

TREKKING

# *TREKKING TO LANGTANG VALLEY*

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Langtang: your first Nepal trek, easy altitude  
and 4,984 m peak



**B4Experience**

# NÉPAL



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Trekking through the Langtang valley is ideal for a first trekking experience in Nepal. Enjoy acclimatization-free hiking (3,730 m), explore the vast Langtang National Park, and climb your first Himalayan mountain (4,984 m).

*Voir le programme sur le web*

<https://b4experience.com/trekking-to-langtang-valley>





## MOIS RECOMMANDÉS

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MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,  
DECEMBER



## PRIX

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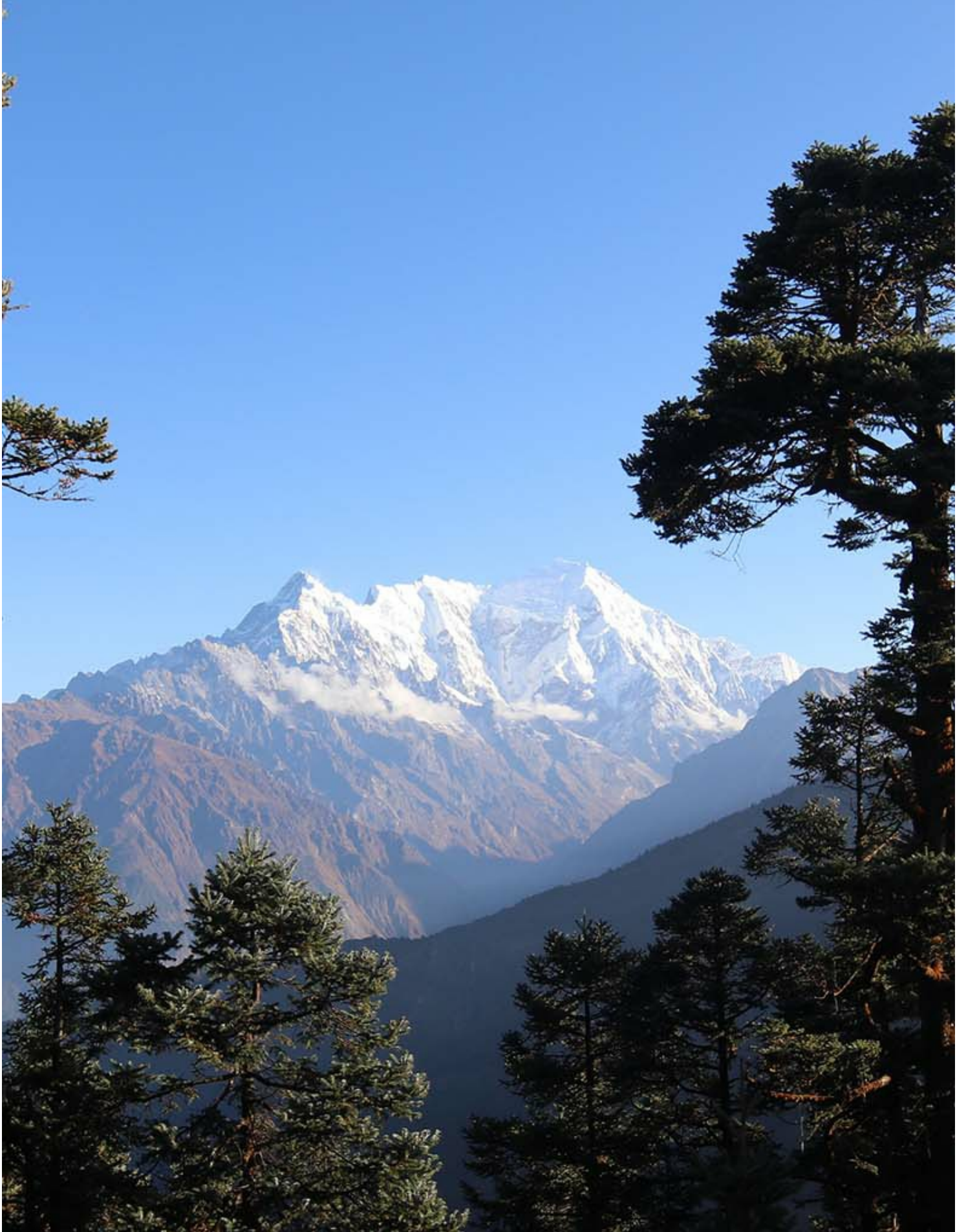
**Dès 1.005€ / pers.**

