Discovery World Trekking



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Langtang Trek - 8 Days

8 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 590
per person, for 2 to 7 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/langtang-trek







The 8-day Langtang Trek is a moderate-level journey that starts and ends in Kathmandu. It starts with a drive from Kathmandu to Syabrubesi, the gateway to Langtang Valley. The trail passes through Langtang National Park, Langtang Village, and Kyanjin Gompa. Along the way, trekkers walk through forests, alpine landscapes, and glacier-fed valleys. The journey continues, enjoying mountain views, Tamang culture, ancient monasteries, and trek to Kyanjin Ri for breathtaking views of the towering Himalayan peaks.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Langtang Treks
Max. altitude	Tserko Ri (4,984m/17,880ft)
Activity per day	Approximately 4-6 hr walking

PRICE

US$ 590

per person, for 2 to 7 people

The full price is US$ 800. You save US$ 210 per person.

Group-size discounts

People	Price per person
2 to 7	US$ 590
8 to 13	US$ 560
14 to 25	US$ 520

Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu/ Kathmandu

Group discounts are exclusive to your group size only. We do not merge groups.

Langtang Trek Highlights

- Scenic drive from Kathmandu to Syabrubesi
- Visit Langtang village and Kyangiin Monastery
- Panoramic mountain views from Kyanjin Ri (4,773m)
- Amazing Lirung and Kimshung glaciers
- Cheese factory and hike to Tserko Ri (4,984m)
- Tserko Ri (4,984m/17,880ft) and Kyanjin Ri (4,773m / 15,655 ft) viewpoints
- Majestic views of Langtang Lirung (7,345m), Gang Chhenpo (6,388m), Naya Kanga (5,846m), Dorje Lakpa (6,966m), Kimsung (6,781m), and Yansa Tsenji (6,575m)

Langtang Trek Overview

The Langtang Trek takes you to the **least crowded yet beautiful mountain region**, the **Langtang Region**. This 8-day trek is a mix of attractive Himalayan scenery and Tamang-rich culture. One of the most unforgettable moments is trekking to **Tserko Ri at 4,984 m**, where the snow-capped Langtang Range surrounds you.

The journey begins with a **public bus ride from Kathmandu to Syabrubesi**. The road passes to the north alongside the Trishuli River. You will pass through the small town named Dunche. With a glimpse of Ganesh Himal (7,422 m / 24,350 ft) behind the hills, you will reach Syabrubesi (1,503 m / 4,655 ft). It is a lively town where you can experience the Tamang culture.

The trek to Langtang Valley starts from Syabrubesi. It passes alongside the Langtang River and enters **Langtang National Park**, a home to rare wildlife. You might spot red pandas, black bears, monkeys, snow leopards, and many bird species.

You will follow the Bhote Koshi River and walk through dense bamboo forests mixed with rhododendrons to reach **Rimche (2,400 m / 7,874 ft)**. It is a traditional village full of Tamang culture. With almost 1 to 1.5 hours of trekking from here through the bamboo fields, you will reach the **Lama Hotel**. It is a popular rest spot for trekkers.

The journey continues towards **Langtang Village (3,430 m / 11,255 ft)**. You'll pass through a narrow river valley, enjoying the stunning mountain views: Dorje Lakpa (6,966 m), Gangchempo (6,387 m), and Langshisa Ri (6,427 m). This valley opens onto Ghoda Tabela (3,030 m), where ancient culture and spirituality coexist. The path will then come across Mani walls, fluttering prayer flags, and Chortens to reach **Chyamki Village (3,203 m)**.

The main destination of the trek, **Kyanjin Gompa (3,870 m/12,565 ft)**, awaits you ahead. It is a village famous for an ancient monastery and local cheese factories (yak cheese).

Continuing the journey, you will reach the highest point of the trek, Tserko Ri (5,450 m / 17,880 ft). From here, you can experience a stunning view of different peaks like Langtang Lirung (7,227 m) and Langtang II (6,586 m). Also, you can trek to **Kyanjin Ri (4,773 m / 15,655 ft)** for a beautiful view of the Langtang mountain range with a majestic sunset.

