



Langtang Trek

Overview

Nepal captured the world's attention after the devastating earthquake, which brought both destruction and a strong spirit of rebuilding. One of the affected areas was Langtang Village, nestled in the shadow of Langtang Mountain and its outstanding snow caves. Surrounded by stunning natural beauty, Langtang Village is just a short journey from Kathmandu. It claims breathtaking views of 7,000-meter peaks, and glaciers, and is located near the Tibet border. This region is a treasure trove of ancient Tibetan traditions and culture, offering visitors a unique and deeply immersive experience.

The adventure continues with a short trek, providing even more chances for exploration and excitement. A highlight of the trip is an unforgettable white-water rafting experience on the Trisuli River, fed by the Langtang Glacier. To wrap up the journey, immerse yourself in the wildlife haven of Chitwan National Park. Enjoy diverse activities, cultural tours, and traditional performances, making this an enriching and remarkable conclusion to your adventure.

Highlights

- It covers two sides of the national park.
- In short distance from the main city above 7000 meters mountains touched.
- Trekking in Langtang National Park.
- Jungle safari and wildlife experience in Chitwan National Park.
- Langtang trek touches the glacier in 3 days.
- Tibetan culture and expertise in Nepal trek.
- Driving and walking through the landscape and scenery.
- White water rafting and beach camp experiences.
- Himalaya and lowland local traditional cultural experience

Entire trip price

Total trip cost: Pounds £1569 and USA dollars \$1999

Cost includes:

- One professional guide
- One dedicated porter
- Rafting
- Chitwan packages
- Full board, Meals, and hot drinks.
- Trekking transports and related trekking permits
- A welcome and every morning wake-up tea.

Does not include:

- Alcoholic drinks and optional activities
- International flight.
- Trekking Insurance covers above 5000 meters

Trek Itinerary

Day 1: Kathmandu - Gele Trekking ensures a smooth start to your adventure. We'll pick you up from the airport and take you to your hotel—simply share your flight details if required. Check-in will be at the hotel lobby, either individually or as a group. Updates will be posted on a notice board, and at 5 PM, you'll meet your group leader for a pre-trek briefing covering trip details and preparations. An optional group dinner will also be organised for the evening.

A: Includes a room share and breakfast (pay extra for a separate room)

B: Elevation 1,250 metres (4,101 ft)

Day 2: Syabrubesi - The Day starts with travel by various private Jeeps and buses through winding roads. This route is in and out of Tibet. It is quite a busy road but very scenic, featuring snow-capped mountains, beautiful farmland, and rice paddies.

A: Drive 5 to 6 hours

B: Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 1,462 metres (4,796 ft)

D: Ascent 242 metres (709 ft).

E: Cover of the day 69.5 miles(112km)

Day 3. Lama Hotel - The first day of the trek begins with a journey through the jungle and along a road. The start is very gentle, making for a pleasant, not too long, and comfortably cool day. Today Night Stop used to be a tea hub for locals, established by a man named Lama.

A: Trek for 7 to 8 hours.

B: Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 2,450 metres (8038 ft)

D: Ascent 980 metres (3,215 ft).

E: Cover of the day 7 miles (11 km)

Day 4. Langtang—The day starts gradually, and this is the best part of the trekking. The trail goes through a forest with big oak trees. It goes beside the river Langtang, which is glacier-melted water. Then, walk into the old village, which was covered by a landslide on 25 April 2015.

A: Trek for 7 to 8 hours.

B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 3560 metres (11,679 ft)

D: Ascent 1,110 metres (3641 ft).

E: Cover of the day 11.8 miles (19 km)

Day 5. Kyanjin Gumpa - On going up to the trek end destination through an open valley with snow cave view mountains surrounded. The best part of the day is a walk on the Yak pasture. It takes you to the last village of Langtang Valley where they produce yak cheese.

A: Trek for 3 to 4 hours.

B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 3870 metres (12,696 ft)

D: Ascent 336 metres (1,102 ft).

E: Cover of the day 4.2 miles (6.8 km)

Day 6. Kyanjin Gumpa - Travelling towards the last destination, it is the top of the Cherukiri peak. This day starts earlier and individually take a backpack picnic. We stepped on the highest point of the trek. Overnight stay at the same place.

A: Trek for 6 to 7 hours.

B. Includes teahouse room and breakfast.

C: Elevation (overnight) 3870 meters (12,696ft) Hike 5154 meters (16909 ft)

D: (Ascent of the day hike) 1,284 meters (4,212 ft).

E: Cover of the day 4.2 miles (6.8 km)

Day 7. Lama Hotel - This is another special day. The trek returns the same way to the overnight. While trekking, you must experience facing views all the way downhill.

