



## Bridge Nepal Treks & Travels

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# Langtang Valley Trek with Tsergo Ri : 9Nights/10Days | Trek with best guides from Nepal | Bridge Nepal Treks and Travels Packages

<b>Price</b>	900.00
<b>Duration</b>	9Nights/10Days
<b>Location</b>	Nepal

### Tour Overview

## Langtang Valley Trek with Tsergo Ri - Complete Professional Trek Guide

Experience one of Nepal's most beautiful Himalayan journeys with the Langtang Valley Trek and the breathtaking summit hike to Tsergo Ri. This adventure combines stunning mountain landscapes, authentic Himalayan culture, peaceful trails, and unforgettable moments in the heart of the Langtang region.

Organized by Bridge Nepal Treks and Travels, this trek is perfect for travelers seeking nature, culture, and a genuine Himalayan experience away from crowded trekking routes.

# Trek Overview

The Langtang Valley Trek is one of Nepal's most rewarding short Himalayan treks. Located north of Kathmandu near the Tibetan border, the Langtang region offers spectacular mountain scenery, glacier valleys, traditional Tamang settlements, and sacred Buddhist monasteries.

The journey begins with a scenic drive from Kathmandu to Syabrubesi and gradually ascends through forests, rivers, alpine meadows, and mountain villages until reaching the beautiful settlement of Kyanjin Gomba.

The major highlight of this trek is the sunrise hike to Tsergo Ri (4,985m), where trekkers enjoy panoramic Himalayan views stretching across Langtang Lirung, glaciers, snow-covered peaks, and deep valleys.

## Trek Quick Facts

### **Details**      **Information**

Trek Duration : 10 Days

Trek Difficulty : Moderate

Maximum Altitude : 4,985m (Tsergo Ri)

Trek Region : Langtang Region

Accommodation : Tea House

Best Season : Spring & Autumn

Starting Point : Kathmandu

Ending Point : Kathmandu

Transportation : Private Jeep / Local Jeep

Group Size : 1-20 Pax

Meals : Breakfast, Lunch & Dinner

## Connection with Nature

The Langtang Valley Trek offers a deep connection with Himalayan nature and untouched mountain landscapes.

Throughout the journey, trekkers experience:

Dense rhododendron and bamboo forests

Crystal-clear rivers and waterfalls

Peaceful alpine valleys and yak pastures

Glacier moraines and snow-covered mountains

Fresh mountain air and quiet natural surroundings

The changing landscapes from subtropical forests to high Himalayan terrain make every day unique and visually unforgettable.

## Connection with Culture

The Langtang region is home to the Tamang community, whose traditions are strongly influenced by Tibetan Buddhist culture.

During the trek, you will experience:

Traditional Himalayan villages

Ancient monasteries and prayer wheels

Colorful prayer flags and mani walls

Warm hospitality from local families

Authentic local foods and mountain lifestyle

A visit to Kyanjin Gumpa provides insight into the spiritual life of the Himalayas and the peaceful Buddhist culture of the region.

## Moments You Will Never Forget on this Trek

Traditional Nepali welcome with marigold garlands in Kathmandu

Scenic drive through hills, rivers, and mountain villages

Walking through peaceful forests filled with rhododendron and pine trees

First breathtaking view of Langtang Himalayas

Exploring traditional Tamang villages

Watching yaks grazing beneath snow-covered peaks

Sunrise from Tsergo Ri with panoramic Himalayan views

Tasting fresh Himalayan Sea Buckthorn juice with pure mountain scenery.

The peaceful atmosphere of Kyanjin Gompa

Sharing stories with locals inside cozy mountain teahouses

Returning home with unforgettable Himalayan memories.

## **Safety & Altitude Information**

Your safety and comfort are our highest priorities throughout the trek.

### **Altitude Details**

Kathmandu - 1,400m

Syabrubesi - 1,460m

Lama Hotel - 2,470m

Langtang Village - 3,430m

Kyanjin Gompa - 3,870m

Tsergo Ri - 4,985m

### **Important Safety Tips**

Walk slowly and maintain a comfortable pace

Drink plenty of water during the trek

Avoid alcohol at higher altitudes

Inform your guide immediately if you feel discomfort

Proper acclimatization is included in the itinerary

Professional guides monitor health and safety throughout the trek

Symptoms of Altitude Sickness

## **Trekkers should be aware of:**

Headache

Dizziness

Loss of appetite

Difficulty sleeping

Shortness of breath

Our guides are trained to handle altitude-related situations professionally.

## **What makes Bridge Nepal Treks and Travels a reliable trekking company?**

Bridge Nepal Treks and Travels is a reliable trekking company because it focuses on safety, professionalism, and authentic Himalayan experiences delivered through strong local expertise and well-managed operations.