After completing our Langtang trek, we will return the same way we came: from Kyanjin Gompa to Syabrubesi, then drive to Kathmandu. Before the journey ends, catch a final glimpse of the snow-capped peaks and lifelong memories.

The mountains may fade away from sight, but the adventure is yours to begin.

Day to Day Short Itinerary

Day 1 Drive from Kathmandu to Syabrubesi (1,503m). Drive time: Approx. 7-9 hrs.

Day 2 Trek From Syabrubesi to Lama Hotel (2,470m). Trek time: Approx. 6 hrs.

Day 3 Trek from Lama Hotel to Langtang village (3,430m). Trek time: Approx. 6 hrs.

Day 4 Trek from Langtang village to Kyanjin Gompa (3,865m). Trek time: Approx. 3 hrs.

Day 5 Exploration day at Kyanjin Gompa

Day 6 Trek from Kyanjin Gompa to Lama Hotel (2,470m). Trek time: Approx. 6 hrs.

Day 7 Trek from Lama Hotel to Syabrubesi (1,420m). Trek time: Approx. 5 hrs.

Day 8 Drive from Syabrubesi to Kathmandu. Drive time: Approx. 7-9 hrs.

Langtang Trek Itinerary

DAY 1

Drive from Kathmandu (1400m / 4,393ft) to Syabrubesi (1,503m / 4,655ft)

Drive duration (122km / 75.8miles) –7- 9 hrs.

After early morning breakfast, the drive to Syabrubesi begins. We head north out of Kathmandu. During the journey, you can catch fantastic views of rivers, terraced fields, small villages, and snow-capped mountains.

The road takes you to a small town - Dhunche. While on the road that follows Trishuli River banks, you will catch glimpses of Ganesh Himal (7,422 m / 24,350 ft). From Dhunche, we continue the drive until we reach Syabrubesi. You can explore this town for a while but do not forget to experience the riverside hot spring.

Overnight stay at Hotel Trekkers Inn (room with attached bathroom)
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek From Syabrubesi (1,503m / 4,655ft) to Lama Hotel (2,470m / 8,103ft)

Trek Distance 11.3km / 7miles Highest Altitude 2,470m / 8,103ft Trek Duration 6 hrs

We begin our trek from Syabrubesi, following the Bhote Kosi and **Langtang Rivers**, passing through fertile jungles, terraced fields, and **rural settlements** rich in bamboo and birch groves. You might spot rare wildlife like the red panda along the path. After a while, the trek ascends gently to **Rimche** (2,400m / 7,874ft) through dense bamboo fields alongside the banks of **Langtang River**. We continue on our route until we reach Lama Hotel, the destination for the day.

Overnight stay at Sherpa Lodge
Included standard meals (Breakfast, Lunch, Dinner)

DAY 3

Trek from Lama Hotel (2,470m / 8,103ft) to Langtang village (3,430m / 11,255ft)

Trek Distance 14.8km / 9.1miles Highest Altitude 3,430m / 11,255ft Trek Duration 6 hrs.

We begin our day with an early morning breakfast and start trekking alongside a river through the lush landscape, climbing upward through the dense forests. Along the way, you might see the snowy peaks ahead if the weather is favorable. Ultimately, the narrow river valley broadens out at Ghoda Tabela (3,030m). In the past, there was a Tibetan resettlement project running here, but currently, Ghoda Tabela has an army check post where we will register our papers. In addition to the army check post, there are a few lodges here.

As we trek further, we will come across Chyamki village (3,230m), a small settlement, and walk past Chortens, water mills, mani walls, and prayer wheels, which signals we are nearing Langtang Village. We continue past prayer wheels driven by flowing water and prayer flags to scenic Langtang, a large settlement of mostly Tamang people.

