

# Langtang Valley Kyanjin Gompa Trekking

<https://www.nectravels.com/package/langtang-trekking/>

The Langtang trek goes through the Langtang national Park, which was designated the first Himalayan National Park in 1970. The area extends from north of Kathmandu to the Tibetan border, with the highest peak in this area being Langtang Lirung at 7246m. The Langtang trek starts with a six-hour jeep ride from Kathmandu to Dhunche.. Then we walk up through magnificent forests and villages inhabited by people of Tibetan origin. The Langtang trek is a good trek to see wild life, with the area home for the endangered Red Panda, Himalayan Black Bear and Musk Deer. The Langtang valley opens out eventually to an alpine plateau with fine views of Langtang and Ganesh Himal. From the last village of Kyanjin Gompa, you can explore the impressive glaciated upper valley. The Langtang trek can also be extended to include a trip to the holy lakes at Gosaikunda.

Langtang trekking is the third most popular trekking region in Nepal. The trekking offers a multitude of trekking destinations. Langtang is a narrow valley that lies at the south of the Tibetan border. It is sandwiched between the main Himalayan range to the north and a slightly lower range of snowy peaks to the south. Langtang Lirung (7246m) lies to the north; Gang Chhenpo(6388m) and Naya Kanga ri (5846m) lie to the south and Dorje Lakpa(6966m) at the East of the Valley .

## Itinerary

### **Day Day 01: Arrival in Kathmandu & Transfer to Hotel**

Arrival in Kathmandu and transfer to Hotel. After refreshment briefing for trekking.

### **Day 02: Drive to Sybru Bensi (8 hours) 1462m**

Drive from Kathmandu to Syabru Besi which takes about 8 hours via Dhunche bazaar. While passing along the road at the bank of Trishuli river you catch a glimpse of Ganesh Himal, local village and farming terraces and high green hills.

### **Day 03: Trek to Lama Hotel ( 5 hours ) 2500meters**

This day is climbs up to Bamboo passing through the Landslide area. Lunch at the end your trail is level to the Lama Hotel. In this area you may see the wildlife like red pandas, monkeys and bears . Lunch on the way and dinner in Hotel.

### **Day 04: Trek to Langtang Village (5 hours) 3307meters.**

This day you may see grazing Yaks. Langtang village is one of the very old Sherpa villages

along this trekking route and the view from here is spectacular and get closer to snow peaks. Lunch on the way and dinner in Hotel.

**Day 05: Trek to Kyanjin Gomba ( 4 hours ) 3450 meters .**

This beautiful valley is famous for local cheese and see Langtang Lirung and other round magnificent. Lunch on the way and dinner in Hotel.

**Day 06: Day for Kyanjin Gomba exploration today.**

This day rest and explore the area, visit the monastery and the cheese factory, walk up to the moraine to see the spectacular ice peaks and Langtang Lirung or Kyangjin Ri (4350meters) which is highest point of this trek, panorama of the Langtang peaks. Lunch on the way and dinner in Hotel.

**Day 07: Trek back to Lama Hotel ( 6 hours ) 2500meters.**

Same way back to Lama Hotel. Lunch on the way and dinner in Hotel.

**Day 08: Trek to Sybru Bensi ( 6 Hours ) 1462meters.**

Sybru Bensi where the trek was start, stay over nights here. Lunch on the way and dinner in Hotel.

**Day 09: Drive back to Kathmandu by bus/Jeep. 8 hours.**

Drive back to Kathmandu by bus/Jeep. 8 hours.

**Day Day 10: Warm Departure for your next destination**

Transfer to Airport for your next destination