A locally based team with deep knowledge of Nepal's trekking routes, weather, and terrain

Experienced and licensed trekking guides trained in mountain safety and altitude management

Well-planned itineraries designed with proper acclimatization and realistic walking schedules

Strong focus on traveler safety, including first aid support and altitude monitoring

Transparent services with clear inclusions, exclusions, and honest communication

Organized logistics from airport arrival to trek completion without confusion or delays

Commitment to responsible tourism by supporting local communities and preserving nature

Personalized attention to each traveler rather than mass-group handling

24/7 support during the entire journey for assistance and coordination

Overall, the company builds trust by combining local Himalayan expertise with professional service standards, ensuring a safe, smooth, and meaningful trekking experience in Nepal.

## Trip Highlights

- Scenic Himalayan journey through the beautiful Langtang Valley
- Spectacular sunrise hike to Tsergo Ri (4,985m)
- Incredible panoramic views of Langtang Lirung, glaciers, and snow-covered Himalayan peaks
- Warm traditional Nepali welcome with marigold garlands in Kathmandu
- Scenic drive through rivers, hills, terraced farms, and mountain villages
- Exploration of authentic Tamang culture and Tibetan-influenced traditions
- Visit to the peaceful monastery village of Kyanjin Gompa
- Trek through dense rhododendron, bamboo, and pine forests
- Experience local Himalayan lifestyle, yak farms, and mountain teahouses
- Less crowded trekking route with peaceful natural surroundings
- Opportunity to witness Himalayan wildlife and alpine landscapes
- Professionally guided trek with safety-focused itinerary and acclimatization
- Perfect combination of adventure, culture, nature, and mountain photography
- Ideal Himalayan trek close to Kathmandu with unforgettable mountain experiences

## Detailed Itinerary

### Day 1: Arrival in Kathmandu (1,400m)

Upon your arrival in Kathmandu, our representative from Bridge Nepal Treks and Travels will warmly welcome you at the airport with traditional Nepali hospitality and beautiful marigold garlands.

You will be transferred to your hotel in a comfortable private vehicle. After check-in and refreshment, a short trek briefing will be organized where we discuss the itinerary, safety information, weather conditions, and final trek preparations.

Depending on your arrival time, you may explore the lively streets of Thamel or simply relax after your international journey.

Meals: Welcome Dinner

Accommodation: Hotel in Kathmandu

### Day 2: Drive from Kathmandu to Syabrubesi (1,460m)

After breakfast, we begin our scenic drive toward the Langtang region. The journey follows winding mountain roads alongside rivers, terraced farms, green hills, and rural settlements.

As we leave the Kathmandu Valley behind, the landscapes gradually become more mountainous and dramatic.

Along the route, you will witness authentic countryside life and beautiful Himalayan foothill scenery. After several scenic stops and lunch along the highway, we reach the peaceful village of Syabrubesi, the starting point of the trek.

Driving Duration: 6-8 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Syabrubesi

### **Day 3: Trek from Syabrubesi to Lama Hotel (2,470m)**

Today marks the beginning of the trekking adventure. The trail follows the Langtang River through lush forests filled with bamboo, rhododendron, oak, and pine trees.

Crossing suspension bridges and small settlements, the peaceful sounds of waterfalls and birds accompany the journey. Occasionally, lucky trekkers may even spot red pandas or Himalayan wildlife hidden within the forests. The gradual uphill walk eventually leads to Lama Hotel, a quiet settlement surrounded by nature.

Walking Duration: 5-6 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Lama Hotel

### **Day 4: Trek from Lama Hotel to Langtang Village (3,430m)**

The trail today gradually climbs higher into the valley, offering increasingly beautiful mountain views. After passing through Ghoda Tabela, the forest opens into wide alpine landscapes with stunning Himalayan scenery. You will notice traditional stone houses, prayer flags, and yak pastures as you approach Langtang Village. This village reflects the resilience and strength of local communities rebuilding after the devastating 2015 earthquake.

The surrounding mountain scenery creates one of the most memorable overnight stops of the trek.

Walking Duration: 5-6 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Langtang Village

### **Day 5: Trek from Langtang Village to Kyanjin Gompa (3,870m)**

Today's trek is shorter but incredibly scenic. The trail passes through open valleys, glacial streams, yak grazing fields, and ancient mani walls carved with Buddhist prayers.

Surrounded by towering snow-capped peaks, we finally reach Kyanjin Gompa, one of the most beautiful settlements in the Langtang region.

After lunch, trekkers may explore the monastery, nearby glacier viewpoints, or the local yak cheese factory.

The peaceful mountain atmosphere makes this day especially relaxing and rewarding.

Walking Duration: 3-4 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Kyanjin Gompa

### **Day 6: Hike to Tsergo Ri (4,985m) and Return to Kyanjin Gompa**

This is the major highlight of the trek. Early in the morning, we begin our challenging yet rewarding hike toward Tsergo Ri.