A: Trek for 7 to 8 hours.

B. Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 2,450 metres (8038 ft)

D: Descent 1,446 metres (4744 ft).

E: Cover of the day 16 miles (26.5 km)

Day 8: Syabrubesi - This is the last day of the trekking. We continue to walk down this day, but we have the option to hike another way. The trip leader makes the decisions. The time frame is the same, and it ends early at the same place. We might have jumped in the hot spring.

A: Trek for 4 to 5 hours.

B: Includes teahouse room, lunch, dinner and breakfast with hot drinks.

C: Elevation 1,462 metres (4,796 ft)

D: Descent 980 metres (3,215 ft).

E: Cover of the day 7 miles (11 km)

Day 9. Nuwakot Farmhouse - Start late morning with a private transport drive on the countryside road. We arrived at noon for lunch, after which we took a few hours to visit the ancient palace. We can feel and experience real lifestyles and traditional living standards.

A: 3 to 4 hours' drive and about 2 hours tour.

B: Includes teahouse room, lunch, dinner, and breakfast with hot drinks.

C: Elevation 900 metres (2952 ft).

D: Descent 562 metres (1843 ft)

E: Cover of the day about 41 miles(66.6km)

Day 10. River tent camp - Began the journey to a new adventure and exciting part of the tour. Start after breakfast by private transport through the first highway in Nepal called Prithvi Rajmarg to the Rating starting point.

A: 2 hrs 30 minutes drive and 3 to 4 hours rafting.

B: Includes tent camp, lunch, dinner and breakfast with hot drinks.

C: Elevation 800 metres (2776 ft).

D: Descent 100 metres (328 ft)

E: Cover of the day about 42.2 miles(68km) and rafting 13 miles (22 km)

Day 11. Chitwan Sauraha - The rafting continues at about 9 or 10 a.m. and will be finished at lunchtime. The next destination is a jungle safari and wildlife activities in Chitwan National Park in Nepal. We might include an evening cultural program.

A: Rafting 3 hours and 2 and a half hours drive.

B: Includes room, lunch, dinner and breakfast with hot drinks.

C: Elevation 415 metres (1361 ft).

D: Descent 100 metres (328 ft)

E: Cover driving about 49 miles(79km) and rafting 13 miles (22 km)

Day 12. Chitwan Saurah - Full-day activities include: Elephant or Jeep safari, Jungle Walk, canoe safari, visit to elephant breeding centre, bird watching, village tour and Tharu culture program. It happens in joint groups. It does need some time for a pair of people to run the program, for example riding an elephant. The programs are scheduled by a local guide from the hotel.

A: Programs About 7 to 8 hours.

B: Includes room all set program and set meals except alcohol

C: Cover driving about 34 miles (50 km)

Day 13. Kathmandu - The day starts with breakfast and the last activity left over. Take the place for lunch and leave the hotel mid-day to the Bharatpur airport to fly to Kathmandu. We get the transport to the hotel. After the hotel check in free time. Later in the evening, we met together for dinner.

A: About 4 to 5 hours.

B: Includes room and set meals except alcohol.

C: Elevation 1,250 metres (4,101 ft).

D: Ascent 835 metres (6,106 ft)

E: Cover driving about 18 miles (30 km) flight destinations 56 miles (91 km)

Day 14: End of trip - The trip concludes after breakfast at noon.

The overall journey spans the following distances and durations:

- Flight and travel: 317 miles (510,7 km)

- Physical walk and hike: 50 miles (81,1km)

Trip information and preparation

At Gele Trekking, we believe preparation is key to a safe, rewarding, and enjoyable trek. Share your itinerary, trekking route, and emergency contacts with family or friends before departing. While your group leader will carry emergency communication tools, having personal contact information is always helpful. Inform your bank about your travel plans to ensure ATM functionality in Nepal. If you have pre-existing health conditions, consult your doctor beforehand and share relevant details with your guide for added precautions. Be ready for unpredictable weather and remain flexible, as conditions in remote areas may lead to changes or delays. Your safety and satisfaction are our top priorities.

Supporting local communities is integral to trekking with Gele Trekking. By purchasing locally made goods and showing respect for the places you visit, you contribute directly to sustaining the local economy while fostering meaningful connections along the journey.

Accommodation and Communication

At Gele Trekking, we prioritise your comfort and safety, ensuring a seamless trekking experience. All accommodations along the route, including the first and last nights, are pre-booked. While most rooms are twin-sharing, adjustments may be necessary in remote areas and will be handled with care and flexibility. Toilets and showers may vary in quality, with some offering excellent facilities and others being more basic. Bringing your toiletries and checking the equipment list is highly recommended to stay prepared.

