



NEPAL LANGTANG TREK

NEPAL • TREK • ORANGE 3

ABOUT THE CHALLENGE

This magnificent trek, with the ultimate combination of spectacular scenery and fascinating culture, takes us to the magnificent Langtang region of the Himalayas, open again for trekking after 2015's devastating earthquake.

We trek through the wooded gorges, yak pastures and rocky ridges of the Langtang valley, with its friendly Tibetan-style culture and awe-inspiring mountain views. We stay in teahouses in small villages en-route, allowing a wonderful insight to the daily lives of the local people.

Our trek culminates in historic Nuwakot village, in one of the districts that suffered most from the earthquake. Discover Adventure actively supports the re-building project here; we end our trip getting involved in the practical work, a rewarding way to give something back to this magnificent country.

NEPAL LANGTANG TREK FOR GIRLGUIDING SCOTLAND • 12 DAYS

Day 1: Depart Scotland for Kathmandu

Day 2: Arrive Kathmandu

Transfer to hotel for trip briefing and dinner. Night hotel

Day 3: Kathmandu – Syabrubesi

An early start sees us driving into Nepal's 'middle hills,' following the fertile valley of the mighty Trisuli River. Some of the roads are rough and bumpy, but the scenes of Nepal en-route form a marvellous introduction to our adventure. We drive via Trisuli Bazaar and the main trading town of Dhunche, on to the small town of Syabrubesi, the starting point for treks into the Langtang Valley. Night teahouse (1460m).

Drive approx. 8 hours

Day 4: Syabrubesi – Lama Hotel

Our trek starts gently downhill, crossing a suspension bridge over waters of the Bhoté Kosi and then following a trail through forest – you'll hear and maybe see monkeys chattering in the trees – before trekking steeply up over a rocky ridge. We climb through deciduous woodland which forms a rich habitat for diverse flora and fauna, including the elusive red panda. Our gradient eventually eases as we reach the Langtang Khola, the boulder-strewn rushing river which flows through the valley; we cross the river and climb once more through a wooded gorge alongside a series of beautiful waterfalls. Although the terrain is not particularly hard, this is a long uphill day and should not be underestimated. Night teahouse (2470m).

Trek approx. 7-8 hours

Day 5: Lama Hotel – Langtang Village

Our trek today takes us higher, with exquisite views of the snow-capped Himalayas. We start alongside the Langtang Khola, climbing steadily to Ghora Tabela (2970m), where we are greeted by vistas of Langtang Lirung – the highest peak of the Langtang range. We continue steadily until a steep section leads us into the upper section of the valley, our trail now zigzagging higher and higher to Thangshep. The widening valley curves impressively ahead of us as we gain height, the occasional level section providing some relief. Dry-stone walls line our path as we approach Langtang. This lovely Tibetan-style village suffered a great deal in the earthquake, but is now able to welcome trekkers as it has been doing for decades, and it is rewarding to be able to bring income to the villagers here. Night teahouse (3430m).

Trek approx. 6-7 hours

Day 6: Langtang Village – Kyanjin Gompa

A very photogenic morning through pastures with mountain views – plenty of excuses to stop to take photos! We follow a

trail through yak pastures and meandering streams, heading up through the valley over an old glacial moraine. We pass a series of mani walls, inscribed stone tablets which are sacred to Buddhists, and views of Mt Gengchempo dominating views of the east. Crossing a small stream, we climb to a broad valley, passing small Tamang settlements at 3410m. Continuing uphill over more moraine, we emerge into awe-inspiring views of Kyanjin Gompa, a Tibetan-style monastery flanked by spectacular mountains. Depending on group pace, it may be possible to hike up the steep, rough track to the memorable Lirung Glacier (4300m) – an additional 2-3 hours, or you can simply explore the village, which boasts a famous cheese factory. Night teahouse (3850m).

Trek approx. 4 hours + additional glacier trek if time

Day 7: Kyanjin Gompa – Lama Hotel

We retrace our steps through the valleys and pastures, returning to the lower wooded slopes. Predominantly downhill, this can be deceptively hard, especially on the knees, and it's a long day – but the views as we head back are a wonderful distraction. Night teahouse (2470m).

Trek approx. 7-8 hours

Day 8: Lama Hotel – Syabrubesi

We retrace our steps to the end of the trail. If you've coped well with the challenges of the past few days this should be a fairly relaxed walk down! Syabrubesi will feel very large and busy in contrast to the higher villages. Night teahouse (1460m).

Trek approx. 6-7 hours

Day 9: Syabrubesi – Nuwakot

We load up into our vehicles for the drive to Nuwakot. This region is off the tourist trail, and very authentic. We stay at the Famous Farm, a farmhouse which has been beautifully restored to traditional wooden Newari houses, overlooking the hills. We have the afternoon free to explore. Night guesthouse.

Drive approx. 4.5 hours

Day 10: Nuwakot Project Work Today we have the opportunity to give something back to this wonderful country, and get stuck into practical project work, helping to re-build the village. Rather than hastily reconstruct what was damaged in the earthquake, the emphasis has been on sustainability, with careful attention to preserving the heritage of this historic village, and a long-term plan to help it to attract tourism and provide local income. There will be a variety of tasks we can help with; experience is not necessary, but you should be fit, willing to get involved, and flexible in your expectations. Night guesthouse.

Day 11: Nuwakot – Kathmandu More project work this morning, with time to walk around the village and appreciate its charm. After lunch we drive back to Kathmandu (approx 3-4 hours), where we are free to relax before meeting again for an evening of celebrations to mark our achievements this week. Night hotel.

Day 12: Fly Kathmandu to Scotland

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 22 May 2019, and the challenge is subject to change.