Réductions pour groupes

Trekking

[info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00

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# Highlights

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- NO ACCLIMATIZATION PROBLEMS
- FIRST PEAK IN THE HIMALAYAS (4984M)
- THE BEST YAK CHEESE
- TREKKING OR TRAIL RUNNING IN SMALL PRIVATE GROUPS

# Groupe privé

100% personnalisable

À partir de (personnes)	Catégorie	Disponibilité	Nb. Jours	Prix/pers.
5	Standard	01 sept. 2025 - 08 déc. 2025	11	940€
2	Standard	01 sept. 2025 - 31 déc. 2025	11	990€
5	Standard	01 mars 2026 - 31 mai 2026	11	1.005€
2	Standard	01 mars 2026 - 31 mai 2026	11	1.135€
5	Standard	01 sept. 2026 - 08 déc. 2026	11	1.005€
2	Standard	01 sept. 2026 - 08 déc. 2026	11	1.135€

Voyagez avec votre famille ou vos amis.

\*Contactez-nous pour vérifier la disponibilité via [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)

# Groupe ouvert

*Partagez l'expérience avec d'autres voyageurs*

Catégorie	Dates	Nb. jours	Places dispo.	Point de départ	Prix / pers.
✕ Pas de groupes ouverts disponibles, uniquement des groupes privés.					

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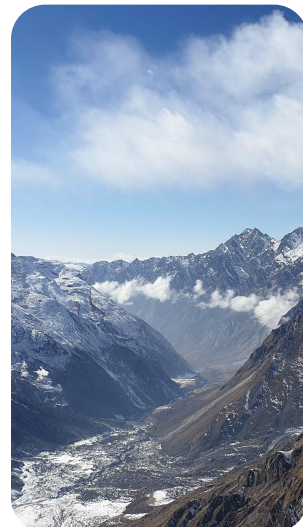
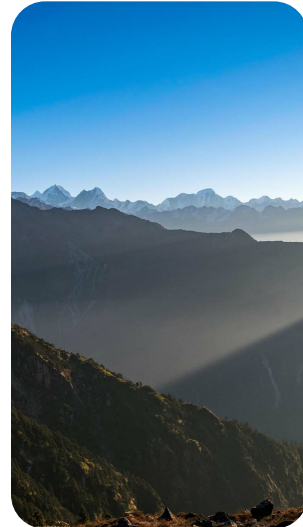
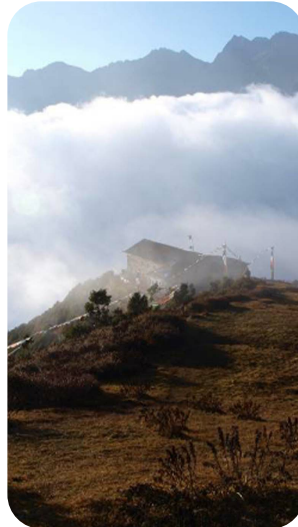
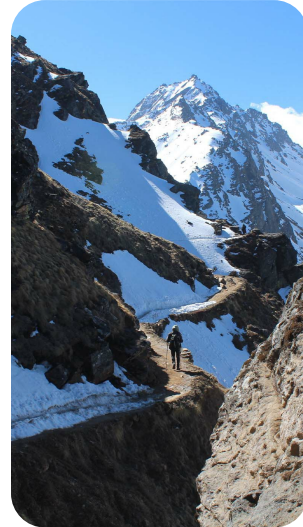
## *Inclus*

- Private transfer to and from the airport.
- Hotel in Kathmandu (tourist class) including breakfast (shared room).
- Transport to Langtang Valley and return.
- Accommodation in available lodges during the trek (tea house based) (shared room).
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the hike.
- National park fees and TIMS fees.
- An English-speaking trekking guide (Sirdar).
- Porter (one per every 2 people).
- Carry a maximum total weight of 20 kg, though 8-10 kg per person is recommended.
- Daily salary, food, and accommodation for Nepali staff.
- Insurance for guides and porters.
- Technical and equipment advice.

