

Langtang Valley Trek with Temple Tiger Jungle Resort



Total Trip Days: 14 DAYS

Region: Langtang Region

Max Altitude: 5,033 meters (Tsergo Ri)

Activity: Trekking

Difficulty: Moderate

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, a representative will meet you and transfer you to your hotel. After check-in, the rest of the day is free to rest or explore the city at your leisure. Overnight in Kathmandu.

Day 2:

Leaving Kathmandu, you'll drive north through scenic hills and along the Trisuli River. As you approach Rasuwa district, views of the Manaslu Massif, Ganesh Himal, and Langtang range begin to appear. The journey ends in the village of Syabrubesi. Overnight in Syabrubesi.

Day 3:

The first day of trekking begins along the Langtang Khola, passing through forests and small villages. The trail gently ascends through bamboo and rhododendron groves, bringing you to Lama Hotel, a forest-side hamlet nestled along the river. Overnight at Lama Hotel.

Day 4:

You'll continue the ascent through lush forests until reaching Ghodatabela, which means "horse stable" in Nepali. From there, the trail opens to wider views of Langtang Lirung and surrounding peaks. After crossing the site of the old Langtang Village (destroyed in the 2015 earthquake), you reach Mundu. Overnight in Mundu.

Day 5:

A short and relatively easy hike brings you to the heart of the Langtang Valley: Kyanjing Gumpa. The afternoon is free for exploring the village, visiting the local cheese factory, or hiking to nearby viewpoints like Langshisa Kharka. Overnight at Kyanjing Gumpa.

Day 6:

This is an acclimatization and exploration day. You may choose to hike up to Tsergo Ri, a challenging climb that rewards you with 360-degree views of snow-capped peaks, glaciers, and alpine lakes. The effort is strenuous but incredibly rewarding. Overnight at Kyanjing Gumpa.

Day 7:

Retrace your steps down the Langtang Valley, passing through familiar landscapes, forests, and rivers. The descent is easier but long, bringing you back to the peaceful Lama Hotel for the night. Overnight at Lama Hotel.

Day 8:

This is the final day of the trek, and there are options! Two routes take us back to Syabrubesi. We can either retrace our outbound route through the forest and the villages of Bamboo and Rimche, or take a shorter but steeper

route with stunning views of the Langtang Valley. The second route goes via Rimche and Sherpa Gaun. You can decide which route to take depending on the weather and stamina level. Overnight in Syabrubesi.

Day 9:

After breakfast, begin your return drive to Kathmandu. Enjoy the last glimpses of the mountains and hill landscapes during the scenic journey. Upon arrival, check in to your hotel and spend the rest of the day at leisure. Overnight in Kathmandu.

Day 10:

After completion of our Everest Base Camp trek we will then drive to Charaudi. After attending for about 5-10 minutes briefing session about rafting we will be geared up for rafting and enjoy the rafting in the Trishuli River. Trishuli River is rated Grade 3 for rafting. After completion of adventurous water sports we will relax in the resort beside the Trishuli River.

Day 11:

We drive to the Temple Tiger Green Jungle Resort. Guests will be met by our naturalist and transferred to the resort, where they are welcomed with a refreshing drink. Upon arrival, the Guest Relations officer will provide a briefing about the National Park and available programs. After some relaxation in their rooms, guests will enjoy a traditional Nepali buffet lunch. Later, an Elephant Briefing session is conducted by our senior naturalist, offering detailed information about elephants, their habitat, scientific facts, and more. Returning to the resort, guests can freshen up or enjoy a drink at the bar. The day continues with a slideshow presentation on the wildlife, flora, and fauna of the national park in the Round House by the senior naturalist. The evening concludes with a continental buffet dinner served at the Round House.

Day 12:

Guests begin the day with a wake-up call accompanied by tea, coffee, and cookies, followed by a hearty American breakfast. The day's adventure starts with a jeep safari through the national park, offering the chance to spot a variety of wildlife, including deer, rhinos, crocodiles, birds, and, if lucky, the elusive Royal Bengal Tiger. This is followed by a serene boat ride on the Narayani River, where guests may see gharial and mugger crocodiles, otters, and numerous water birds. After returning to the resort for lunch, the afternoon continues with a visit to a nearby Tharu village, offering insight into the lifestyle and traditions of the indigenous Tharu people. If weather permits, the visit ends with a sundowner by the Narayani River, featuring a

stunning sunset view. Back at the resort, guests can freshen up or enjoy a drink at the bar before attending a traditional cultural dance performance by the Tharu community, with opportunities to join in. The evening concludes with a warm soup served at the table, followed by a delightful barbecue buffet dinner.

Day 13:

After spending a nature filled day in Chitwan we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 14:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

14 Days

LANGTANG VALLEY TREK with GJR



ALTITUDE CHART

