



## **Lantang Valley Trekking - Itinerary**

### **1. Arrival in the Kathmandu [altitude 1340 m]**

Arrival at the Tribhuvan International airport (TIA), Kathmandu and you will be welcomed by our airport representative and transfer to your hotel. Take some rest and in the evening we will briefly discuss the program. Overnight at the hotel B

### **2. Drive to Syabrubesi (1,550m around 5/6 hrs) Jeep leave at 9 am from Balaju/Machhapokari**

After breakfast, drive out along the north-western mountains of Kathmandu. Enjoying the Himalayan views of Ganesh Himal, Manaslu, and many others, we pass through the settlements of local people, terraced fields, and rural towns. We get to observe the cultures and traditions of people from different communities. Lunch on the way before proceeding further to Dhunche to Syabrubesi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Trek to Lama Hotel (2,380m, 6 hours) - Breakfast , Lunch, Dinner**

Follow the Langtang Khola River. Pass through the thick woodlands; we get to see the beautiful rhododendron flowers, bamboo and oak trees. After crossing a few suspension bridges and teahouses, the trail looks steep, but it isn't that testing and is always exciting with amazing views and local cultures. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Trek to Langtang town (3,430m, 6 hours) - Breakfast , Lunch, Dinner**

After breakfast trek proceeds along thick woods of maples with beautiful rhododendron flowers. Here we revel in the grand views of the Langtang Lirung seen on the way. Trek takes us to GhoraTabela, which is the flat land of green meadows. We Pass water factories, watch chortens, and see stunning hills that have all kinds of engravings cut on them. Ascending up along with this adventures takes us to the valley, Langtang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek to Kyanjin Ri (4773 m/ 14526 ft.) and back to Kyanjin Gumpa (3,870m, 3 hours)**

After breakfast, we escape the town and pass through yak pastures. Slowly getting into the high elevations; you may begin to feel the thin mountain air. Kyanjin Gumpa is encompassed by the Himalayas all around. We reach at Kyanjin Gumpa before crossing Laja Khola and passes by the moraine. During this time, we get to see the icefall. You can go out for a stroll around Kyanjin Gumpa appreciating the perspectives, ice sheets, icefalls and yaks. After this we take a short hike to Kyanjin Ri and trek back to Kyanjin Gumpa. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Trek to Chorka Ri or Sergo Ri (5050m/ 16564 ft.) and back to Kyanjin Gumpa.**

We take an early breakfast and move towards the uphill to Chorka Ri and get to observe the excellent views

of mountains like Langtang, Langtang Lirung, Gyanghempo, Naya Kanga, Ganjala and many more. Those greenery forests views, icefalls, and mountain scenes make the trip unforgettable. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek down to Lama Hotel (2380m/ 7808 ft.)**

Now, again we are back to Lama Hotel, exploring the previous notable views during the trail and fine settlements of local people following Tibetan culture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Trek over to Syabrubesi (5 hours)**

After breakfast, we trek down to Syabru bensi, which takes a 5 hours walk. Enjoy the simple downhill trail through lush green vegetation. Upon arriving at Syabrubesi, we take our lunch.

## **9. Syabrubesi to Kathmandu (5/6 hours) – Breakfast, Lunch**

After breakfast, we drive over to Kathmandu, get some scenic views on the drive and we will transfer you to your hotel. Take rest for some time and then you can do some shopping around Thamel. At evening join the evening meal and cultural program offer by the company, Sunrise Adventure Treks.

## **10. Departure/Farewell**

Today is your last day in Nepal. Our airport representative drops you to the airport before 3 hours of departing time. Or you can join another adventures trip in Nepal or outside Nepal with Sunrise Adventure Treks. We are always here for your plan tripping. Have a safe flight!

## **INCLUSIONS**

- All airport pick up and departure
- All transportation in A/ c car, van or deluxe bus
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide
- Whole accommodations during trips
- Sleeping bag, down jacket during trek, T- short and trip achievements certificate
- Full board meals during trekking as mentioned in the itinerary (Breakfast, Lunch, Dinner )
- First aid medicine item
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional
- guide (for two guest one Sherpa porters to carry baggage)
- One especial cultural show and farewell dinner program
- Our government tax official expenses

## **EXCLUSIONS**

- All your personal expenses any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)