Overnight at Chhomo Valais (room with attached bathroom)
Included standard meals (Breakfast, Lunch, Dinner)

DAY 4

Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)

Trek Distance 6.8km / 4.2miles Highest Altitude 3,865m / 12,675ft Trek Duration 3hrs

The trek today will be short and easy. We will pass by many small plateaus, big mani walls, yak pastures, small villages, and meadows. Since we will be gaining elevation, we trek slowly so that our bodies can acclimatize. After hiking for a while, we will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. It signals that we have reached the ancient monastery - Kyanjin Gompa (3,830m / 12,565 ft). Kyanjin Gompa lies surrounded by the Himalayas, and from here, we get stunning views of several snow-capped peaks.

Overnight stay at Hotel Super View (room with attached bathroom)
Included standard meals (Breakfast, Lunch, Dinner)

DAY 5

Exploration day at Kyanjin Gompa

Today is our rest day to acclimatize and explore this beautiful Langtang region. The Langtang valley has so much to offer for trekkers. Higher elevation means you will be getting stunning views of the Himalayas ranges and glaciers.

You will be visiting Kyanjin Gompa and observing monks offering their prayers. The cheese factory would also be another interesting site to visit. We can also hike to Langshisa Kharka and the viewpoint of Tserko Ri (5,450m/17,880ft) - the highest point of this trek. Tserko Ri is the perfect viewpoint to admire peaks like Langtang Lirung (7,227m), Langtang II (6,586m), and many more. Yet another viewpoint - Kyanjin Ri (4,773m / 15,655 ft) provides majestic views of the Langtang range. As the sun begins to set, we will return to Kyanjin Gompa for the night.

Overnight stay at Hotel Super View (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 6

Trek from Kyanjin Gompa (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)

Trek Distance 21km / 13 miles) Highest Altitude 3,865m / 12,675ft Trek Duration 6hrs

We will leave **Kyangjin Gompa**, admiring the last glimpse of the beautiful mountains standing with pride and glory. But it is time for us to retrace the previous route we took to **Langtang Village**, and we will stop at **Ghoda Tabela** for lunch. The army check post at Ghoda Tabela will also register our exit. After a leisurely lunch, we continue down through the dense river valley forests to **Lama Hotel**, where we will be staying for the night.

Overnight stay at Sherpa Lodge
Included meals (Breakfast, Lunch, Dinner)

DAY 7

Trek from Lama Hotel (2,470m / 8,103ft) to Syabrubesi (1,420m / 4,655ft)

Trek Distance 11.3km / 7miles Highest Altitude 2,470m / 8,103ft Trek Duration 5hrs

Today being the final trekking day, we head to **Syabrubesi** to drive back to Kathmandu. We will be walking along the **Langtang River**, heading downwards to the **beautiful river valley**. As you descend through bamboo and birch forests, you will see amazing landscapes and cross the Langtang and Bhote Koshi rivers to reach Syabrubesi. This marks the end of our trekking journey. The next day we will be driving back to **Kathmandu**.

Overnight stay at Hotel Trekkers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Drive from Syabrubesi (1,420m / 4,655ft) to Kathmandu (1400m / 4,393ft)

Drive duration (122km / 75.8miles) 7-9 hrs.

We will drive from **Syabrubensi to Kathmandu**, which will take about seven to nine hours. This drive begins early in the morning. During this drive, you will be getting scenic views of the **Trishuli River** valley as we head south from the hills. Along the way, you will see terraced **farmlands**, meadows, and hopefully final glimpses of the **snow-capped mountains**. Once we arrive in Kathmandu, we will drop you at your **hotel**.

Overnight at your hotel in Kathmandu
Included standard meals (Breakfast, Lunch).

What is included in this trek package?

