



## ● Trekking at a Glance

### DURATION

**9 Days**

### MAX ALTITUDE

**4773m**

### BEST TIME

**Mar - May & Sep - Nov**

### ACCOMMODATION

**Tea House / Lodge**

## THE OVERVIEW

Langtang valley is nearby Kathmandu city. It is the perfect destination for someone who wishes to trek to the Himalayas but is looking for a relatively easy route with shorter walks and lower altitude. The rich ecosystem of the valley is well preserved. The region is a rural landscape comprising of villages, terraced farms and forests encircled with green hills with a backdrop of the white Himalayan ranges. The route is a scenic one through dense bamboo and rose tree forests that will take you through waterfalls and snow-capped mountain peaks. The trek is known for having one of the best views...

01

### Arrival at Kathmandu

You'll arrive in Kathmandu and transfer to your hotel for an overnight stay.

ALT: 1,440m MEAL: Dinner

02

### Drive from Kathmandu to Shyaphru Besi

A scenic 7-8 hour drive from Kathmandu to Shyaphru Besi. You'll pass through the beautiful countryside of Nepal and arrive in Shyaphru Besi, where you'll overnight at a lodge.

ALT: 1467m MEAL: Breakfast, Lunch, Dinner

03

### Trek from Shyaphru Base to Lama Hotel

Trek through lush forests to reach Lama Hotel, a beautiful village along the Langtang River. The hike takes approximately 5-6 hours.

ALT: 2470m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

04

### Trek from Lama Hotel to Langtang

Trek to Langtang, known for its great views of the surrounding mountains. After a 5-6 hour trek, you'll arrive and rest overnight.

ALT: 3430m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

05

### Trek from Langtang to Kyanjin Gompa

A scenic trek that takes you to Kyanjin Gompa, a beautiful Buddhist monastery surrounded by the stunning snow-capped peaks.

ALT: 3870m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

06

### Trek from Kyanjin Gompa to Kyanjin Ri (4773m) and then to Ghoretabala

Trek to Kyanjin Ri for panoramic mountain views, then descend to Ghoretabala.

ALT: 4773m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

07

### Trek from Ghoretabala to Shyaphru Basi

Descend back down to Shyaphru Basi, a picturesque village along the route.

HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

08

### Drive to Kathmandu from Shyaphru Basi

Return to Kathmandu via a scenic drive. Relax and enjoy your final night in the city.

ALT: 1,440m MEAL: Breakfast

09

### Departure

Depart from Kathmandu and head to the international airport for your flight.

MEAL: Breakfast

END OF SERVICES

## - What's Included

- Airport arrival and departures transfers
- Hotel accommodations in Kathmandu with breakfast (twin sharing)
- Teahouse / Lodge accommodations during the trek (twin sharing)
- Meals during trek: Breakfast, Lunch, Dinner, Tea or Coffee a day
- Porters to carry your personal luggage (2 trekkers equal 1 porter)
- Guide and porter insurance fee
- Langtang Conservation Park Entrance Fee
- Kathmandu sightseeing tour
- Duffle Bag
- First Aid Kit
- Filtered drinking water

## - What's Not Included

- International airfare
- Nepalese visa fee
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge)
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver

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CERTIFIED & AUTHORIZED AGENCY

TAAN   NMA   NTB   NEPAL GOVERNMENT

## Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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