Communication during the trek can be challenging, with limited or no phone reception and internet access in remote areas. Some teahouses may provide Wi-Fi, but it's often slow, unreliable, and comes at an additional cost. In emergencies, your guide will assist with communication, including access to satellite phones if needed. Our experienced team is dedicated to managing any challenges and ensuring your safety, comfort, and enjoyment every step of the way.

Food and Drink Options

At Gele Trekking, we proudly introduce our guests to the rich, healthy flavours of the Himalayan region. Our meals feature organic, locally sourced ingredients such as rice, noodles, potatoes, and the renowned Yak cheese. Fresh seasonal vegetables like spinach, cabbage, carrots, and spring onions add vibrant nutrition to every dish. Though simple, our food is crafted to fuel your trek with essential energy and flavours.

Beyond traditional dishes, we offer select foreign items, such as cereals, for variety. To keep you warm and energized, enjoy hot drinks like Nepali tea, hot chocolate, or instant coffee. For cold refreshments, we provide mineral water, soft drinks, and local beverages. Alcohol options include local brews like Everest beer, spirits, and wine in some areas. However, our experienced trip leaders carefully monitor altitude safety, ensuring your health is prioritized. Every bite and sip on your journey reflects the care and hospitality of the Himalayas, offering nourishment and comfort as you explore these grand landscapes.

Tips Guideline

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.

MORE INDIVIDUAL OPTIONS ARE AVAILABLE TO CHOOSE FROM SEPARATELY.

Flight tour of Everest Mountain range “Let the peak of the snow cap be your life pinnacle”

An hour-long flight over the roof of the world is worth every penny. Known for its photogenic panoramic views, Nepal offers 85% of the breathtaking mountain scenery of the world. Departing from Tribhuvan airport in Kathmandu using a propeller plane for the ultimate intimidating experience of the Nepalese mountain range. Daily bookings are available throughout the year, if any weather issues arise, however, we can postpone or offer a full refund ensuring value for money. Prices vary depending on the season and airline, and we will update you with the latest information upon receiving your enquiries.

White Water Rafting “Exhilarating experience”

Nepal boasts the second richest hydroelectric resources in the world. In this region, we offer the best whitewater rafting experiences globally. Within a short driving distance, there are two rivers ideal for one or two-day rafting trips, featuring 3 to 5 exhilarating rapids. If you have one or two extra days, don't miss this once-in-a-lifetime opportunity for an unforgettable adventure. Bookings are available every day except January and February. Please state any food allergies and medical conditions; no prior experience or equipment is necessary. For further information and pricing, we will provide the latest details upon receiving your inquiries.

Chitwan jungle safari, “get close to wildlife”

Chitwan National Park in Nepal is home to a diverse range of wildlife such as elephants, one-horned rhinos, Bengal tiger, and many more. The park spans an area of 952.63 square kilometres (367.81 square miles) in the subtropical inner Terai lowlands, just a short distance from Kathmandu. During your visit, you can observe from a close distance the wildlife of Chitwan, and enjoy the unique culture of the Tharu ethnic group. If you have specific research interests or want to experience the park's offerings, this is a fantastic opportunity. We typically offer 2-night and 3-day package activities, these can include: an elephant or jeep safari, Jungle Walk, canoe safari, visit to the elephant breeding centre, bird watching, village tour and Tharu culture program. For further information and pricing, we will provide the latest details upon receiving your enquiries.

Day hike

A popular activity is our one-day walking hikes through the countryside, offering a unique travel experience. These 6 to 7 hours walk helps achieve a sense of adventure and exploration. If you have an extra day in the city, we recommend escaping the crowds and noise to enjoy a variety of scenic views. Walking in the nature of Nepal can help invigorate and re-energise your senses as you become one with nature. There are several day-hike destinations on offer near Kathmandu, such as the Hidden Monastery or the Nagarkot to Changunarayan walk. For further information and pricing, we will provide the latest details upon receiving your enquiries.

Sightseeing in Kathmandu World Heritage Site

Come with us for this unmissable experience of visiting extraordinary World Heritage recognised sites of Nepal. These sites are host to a wealth of historical significance relating to Nepalese culture, politics, religion, and of course, architecture. These areas are specifically divided into three categories: ancient palaces, Hindu temples, and Buddhist monasteries or stupas. The most popular among them are Kathmandu Durbar Square, Patan Durbar Square, and Bhaktapur Durbar Square, known collectively as the palaces. Key religious sites include the Hindu temple Pashupatinath, the Buddhist stupa Buddha, and the Swayambhu Nath temple, which is sacred to both Hindus and Buddhists and offers some of the greatest views of Kathmandu. For further information and pricing, we will provide the latest details upon receiving your enquiries.

Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused every day to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

