

Langtang Valley Heli Trek

Duration: 8 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- **Time** : NA
- **Max Altitude** : 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

You arrive at Tribhuvan International Airport, where our team welcomes you and transfers you to your hotel. This is a complete rest day to recover from international travel, check trekking gear, and attend a detailed briefing about the Langtang Valley route, altitude safety, and helicopter return plan.

Body impact: Full rest day helps your body adjust to Nepal's altitude before entering high mountain regions.

Day 2 Drive Kathmandu ? Syabrubesi

- **Time** : 7–8 hours
- **Max Altitude** : 1,550 m

Accommodation: Hotel / Teahouse

Meal: BLD

A scenic overland journey takes you from Kathmandu to Syabrubesi, passing through rivers, terraced hills, waterfalls, and rural settlements. This drive introduces you to the natural beauty of the Langtang region.

Body impact: Long road travel can be tiring, but altitude remains low, so no major physical stress occurs.

Day 3 Trek Syabrubesi ? Lama Hotel

- **Time** : 6–7 hours
- **Max Altitude** : 2,470 m

Accommodation: Hotel / Teahouse

Meal: BLD

The trek begins officially along the Langtang River, passing through dense forests, suspension bridges, and small tea houses. You enter Langtang National Park, home to diverse wildlife and rich vegetation.

Body impact: Moderate uphill climb; oxygen levels begin to slightly reduce, but the body adapts well.

Day 4 Lama Hotel ? Langtang Village

- **Time** : 6–7 hours
- **Max Altitude** : 3,430 m

Accommodation: Hotel / Teahouse

Meal: BLD

You continue ascending through rhododendron and pine forests, reaching open valleys with views of Langtang Lirung. You pass yak grazing areas and traditional Tamang settlements.

Body impact: Noticeable altitude gain may cause mild fatigue; slow and steady pacing is essential.

Day 5 Langtang Village ? Kyanjin Gompa

- **Time** : 4–5 hours
- **Max Altitude** : 3,870 m

Accommodation: Hotel / Teahouse

Meal: BLD

A shorter trekking day leads you to Kyanjin Gompa, a stunning Himalayan settlement surrounded by glaciers and snow peaks. You also visit a local cheese factory and monastery.

Body impact: Higher altitude makes breathing heavier, but shorter duration helps conserve energy.

Day 6 Acclimatization Day – Tserko Ri / Kyanjin Ri

- **Time** : 4–6 hours
- **Max Altitude** : 4,700–5,000 m

Accommodation: Hotel / Teahouse

Meal: BLD

This is the most important acclimatization day. You hike to Tserko Ri or Kyanjin Ri, both offering 360-degree panoramic Himalayan views including Langtang Lirung, Dorje Lakpa, and surrounding glaciers.

Body impact: High altitude exertion increases heart rate and breathing; slow ascent and hydration are critical.

Day 7 Helicopter Return Kyanjin Gumpa ? Kathmandu

- **Time** : 1–1.5 hours
- **Max Altitude** : 1340m

Accommodation: Hotel / Teahouse

Meal: BLD

You take a scenic helicopter flight from Langtang Valley back to Kathmandu, flying over glaciers, rivers, and deep Himalayan valleys. This eliminates days of descent trekking.

Body impact: Rapid descent significantly improves oxygen levels and allows full physical recovery.

Day 8 Departure

- **Time** : Whole Day
- **Max Altitude** : 1,350 m

Accommodation: Hotel / Teahouse

Meal: BLD

Transfer to Tribhuvan International Airport for your international flight home.

Cost Include

- Airport pickup and drop-off at Tribhuvan International Airport with private transportation
- Accommodation in Kathmandu and comfortable tea houses along the Langtang Valley trekking route
- Full-board meals (breakfast, lunch, dinner) during trekking days with hygienic Nepali and basic international food options
- Professional licensed trekking guide with Langtang region expertise and experienced porter support
- All required trekking permits including Langtang National Park Entry Permit and TIMS card
- Scenic overland transport: Kathmandu ? Syabrubesi jeep/vehicle drive as per itinerary
- Guided trekking through major highlights: Lama Hotel, Langtang Village, and Kyanjin Gumpa
- Acclimatization and exploration hike support at Kyanjin Ri or Tserko Ri viewpoints
- One-way scenic helicopter flight from Kyanjin Gumpa to Kathmandu for luxury return
- First aid kit and basic altitude safety monitoring by experienced guide

- All government taxes, service charges, and trekking logistics coordination

Cost Exclude

- International airfare to and from Nepal
 - Nepal visa fees (available on arrival at Tribhuvan International Airport)
 - Personal travel insurance (mandatory for high-altitude trekking and helicopter evacuation coverage)
 - Personal expenses such as drinks, snacks, bottled water, Wi-Fi, hot showers, charging fees, and laundry
 - Extra accommodation in Kathmandu due to weather delays or itinerary changes
 - Personal trekking equipment such as sleeping bags, jackets, trekking boots, and hiking poles
 - Tips for guides, porters, and helicopter crew (optional but recommended)
 - Emergency evacuation or rescue costs not covered in standard package
 - Any services not explicitly mentioned in the itinerary
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