## *Non inclus*

- Flights and visas to Nepal (we can arrange them).
- Drinks during the trek.
- Lunch and dinner in Kathmandu.
- Travel/medical/cancellation and rescue insurance (we can arrange it).
- Expenses due to roadblocks/landslides/natural disasters/strikes.
- Everything not included in the "INCLUDED" section.





# Itinéraire

## DAY 1: ARRIVAL TO KATHMANDU

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: we can visit the Swayambhu stupa (Monkey Temple), wander through the streets of Thamel, or have our first Dal bhat dinner (the most traditional dish in Nepalese cuisine).

Accommodation: 3-star hotel.

## DAY 2: KATHMANDU TO SYARUBENSI

After breakfast, we board the bus to begin our journey. The bus ride takes between 7 and 8 hours passing through Trishuli Bazar, Dhunche Village, and arriving at Syarubensi. On the way to Kakani, you'll enjoy excellent views of Annapurna II, Manaslu, and Ganesh Himal. Accommodation in a tea house at Syarubensi.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 3: SYABRUBESI – LAMA HOTEL

We cross the Bhote Kosi River via a suspension bridge to the "old" Syabrubesi, a cluster of houses and a school by the river. Another suspension bridge takes us over to the south side of the Langtang Khola, the river we will follow upstream over the next few days. We slowly ascend to Doman (1680 m) and continue along a rocky ridge to Landslide Lodge and the Hot Spring restaurant, named after a small hot spring on the opposite riverbank at 1810 meters. The trail now gently climbs to Bamboo Lodge where we will enjoy our lunch. Across the river, near vertical cliffs covered in cacti can be seen. After Bamboo, we cross the Langtang Khola on a new suspension bridge to the north bank. The forest becomes sparser and drier on this side of the river, mainly composed of oaks and nettles. We climb steeply on a good trail to Rimche (2510 m) and then descend slightly to spend the night at Lama Hotel.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 4: LAMA HOTEL – LANGTANG VILLAGE

The trail gradually ascends as the valley transforms into a classic wide U-shaped glacial valley. The path crosses meadows and a steep climb leading to views of Yala Peak (5033 m), passing through two villages, Thangsep and Chamki. Arrive here and enjoy the beautiful views of Yala Peak and Ga (6387 m). We then descend, cross streams, and ascend past several water-powered mills, prayer walls, and wheels to the large settlement of Langtang Village (3500 m). Approximately 5 hours of hiking.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

#### **DAY 5: LANGTANG VILLAGE – KYANJIN GOMPA**

The trail climbs a ridge dominated by a large chorten and a long row of mani prayer walls, then gradually ascends past the villages of Mundu and Sindum, continuing through the yak pastures of Yamphu (3640 m) as the valley widens. After crossing the Laja Khola and ascending a moraine to a viewpoint where Kyanjin Gumpa appears. The trail traverses rocky terrain and ascends toward the Gumpa with a short descent to a large cluster of buildings. Finally, we arrive at Kyangjing Gumpa, a short walk but today's overnight stop, also famous for producing 7000 kg of yak cheese per year.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

#### **DAY 6: EXPLORE AND RELAX AROUND KYANGJIN**

It is a full-day excursion hiking Tsergo Ri. It is a strenuous climb, but it is worth it once you reach the summit and witness an impressive panoramic view. Return to Kyangjing Gumpa to sleep.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

#### **DAY 7: KYANJIN GOMPA – LAMA HOTEL**

Return walk down to the valley.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

