



10-Day Langtang Trek: A Journey through the Himalayas

10天朗塘大本营徒步：穿越喜马拉雅山脉的旅程

The Langtang Trek is one of Nepal's most iconic trekking routes, offering stunning views, rich cultural experiences, and a relatively less crowded alternative to other popular treks like Everest or Annapurna. Over the course of 10 days, trekkers will journey through lush forests, quaint mountain villages, and high-altitude landscapes, with the towering peaks of the Langtang range forming a breathtaking backdrop.

朗塘大本营徒步是尼泊尔最具标志性的徒步路线之一，提供壮丽的景色、丰富的文化体验，以及相比珠峰或安纳普尔纳等热门路线更为安静的选择。在为期12天的旅程中，徒步者将穿越郁郁葱葱的森林、古朴的山村和高海拔的景观，朗塘山脉巍峨的山峰将成为令人叹为观止的背景。

Itinerary

Day 1: Arrival in Kathmandu

Elevation: (1,300 m / 4,264 ft)



-  Meal - on board
-  Overnight stay at hotel in Kathmandu

Arrival at Tribhuvan International Airport, meet your guide and other trekkers, and prepare for the journey ahead.

Activities: Briefing about the trek, last-minute shopping for trekking gear, exploring Kathmandu's cultural sites (optional). Overnight at Kathmandu in Hotel

Day 2: Drive from Kathmandu to Syabrubesi. 6-7hrs drive



-  Meal - Breakfast, Lunch, Dinner
-  Overnight stay at lodge Syabrubesi, Elevation (1,460m / 4,790 ft)

After breakfast, your guide and porter will meet you at hotel. And scenic drive through the hills of Nepal, following the Trishuli River, passing through terraced fields and small villages.

Activities: Enjoy the views of rural Nepal, cross several small rivers, and observe local life along the way.

Day 3: Syabrubesi to Lama Hotel



-  Meal - Breakfast, Lunch, Dinner
-  Overnight stay at lodge, Elevation: (2,480m / 8,136 ft)

Elevation Gain: +1,020 m (3,346 ft)

Highlights: Trek through dense forests of oak, rhododendron, and bamboo. Cross suspension bridges over the Langtang River.

Accommodation: Teahouse in Lama Hotel.



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— Itinerary

Day 4: Lama Hotel Trek to Langtang Village



Meal - Breakfast, Lunch, Dinner

Overnight stay at Langtang village (3,430 m /11,253 ft)

Duration: 5-6 hours

Elevation Gain: +950 m (3,117 ft)

Highlights: As you ascend, views of Langtang Lirung (7,227 m) begin to emerge. You will pass through beautiful forested areas and several villages.

Accommodation: Teahouse in Langtang Village.

Day 5: Langtang Village Trek to Kyanjin Gomba)



Meal - Breakfast, Lunch, Dinner

Overnight stay at Kyanjing Gomba (3,870 m/12,694 ft)

Duration: 4-5 hours

Elevation Gain: +440 m (1,444 ft)

Highlights: Enjoy the magnificent views of snow-capped peaks, including Langtang Lirung. Reach the Kyanjin Gomba, a sacred Buddhist monastery.

Accommodation: Teahouse in Kyanjin Gomba.

Day 6: Acclimatization Day at Kyanjin Gomba



Meal - Breakfast, Lunch, Dinner

Overnight stay at lodge Syabrubesi, Elevation (3,870 m / 12,694 ft)

Spend the day acclimatizing to the altitude. You can hike up to Tsergo Ri (4,985 m / 16,355 ft) for panoramic views of Langtang Lirung, Ganesh Himal, and the surrounding peaks. visit cheese factory.

Accommodation: Teahouse in Kyanjin Gomba.

Day 7: Trek from Kyanjin Gomba to Lama Hotel



Meal - Breakfast, Lunch, Dinner

Overnight stay at lodge (2,480 m/8,136 ft)

Duration: 6-7 hours

Elevation Loss: -1,390 m (4,557 ft)

Highlights: Begin your descent, retracing your steps through Langtang Village and back through the dense forests.

Accommodation: Teahouse in Lama Hotel.



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Day 8: Lama Hotel Trek to Thulo syabru village



= Itinerary



Meal - Breakfast, Lunch, Dinner



Overnight stay at Syabru village 2,230 meters (7,316 feet).

The trek from Lama Hotel to Thulo Syabru is an exciting and scenic leg of the Langtang trek. You'll gain altitude gradually while passing through beautiful forests, villages, and getting your first views of the snow-capped peaks of the Langtang Range. Below is a detailed itinerary for the day.

Trekking Distance: Approx. 7-8 km (4.5-5 miles)

Trekking Difficulty: Moderate (with gradual climbs)

Day 9: Thulo Syabru to Dhunche, and Drive Back to Kathmandu



Meal - Breakfast, Lunch,



Overnight stay at hotel in Kathmandu

After trekking through the Langtang region, the return journey to Kathmandu begins with a short trek from Thulo Syabru to Dhunche, followed by a scenic drive back to Kathmandu. Here's a detailed itinerary for this segment of the trek:



Meal - Breakfast,



No - accommodation

Day 10: City tour in the afternoon. Evening -fly home



After breakfast, visit Kathmandu Durbar Square, a UNESCO World Heritage Site. Next, head to Swayambhunath Temple (Monkey Temple), perched atop a hill, offering stunning views of the city. Today, you will have free time for lunch and dinner at your own convenience, with a variety of food options available. In the afternoon, enjoy some leisure time to explore the city, relax, or shop for souvenirs. Later, you will be transferred to the airport for your departure.

COST INCLUDES:

- Air travel SIN-KATHMANDU- SIN
- Airport pick-up and drop-off
- Fully guided tour & Trek throughout the trip
- Deluxe 4 hotel accommodation in Kathmandu
- Lodge accommodation at during trek
- Service of porters for the carry your backpack
- Services of a licensed and trained guide and cook (look after your food)
- All meals: Breakfast, Lunch, Dinner, and hot beverages, hot chocolate.
- Local transportation as per the itinerary.
- National park/conservation area entry permits
- All necessary documents and permits (where applicable) Coordination of all logistics Quick rescue service in case of emergency (cost covered by your insurance plan)

COST DOESNOT INCLUDES: Personal travel insurance, Tipping for guide and driver, Personal expenditures, Nepal visa fee US\$30 , Airport tax and fuel service charge imposed by airline..



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