeply at first but becoming more gradual, to the southeast on a rocky path. In about an hour we'll come to 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 Ghopte, where overhanging rocks form a cave that is used as a campsite by trekkers can see the lights of herders. From Ghopte, the trail descends to more caves and enters a thick forest of Pine and rhododendrons. After crossing a stream, which is dry for part of the year, the trail will make a final ascent to Tharepati (3490m), a grouping of small stone huts used in the summer months by herders.

### **Day 12 : Thare Pati / Kutumsang (2471 m) – approx. 6 hrs approx.**

We have to trek descending all the way and can have panoramic view of Mountains including Annapurna, Manaslu. If we are trekking in spring season, we will see the forest covered with Rhododendron. Overnight at lodge.

### **Day 13 : Kutumsang / Chisapani (2194 m) – approx. 6 to 7 hrs walk.**

From Kutumsang, in early morning we can see the sunrise over the snowcapped mountains. We would have breakfast served around. After breakfast, we start our trek to Chisapani (2194m). It takes about six hours to reach. Chisapani is another view point of sunrise and sunset. Besides, we would explore tribal culture and mountain lifestyle. Overnight at Chisapani.

### **Day 14 : Chisapani / Sundarijal (approx. 3 hrs walk) and drive to Kathmandu (1 hour drive).**

Chisapani is one of the best places from where one can enjoy the super views of Himalayas, wonderful, Hills & sunrise/sunset views can be seen. We will see the Tamang Habitants and will follow the trail across the Mulkharka and Shivapuri National Park. Then drive Sundarijal to Kathmandu which takes approximately an hour to reach Kathmandu.

## **Inclusions**

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### **What is included?**

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

Trekking permits and TIMS (Trekkers' 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**