



# MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

www.missionsummittreks.com Tarkeshwor-05, Kathmandu, Nepal

Email: missionsummittreks@gmail.com Tel.: +977 9808262524

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Namaste Sir/ Madam,

## Subject: Details for Langtang valley Trek!

Greetings from **Mission Summit Treks!** We're excited to share a special travel plan that will make your dream adventure come true. We've thought about what you like and created a detailed plan for your journey. It includes exciting exploration, relaxing moments, and a chance to experience new cultures.

### Trip Highlight

Activities Trekking & Walking,
Trekking route: Kathmandu-Sayprobesi , Bamboo, lama Hotel , Langtang Valley, Keyngin Gompa, Keungin Ri
Total Duration: 09 night's/ 10 days in total
Trek Duration: 6 days
Grade: Moderate
Max. Elevation: Keyngin Ri ( 4700m.)
Trekking style: Tea house trek
Meal: Full board on trek
Accommodation: lodge on trek
Transportation: private vehicle
Best Months: Sept-Nov &,Mar-May/All year
Group Size: Min 2 people; Max 12 people

### Outline itinerary

Day 01: Arrival in Kathmandu
Day 02: Drive to Syabrubesi
Day 03: Syabrubesi to Lama Hotel
Day 04: Lama Hotel to Langtang Valley
Day 05: Langtang to Kyanjin Gompa

Day 06: Hiking to Kyangjin and Rest Day
Day 07: Kyanjin to Lama Hotel
Day 08: Lama Hotel to Syabrubesi
Day 09: Syabrubesi to Kathmandu
Day 10: Final Departure

## Details Itinerary

### Day 01: Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport, you'll be greeted by our representative who will transfer you to your hotel in Kathmandu. After settling in, there will be a pre-trek briefing where you'll receive information about the trek, necessary permits, and any last-minute details. Depending on your arrival time, you may have the evening to explore the vibrant streets of Thamel, the tourist hub in Kathmandu.

### Day 02: Drive to Syabrubesi

After an early breakfast at your hotel, you'll embark on a scenic drive to Syabrubesi. The journey takes approximately 7-8 hours, providing stunning views of rural Nepal, terraced fields, and glimpses of the Himalayas. Upon reaching Syabrubesi, you'll check into a local teahouse, where you'll spend the night.

### Day 03: Syabrubesi to Lama Hotel

The trek officially begins today. After breakfast, you'll start your trek to Lama Hotel. The trail passes through picturesque landscapes, crossing suspension bridges over the Langtang River and ascending through rhododendron and bamboo forests. Lama Hotel, situated at a lower altitude, offers a comfortable place to rest for the night.

### Day 04: Lama Hotel to Langtang Valley

Today, you'll trek to the beautiful Langtang Valley. The trail takes you through dense forests and traditional Tamang villages. As you gain altitude, the views of the Langtang Lirung and other peaks become more prominent. Upon reaching Langtang Valley, you can explore the local village and its surroundings.

### Day 05: Langtang to Kyanjin Gompa

The trek continues towards Kyanjin Gompa. You'll pass through yak pastures, cross glacial moraines, and reach the spiritual Kyanjin Gompa. The area offers breathtaking views of the surrounding peaks, and you can visit the local cheese factory. Spend the night in Kyanjin Gompa.

### Day 06: Hiking to Kyangjin and Rest Day

Today is an acclimatization day. You'll hike to Kyangjin Ri for panoramic views of the Langtang range and surrounding peaks. The rest of the day is free for relaxation, exploration, and interacting with the locals. This day helps you acclimatize to the higher altitudes.

### Day 07: Kyanjin to Lama Hotel

Descending from Kyanjin Gompa, you'll retrace your steps back to Lama Hotel. The downhill trek provides a different perspective of the landscapes and allows you to revisit places you passed earlier. Enjoy the lush forests and serene surroundings.

### Day 08: Lama Hotel to Syabrubesi

Today's trek takes you back to Syabrubesi. Enjoy the last day of walking amidst the natural beauty of Langtang, crossing bridges and passing through traditional villages. Once you reach Syabrubesi, reflect on your trekking experiences and celebrate the successful completion of the trek.

### Day 09: Syabrubesi to Kathmandu

Drive back to Kathmandu, completing the loop. If time allows, you can revisit cultural and historical sites in Kathmandu, such as Boudhanath Stupa or Pashupatinath Temple. In the evening, a farewell dinner will be arranged, providing an opportunity to share experiences and memories.

## Day 10: Final Departure

After breakfast, depending on your flight schedule, you'll be transferred to the airport for your departure. Bid farewell to Nepal with memories of the Langtang Valley and the Himalayan adventure.

### Cost inclusions for Langtang Valley Trek:

Includes	Details
Trekking Permits	Langtang National Park Entry Permit & TIMS (Trekking Information Management System) Card.
Accommodation	Tea house or lodge accommodation during the trek. Accommodation in 2 nights Kathmandu in B/B plan
Meals	<b>3 Meal in a Day</b> for Trekking period
Transportation	Airport transfers in Kathmandu & Private transportation to and from the trek starting/ending point by ( Deluxe Bus)
Guides and Porters	Experienced and licensed trekking guide & Porters to carry trekking equipment and a limited amount of personal belongings.
Medical Kit	Basic first aid kit for emergencies.
Equipment	Sleeping bags ( return After trek)
Government Taxes	All applicable government taxes and fees.

### Cost Exclusions for Langtang Valley Trek:

Excludes	Details
International Airfare	Cost of international flights to and from Kathmandu.
Nepal Visa Fee	The cost of obtaining a visa for Nepal.
Personal Expenses	Expenses of a personal nature, such as phone calls, laundry, and alcoholic beverages.
Additional Meals	Meals not specified in the itinerary. ( at Kathmandu)
Emergency Evacuation	Cost of emergency evacuation or rescue operations.
Trekking Gear	Personal trekking gear such as boots, clothing, and accessories.
Tips and Gratuities	Tips for guides, porters, and trekking staff

Additional Accommodation	Accommodation in Kathmandu beyond the trekking itinerary.
Optional Activities	Costs associated with optional side trips or activities not included in the itinerary
Unforeseen Circumstances	Any additional costs arising due to unforeseen circumstances such as natural disasters, political unrest, or changes in the itinerary for safety reasons.

### Check list

#### Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

### **Other optional necessary equipment:**

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- 2.) Small pad or combination lock-to-lock trek bag
- 3.) Basic First Aid Kit (We also provide comprehensive first aid medical kit and Oximeter)
- 4.) Large plastic bags - for keeping items dry inside trek bag
- 5.) Day pack (approximately 2500 to 3000 cubic inches)
- 6.) Water bottles (2 bottles recommended)
- 7.) Toiletries
- 8.) Small wash towel

### **1. Booking**

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

### **2. Payment**

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

### **Payment**

Bank Details: <https://www.missionsummittreks.com/payment/>

### **Terms and Condition**

<https://www.missionsummittreks.com/terms-and-conditions/>

### **Thanks and Regard**

Mission Summit Treks and Expedition Pvt. Ltd

Kathmandu Nepal

[info@missionsummittreks.com](mailto:info@missionsummittreks.com)

[www.missionsummittreks.com](http://www.missionsummittreks.com)



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