The trail climbs steadily above the valley with incredible panoramic views unfolding at every step. Upon reaching the summit, trekkers are rewarded with breathtaking 360-degree Himalayan scenery including Langtang Lirung, glaciers, snow peaks, and deep valleys stretching into Tibet.

After spending time enjoying the summit and taking photographs, we descend carefully back to Kyanjin Gompa for rest. This unforgettable sunrise experience becomes one of the greatest memories of the entire trek.

Walking Duration: 7-8 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Kyanjin Gompa

### **Day 7: Descend from Kyanjin Gompa to Lama Hotel**

After breakfast, we begin our return journey down the valley. Descending through alpine landscapes into forested trails offers a completely different trekking experience.

The downhill walk is easier and allows trekkers to fully enjoy the beauty of the forests, rivers, and peaceful mountain atmosphere.

By evening, we arrive back at Lama Hotel for overnight stay.

Walking Duration: 6-7 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Lama Hotel

### **Day 8: Trek from Lama Hotel to Syabrubesi**

Today is the final trekking day of the adventure. The trail descends gradually through beautiful forests and suspension bridges while following the Langtang River.

Trekkers can reflect on the incredible experiences, friendships, and mountain memories collected throughout the journey.

Upon reaching Syabrubesi, a relaxing evening awaits with celebration of successful trek completion.

Walking Duration: 5-6 Hours

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse in Syabrubesi

### **Day 9: Drive from Syabrubesi to Kathmandu**

After breakfast, we drive back to Kathmandu through scenic mountain roads and countryside landscapes.

Upon arrival in Kathmandu, you may enjoy free time for shopping, café visits, or exploring cultural heritage sites around the city.

In the evening, a farewell dinner may be organized to celebrate the successful completion of the trek.

Driving Duration: 6-8 Hours

Meals: Breakfast, Lunch

Accommodation: Hotel in Kathmandu

### **Day 10: Final Departure**

Today marks the end of your unforgettable Himalayan journey.

Our team will transfer you to the international airport according to your flight schedule. Although the trek concludes, the memories of Langtang Valley, Tsergo Ri, local culture, and Himalayan hospitality will remain forever.

You arrive as guests and leave Nepal as part of our extended trekking family.

### **Included Services**

- Airport pick-up and drop-off service in Kathmandu
- Traditional Nepali welcome with marigold garlands
- Teahouse/lodge accommodation during the trek
- Breakfast, lunch, and dinner during trekking days
- Kathmandu to Syabrubesi transportation
- Syabrubesi to Kathmandu return transportation
- Government licensed, English Speaking and trained trekking guide
- Langtang National Park entry permit and TIMS card (trekking permit)
- Pre-trek briefing and safety instructions
- First aid kit carried by guide
- Oximeter for altitude monitoring
- 24/7 assistance from Bridge Nepal Treks and Travels
- Government taxes and service charges

- Himalayan Sea Buckthorn juice During the trek

### Excluded Services

- International airfare and Nepal visa fee
- Travel insurance
- Personal expenses and Beverages
- Tips for guide and porter
- Emergency helicopter rescue costs
- Any services not mentioned in the includes section

### Fixed Departure Dates

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### Frequently Asked Questions

#### **Q: How difficult is the Langtang Valley Trek with Tsergo Ri?**

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#### **Q: What is the highest point of this trek?**

The highest point is Tsergo Ri Viewpoint (4,984m), offering panoramic views of Langtang Lirung and surrounding peaks.

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#### **Q: How many days are required for this trek?**

Usually 8 to 11 days, depending on the itinerary and acclimatization days.

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#### **Q: Is prior trekking experience required?**

Not mandatory, but having some hiking or trekking experience will make the journey more comfortable.

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#### **Q: What kind of accommodation is available?**

Basic tea houses and lodges with simple rooms, shared bathrooms, and warm meals.

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**Q: What permits are needed?**

Langtang National Park Permit  
Langtang National Park  
TIMS Card (Trekking Information Management System)

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**Q: What is the best time to do this trek?**

Best seasons are:

Spring (March–May) – blooming rhododendrons

Autumn (September–November) – clear skies and stable weather

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**Q: How difficult is the hike to Tsergo Ri?**

It is the most challenging day hike of the trek, usually 6–8 hours round trip with steep ascent.

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**Q: Can beginners do this trek?**

Yes, beginners can do it with good preparation, slow pace, and proper acclimatization days.

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**Q: Is altitude sickness a risk?**

Yes, since the trek goes near 5,000m. Proper acclimatization and hydration are very important.

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**Q: Is Wi-Fi or mobile network available?**

Mobile network is limited in higher areas, but some lodges offer basic Wi-Fi (often paid).

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**Q: Is the trek safe?**

Yes, it is safe when done with proper guide support and preparation.

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## Trip Information

- About The Trek
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