#### **DAY 8: LAMA HOTEL – THULO SUBARU**

Walk gently up and down to Thulo Syabru after taking the left path from Lama Hotel, the right path leads to Syarpa Gaon. Continue through the valley crossing Langtang Khola just before the village of Bamboo. You will follow the contour of the valley head and Thulo Syabru will appear perched high on a ridge. Descend to cross a bridge and then ascend through terraced fields and farmhouses to reach this lovely village, Thulo Syabru, a Tamang village offering final pleasant views of Langtang and Ganesh Himalaya.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

#### **DAY 9: THULO SYABRU – DHUNCHE**

The first part of the hike is a steep climb through oak, fir, and rhododendron forests to the top of a ridge. From here, it's just a short descent to Brabal. Beyond Brabal, continue descending for about 1 hour and 30 minutes, then you'll reach Thulo Bharkhu (1860 m) and Dhunche via the road. Today you'll enjoy beautiful landscapes of Tibetan mountains and Ganesh Himal. After Thulo Bharkhu, you can walk level to a small stream below Dhunche, then gently ascend to Dhunche (1960 m), where you'll spend the last night with a good dinner and thanks to your trekking team.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

#### **DAY 10: DRIVE DHUNCHE - KATHMANDU**

Transfer to Kathmandu by public bus.

Accommodation: 3-star hotel

Meals: breakfast.



#### **DAY 11: RETURN**

Transfer to the airport and return flight.

Meals: breakfast.

***Payment and cancellation policy***

**Initial Deposit:** To secure your spot, an initial payment of 30% of the total trip cost is required at the time of booking.

**Final Payment:** The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

**Extras:** Additional trip costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

**Cancellation Insurance:** The client may purchase trip cancellation insurance to recover the full amount paid (subject to the insurance terms).

The final user may cancel the booked trip, having the right to a refund of the amounts paid, except for the penalties indicated. The client must also pay the amounts indicated below once the trip is confirmed. If the trip does not take place due to not reaching the minimum required number of participants, the client may keep the credit for future trips or request a full refund of the reservation.

**Cancellation Policy 3:****FULL REFUND WITHIN 24 HOURS AFTER PURCHASE**

Up to 60 days before the trip: 100% refund of the trip cost.

Up to 45 days before the trip: 50% refund of the trip cost.

For periods shorter than those described in the cancellation policy, no refund of the amount already paid will be made.

\*Management fees of €250 apply.

\*Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable costs already issued, these will also not be refunded and will be deducted from the amount to be paid.

\*The cancellation cost of issued flights is 100% of the ticket price.

## Packing List

### FUNCTIONAL CLOTHING

- Softshell jacket (windproof, water-repellent, lightweight) for normal activities or Hardshell (waterproof Gore-Tex) only when very bad weather is forecast.
- Lightweight waterproof trousers.
- Warm jacket: down jacket or preferably primaloft (as they can withstand water).
- Light fleece.
- Thermal pants and shirt for sleeping in the refuge.
- Shorts and technical quick-drying shirts.
- Swimsuits.
- Underwear (recommended not to be cotton).

### HEAD

- Light running cap.
- Wool hat.
- Neck gaiter.
- Sunglasses.

### HANDS

- Thin fleece gloves.
- Trekking poles.

### FEET

- Socks (recommended not cotton).
- Trail running shoes or trekking boots.
- Trekking sandals with heel strap (optional).

### BACKPACKS

- Trail running vest or lightweight backpack.
- Rain cover for backpack.
- Duffle bag.

### REFUGE EQUIPMENT

- Sleeping bag.
- Earplugs.

### ACCESSORIES

- Headlamp and battery or spare batteries.
- Sunscreen, lip balm, and after sun.

### EAT/DRINK

- Hydration system minimum 1L (Camelbak, water bottle, or flexible bottle).
- Thermos (optional).
- Snacks, nuts, gels, hydration, and sufficient energy bars, protein bars, mixed nuts, magnesium tablets, and recovery supplements.

