



TREKKING ITINERARY

Langtang - Kyanjing Gompa Trek

- DAY 1.** Drive from Kathmandu to Dhunche (1.950m) - about 8 hours drive 4 wheels bus / jeep
- DAY 2.** Trek to Thulo Syabru (2.200m) - about 5 to 6 hours walk
- DAY 3.** Trek to Lama Hotel (2.480m) - about 6 hours walk
- DAY 4.** Trek to Langtang Valley (3.500m) - about 6 hours walk
- DAY 5.** Trek to Kyanjing Gompa (3.900m) - about 4 hours walk
- DAY 6.** Free at Kyanjing Gompa for exploration of the Vantage Points: either towards Kyanjiri (4.773m) - about 4 hours walk, or Tesrko-Ri (4.984m) - about 6 hours walk
- DAY 7.** Trek back to Lama Hotel - about 6 hours walk
- DAY 8.** Trek back to Syabru Bensi (1.450m) - about 5 hours walk
- DAY 9.** Drive back to Kathmandu - about 9 hours drive

TREKKING TIPS

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|---------------|---------------------------|
| TREKKING TIME | 7 days |
| DIFFICULTY | Moderate to Hard |
| BEST SEASONS | Spring & Autumn |
| HIGHEST POINT | 3.984m, Tesrko Ri |
| ACCOMMODATION | Mountain Lodges / Camping |

CONTACT

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