



Langtang Valley Trek - 7 days

Go on 7 days trip for

\$ per person

This trek brings you to the Langtang Valley surrounded by Himalayan Peaks. Langtang Lirung-7240m and Ganesh Himal are the highest in the region. Trek to the sacred Lakes of Gosainkunda, climb the Gosainkunda pass into the Valley of Helambu. This circuit finishes in the Kathmandu valley a short distance from Kathmandu.

This trek is considered as a non-technical trek and suitable for average people. If you are moderately fit and have a sense of adventure you will enjoy this trek. The program is designed to acclimatize you gradually and not to experience high altitude sickness. However you are requested to check your altitude fitness and the itinerary.

Please note that the following program is prepared in the fact basis however can be change in some circumstances but adjustments will have to be made during the trekking. We request you to be flexible with the situation to enjoy yourself.

As the trek is designed for camping arrangement, everything is handled by our team of porters, sherpas and cooks who carry the equipment, fix the camp and have hot meals waiting for you at every food break.

This trek is ideal for people with less time who do not wish to travel too far from the Kathmandu Valley. Helambu is a lush region to the North of Kathmandu inhabited by Sherpas and Tamang people although the Sherpas of this region differ in their practices from their cousins in the Everest region. The trek passes through some beautiful forests and very interesting villages on route.

Day by Day Itinerary:

Day 01: Drive, Kathmandu to Sundari Jal and trek to Chisopani

Day 02: Chisopani / Kutumsang

Day 03: Kutumsang / Tharepati (3600 m.)

Day 04: Tharepati / Tarke Ghyang (2550 m.)

Day 05: Tarke Ghyang / Kiulntar

Day 06: Kiulntar / Talmarang

Day 07: Talmarang / Melamche Bazaar and drive to Kathmandu

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote

region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. When you are planning a trek you need to think carefully about different styles of trekking available. Remember that when hiking in any major range of the mountains, it makes sense to go with at least one chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisureed time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are built in to ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a range of private groups. They may be a small or a big group, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions) as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together.

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-21698
- **Destination**Nepal
- **Duration**7 days / 6 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking