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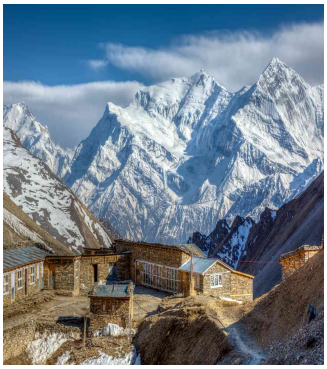
Package Code:GO316348

08D Lively Langtang Trek and Tea House - 7 Nights / 8 Days

Cities Covered: >> Kathmandu-



Langtang region is a popular trekking region in Nepal that draws many trekkers every trekking season. Situated almost 50 kms north of Kathmandu valley, Langtang region hosts popular treks like Langtang Valley Trek, Gosai kunda Trek, and Tamang Heritage Trek. Although this trail is close to Kathmandu valley, it's still away from the hustle bustle and you get a different scene altogether. Lang tang is a splendid trekking area. The trek starts in a forest trail and goes all the way up to the alpine line to its range of some of the highest snowcapped Himalayan Peaks. This area is a good pick for those who want an alpine trek, yet do not have time for a longer trek in other popular trails like the Everest region. In this vast mountain scape, you will trek through remote villages, get a feel of little Tibet that borders not far north from here. You will pass by flower meadows, enjoy the view of breathtaking rugged peaks. Also if you are trekking around the spring, the splendors of blooming and blossoms of flowers would be ready to welcome you.

Day 1: Kathmandu,:

Drive from Kathmandu to Syabru Besi [1460m]

Lets start - The road to Syabrubesi heads north from Kathmandu along the Trisuli River, via Dhunche. You will enjoy views of Ganesh Himal, terraces, green hills and many villages. After Dhunche, the valley becomes more narrow and deep. Upon arrival check in and freshen up. Plan and prepare for next morning. Evening at leisure.

Walk Hours: Approx. 7-8 hours
Meals included: Lunch and Dinner
Overnight: Tea House

Day 2: Kathmandu,:

Trek from Syaburi Besi to Lama Hotel [2470m]

Today being the first trekking day, and it's an easy hike. After breakfast we begin our trek by crossing the Bhote Koshi River. The trail gradually ascends to Bamboo (2200 m) and then to Rimche (2485 m). By the end of the day, we reach Lama Hotel, unwind and enjoy the evening. We will have dinner and stay over night.

Walk Hours: Approx. 6 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 3: Kathmandu,:

Trek from Lama Hotel to Mundu [3550m

Today we need to cover the distance of 15 kms approx. The trail ascends gradually and pass Gumnachowk 2769 m, Thomna 2790 m, Ghora tabela 2972 m, Thyangsyapu 3140 m, Chyamki 3230 m and Langtang village 3430 then finally reach Mundu.

The panoramic vista of Himalayan peaks on the way from Lama Hotel to Mundu is a real treat to watch which includes Langtang Lirung, Ganesh Himal, Naya Kanga and Dorje Lakpa. The region shelters tremendous rare wildlife.The lively cultural exposition of local Sherpa and Tamang people makes your journey even more exclusive.

Walk Hours: Approx. 6-7 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 4: Kathmandu,:

Trek from Mundu to Kyanjin [3800m]

Early in the morning Mundu to Kyanjin Gompa trek start with crossing impressive ‘mani wall’ it is fourth day of Langtang valley trek. Trail ascends gradually crossing several small streams with wooden cantilever bridges. Once you reach, we shall be surrounded with mesmerizing Himalayan panorama of mountains.
Walk Hours: Approx. 4-5 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 5: Kathmandu,:

Rest day in Kyanjin or Climb Kyanjin Ri

You may choose an easy day after continuously trekking for some days. An acclimatization day might be needed to adjust to the increasing altitude and decreasing oxygen levels. However, it does not mean that you stay at the tea house for the entire day. You can explore the village or hike nearby hilltops. Kyanjin Gompa got its name from the monastery which has great religious significance for buddhists. There's also a famous milk processing center that produces yak

cheese. These two places are a must -visit when you are in and around Kyanjin Gompa.

If you choose to hike for better mountain views, you may go up to Kyanjin Ri (4400 m) It has great view points for a panoramic view of the Langtang Range, including the highest Langtang Lirung (7245 m), scenic valleys, frozen lakes, and pristine glaciers.

Walk Hours: Approx. 3 hours (up and down climbing Kyangjin Ri)
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 6: Kathmandu,:

Trek from Kyanjin to Lama Hotel [2470m]

After our breakfast at Kyanjin and bowing towards Gompa with respect, we start to trek back. A long walk back on the same trail takes us to Langtang Village and Gadha Ghora Tabela, where you will stop for lunch. After a brief break, we continue on a steep descent to reach Lama Hotel, where we shall spend overnight. Though it might feel as a long hiking day, however, the walk is easier as most of the trails descend.

Walk Hours: Approx. 6-7 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 7: Kathmandu,:

Trek from Lama Hotel to Syabru Besi [1460m

On the final hiking day of this trek, we hike back from Lama Hotel to Rimche, Bamboo, and finally to Syabru Besi. After enjoying the Himalayan view one last time, we enjoy a delicious local meal and spend the night at Syabru Besi.

Walk Hours: Approx. 6-7 hours
Meals included: Breakfast, Lunch and Dinner
Overnight: Tea House

Day 8: Kathmandu,:

Drive from Syabru Besi to Kathmandu

After breakfast we drive back to Kathmandu. Do not forget to enjoy the scenic foothills and ridgeline on the way. Upon arrival in the city you may celebrate the achievements and proceed to the next stop on your own.
Meals included: Breakfast & Lunch
Overnights: None

Price Includes
• Tea house accommodation while on trek
• Meals as per the itinerary (all meals on trek, with filtered drinking water)

• Transport as per the itinerary in private vehicles
• Your trekking guide and porter/s, with all their transport, equipment, insurance and including meals and accommodation
• A first aid kit appropriate for the group size and activities
• Trekking permits and registration fees

Excludes

• Services and activities not mentioned in the detailed itinerary
• International flights to and from Kathmandu
• Nepal visa fees and international airport taxes
• Any gear or equipment that you may need to rent/buy
• Any excess baggage charges
• Single room supplement – please ask if you would like to have a single room (these are not always available in tea houses, but possible in the hotels/guest houses)
• Comprehensive travel insurance that includes trip cancellation and rescue evacuation should this be required for any reason (we require this as the minimum insurance cover); Rescue/evacuation costs (to be covered by your insurance)
• Additional nights, optional trips and sightseeing tours outside the detailed itinerary above
• Personal expenses (eg tips, soft drinks/bar bills, laundry, telephone calls, postage, donations, extra snacks, camera charges, etc)
• Tips for your guide and drivers, please ask if you would like any guidance about this
• Costs incurred due to unforeseen events (eg caused by natural disasters, adverse road conditions/flight delays, labor strikes, fuel shortages, extreme exchange rate changes, etc)

Terms & Conditions

Go Beyond reserves the right to change, update and/or alter these terms and conditions at any time and without prior notice.

Age Policy : Adults: 06 and above years of age; Children: 0 to 05 years of age

In case of Cancellations of tours or a particular service

Here are the general conditions and guidelines if you are traveling with us OR doing business with us at any destination where we offer our experiences.

Cancellation Policy -

Travelers/Guests/Customers OR booking Agents must notify Go Beyond Tours in writing on mail@gobeyondtours.in for any cancellation. We will NOT provide partial or full refunds for missed or unused services. Our cancellation policies and related fees are mentioned as a percent of the total booking price based on the booking's start date i.e. first day of service.

The following cancellation policy is applicable and applicable fees is mentioned as a percentage of total booking price for Standard Tours booked directly on our website -

-100% refund of the total booking price IF the cancellation request is received more than 30 days prior to the travel date / first day of service.
-50% refund of the total booking price IF the cancellation request is received between 15 and

29 days prior to the travel date i.e. first day of service.

- No refund of the total booking amount IF the cancellation is received less than 15 days prior to the travel date / first day of service.
- Compulsory cancellation fee applicable once you get the confirmation for trips with non-refundable services like train or air tickets, rides, jungle safari etc.
- Compulsory Service charge / cancellation fee applicable for customized trips / group tours as mentioned at the time of specific offers

Fixed Departures and shared services

Tours that are operated as “Go Together” / shared services, that is on a "join-in" basis, there is generally a minimum number of passengers that must be booked on the tour in order to assure that the tour departs. IF the number of customers on a particular join-in departure change after our customer books but before the tour departs, we reserve the right, at any time, to offer an alternative price for that departure and / or an alternative departure date notwithstanding the cancellation policy detailed above.

Specially for you Tours / Custom-Made Tours / Private Tours

Customized / Tailor-Made tours might have different cancellation policies at our discretion. The cancellation policy for tailor-made tours are always more stringent and is disclosed to the customer at the time of offer / prior to booking.

Cancellations By Go Beyond Tours

Go Beyond Tours reserve the right to cancel any trip for any reason that may occur due to circumstances that can make it unrealistic to run/continue a tour or service. Tour are ONLY canceled for unusual or unforeseen circumstances that are outside of our control or, in the case of shared / fixed tours, if there are too few people confirmed for us to operate the trip.

At a stage, when we cancel a tour, you may choose between a full refund of the amount paid or credit in that amount for any alternative trip. If the alternative trip is of lesser cost than the canceled trip, we might offer a partial refund, and pay you the difference. If the alternative trip is more costly than the canceled trip, we might ask you to pay the difference amount.

Please note we are not responsible for any incidental expenses or consequential losses that you incur as a result of the booking, such as, but not limited to, visas, vaccinations and non-refundable flights, missed connections, road blocks, adverse weather conditions, medical reasons and situations beyond control.

Customer Liability & Insurance

Guests traveling with us must be protected by their own travel insurance that covers accidents, medical expenses, emergency evacuation and loss or damage to personal effects. By participating in a product, package tour or activity with us, you agree to be responsible for all costs related to the above and exempt and fully release our company, our employees and our local partners from any and all liability, claims, demands, actions or causes of action whatsoever arising out of any damage, loss or injury to yourself, to your property, or death, which may occur as a result of or in the context of participation in a tour or activity, whether such loss, damage, injury or death results from the negligence and/or other fault, either active or passive, of any of the parties described, or from any other cause.

Travelers and participants must be able to provide proof of insurance. All customers traveling with us and our suppliers / service partners do acknowledge that no refunds will be provided for any reason if the customer cannot furnish and we are unable to verify the proof of insurance purchase prior to your trip with us. In all cases, customers should seek refunds from their insurance provider prior to requesting a refund from Go Beyond.

Also note that coverage, such as insurance for trip cancellation or the loss of luggage and

personal effects is not required, but strongly encouraged. We are not liable for lost or stolen luggage.

Disputes and applicable law

Please note that any and all Terms and Conditions that you abide by in traveling with us, including all matters arising from these Terms and Conditions, are subject to the law and the exclusive jurisdiction of the courts exclusively in the destination in which we have provided services to you.

Please note: Your guide will provide filtered water for you to drink which is preferable environmentally to buying mineral water since the bottles are not recycled. We recommend that you take two x 1-liter water bottles which can take boiling water (one is nice to have at your toes on a cold night, while the other cools down for the morning!)
Note: The local tea houses are basic but clean and they do not often have attached bathrooms or hot showers. The price is based on twin share and does not include any extra charge that lodge owners may levy for single rooms, attached bathrooms or hot showers (if these facilities are available) or for battery charging. We can't know in advance what they may charge for such things in the different lodges along the way, so we prefer to leave this cost out, rather than pass along an estimated charge to you.

The meal inclusions on the trek are breakfast (one set breakfast and tea or coffee), lunch (one main meal and tea or coffee) and dinner (soup, main and dessert with tea or coffee)