### TRAVEL EQUIPMENT

- Casual clothes.
- Passport, visa, cash, insurance documents, vaccination card.
- Microfiber towel.
- First aid kit and medication.
- Thermal blanket.
- Mobile phone and watch with route tracking.
- Power bank, camera, charging cables, headphones, selfie stick...



# FAQs

## **What physical and technical level is required?**

You need a minimum level that allows you to do a mountain route with 1000 m of elevation gain in one day. It is not a demanding route and the days alternate with short walks to ensure good acclimatization and good recovery from the trekking days. During the route, we can carry a small backpack with the things we will use during the day. The porters will carry our backpacks to the next lodge.

## **How to organize the bag with the material that the porter will carry?**

The porter carries the gear for 2 people (maximum 12 kg per person). You should share one bag between every two people and hand it to the porter. Ideally, this should be a duffel bag of about 80 liters. The other suitcase will stay at the hotel in Kathmandu.

## **Backpack during the route:**

Carry a small backpack that allows you to bring a jacket, water bottle, and some bars or nuts. All the equipment you don't use during the day is carried by the porters.

## **Crampons**

In the high areas of the trek, there may be snow or ice, although this is not common. Conditions can change quickly, especially at passes above 5,000 meters. Some people use chain crampons to improve grip on slippery surfaces; pointed crampons are not necessary for these treks.

## **Cash:**

In Kathmandu, it is usually possible to pay by card (in restaurants, taxis, souvenir shops... not common). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

## **Recommended amount of cash:**

It is recommended to carry a minimum of €250 in cash for expenses not included, such as drinks or meals in Kathmandu and for tips.

## **Tips:**

Tips are usually given at the end of the trip (not mandatory, but highly recommended), in cash (they do not have card machines). Guides: 5 to 10 USD per person per day. On longer treks (like the Annapurna Circuit or Everest Base Camp), tips may increase to 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you might consider increasing to 5-7 USD.

## **Hygiene conditions in the lodges:**

As you gain altitude, the accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

## **Showers and hot water:**

In the higher areas, hot water showers are very scarce. It is VERY easy to catch a cold, which increases problems related to altitude sickness. WE RECOMMEND avoiding showers. Wet wipes are a good alternative to maintain hygiene.

**Where will we stay?**

The first and last night we will stay at the International Guest House hotel in Kathmandu. The remaining nights will be spent in the various lodges found along the route. The program offers accommodation in shared rooms. If you want a single room, please indicate this at the time of booking.

**Medication for altitude:**

The routes are progressive to avoid (as much as possible) altitude sickness. The guides carry a complete first aid kit, including an oxygen saturation meter. For medications like Edemox or similar, consult your doctor, although they are not necessary.

**Mobile phone and SIM:**

You can purchase a SIM card upon arrival. Each region of Nepal has a different operator. Check with our team which one works in each area. With a top-up of €15-20, you will have enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

**Is it necessary to bring any type of supplement or recovery aid?**

Supplements can be useful but are not essential. It is advisable to take iron in the days leading up to starting high-altitude activity. You can consult your doctor or nutritionist.

**Water purification tablets**

Always buy bottled or boiled water at the lodges.

**Mosquito repellent:**

Repellent can be useful in the first few days, but it is not necessary (optional) in high-altitude areas.

**Vaccination record**

There are no mandatory vaccines required for traveling to Nepal.

**Plug adapters:**

They are the same as those used in Europe.

**What are the passport and visa requirements?**

It is important to have a valid passport with at least 6 months validity. Nepal offers VISA on arrival for most countries; you can speed up the process and avoid queues on arrival by submitting your application online through this official web link. Upon arrival, proceed to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) you received after completing the Nepal visa application form. Pay the corresponding fee in cash, and after payment, proceed to the immigration officer's counter with your original passport to process the visa. Stay updated regarding visa policies as immigration rules often change. It is recommended to check the information closer to your planned travel date. As of February 2025, the Nepal tourist visa fees are: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.



# Contact

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