Transportation

- Both way transportation between Kathmandu and Syabrubesi by local bus
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Accommodation (Total seven nights) - Five nights accommodation with private attached bathroom at Syabrubesi and Langtang Village, Kyanjin Gompa, two nights standard accommodation at Lama Hotel(2N)(Twin Sharing Room)

Food

- Standard full-board meals (8 Lunches, 7 Dinners, and 8 Breakfasts) with one main course per meal during the trek.
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed and experienced trek guide (an assistant guide for 5 or above trekkers) and porters to help trekkers luggage (1 porter for two trekkers, 9 kg luggage limit per trekker)
- Guides and porters costs, their insurance, salary, lodging, transportation, and other necessary equipment

Trek Permits and Expenses

- Langtang National Park entry permit fee
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Medical Assistance

- Arrangement of the rescue operation in case of health condition emergencies (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- All accommodations in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival, late departure, or early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airport- (15 days - $25-30, 30 days- $40-50 and 90 days- $100-110)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses - shopping, snacks, boiled bottled water, hot(tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (Limit is 9kg per person)
- Additional costs or delays caused by circumstances beyond our control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc
- All the costs and expenses which are not listed in "What is included in the package?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Langtang Packing List

We recommend you **carry the basic clothing** and accessories needed for the trek. We understand that our valuable clients have their preferences. However, this is the suggested list we have created. Porters will carry the main luggage. The **luggage weight limit is 9 kg per trekker.** We provide one porter for every two trekkers. Hence, we advise you to find a partner and pack your things in a duffel bag of over 60 liters.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover Adjustable and
- lightweight trekking poles (preferably collapsible),
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own.

Langtang Trek Map



Trip Notes

Kathmandu: Airport Pickup and Welcome

When you arrive at the Tribhuvan International Airport, our team will greet you outside the arrival terminal with a pamphlet displaying your name.

As part of our Nepali traditional welcome, we will offer a marigold garland or a Khada before transferring you to your hotel in a private vehicle.

Required Arrival Time Before the Trek

Before starting the trek, you need to have sufficient time for trip preparation. We recommend you arrive at least a day before the Langtang trek begins, preferably before 3:00 PM in Kathmandu.

This time frame will be adequate for:

- **Remaining Trek fee payment:** You can pay the remaining balance (90% of the trek cost) using cash or other approved payment methods at our office.
- **Last-minute Checking:** You can check your clothing and other requirements before starting our trek. Our team will check your gear and equipment.
- **Pre-trek Briefing:** Our owner, Paul, will welcome you and explain the route, schedule, and important safety tips.
- **Introduction with guides and porters:** Paul will further introduce you to our guides and porters. They will be your support during the path.

Your journey to the Langtang region starts with an 8 – 9 hour drive to Syabrubesi, the gateway to Langtang Valley.

Our package covers local transportation, whereas you can also choose a private jeep at an additional cost.

Kathmandu Stay Information

Generally, two nights are required in Kathmandu.

- One night before the trek
- One night after returning

Accommodation in Kathmandu is not included in our package. But we can recommend a hotel that suits your budget and preference.

Where will you stay during the Langtang Trek?

Teahouses are local mountain lodges that provide comfortable shelter for trekkers. Our trip package to Langtang Valley covers the accommodation at the best available teahouses for 7 nights.

It includes:

- Five nights with a private attached room in Syabrubesi, Langtang Village, and Kyanjin Gompa.

- Two nights with a standard twin-sharing room at the Lama Hotel.
- Rooms are equipped with basic beds, mattresses, pillows, and blankets.

During peak seasons (spring and autumn), trekking is busy, so we recommend booking in advance or arriving early to secure a room at the teahouses.

Toilet and Shower

Toilets and bathrooms in these teahouses are often small and shared. Mostly squat-style toilets are popular here, though some lodges in popular villages may offer Western-style toilets.

You can bring your own soap, toilet paper, and towel.

Depending on the lodge and altitude, you can see varying shower facilities along the trek.

- Showers are available at an extra cost ($2 - $5).
- Hot showers are mainly solar-heated, so check on availability.
- Lodges at higher altitudes could only offer you bucket showers.

Electricity and Charging

Our route passes through villages where electricity availability depends on location and altitude. Most tea houses at lower altitudes offer free charging in your room or dining area. At higher altitudes, you may be charged per hour or per device.

- In Syabrubesi and Lama Hotel, you may have to pay for a charging station in your room or common areas.
- Power depends on solar energy or small hydroelectric systems at a higher altitude.
- In Langtang Village and Kyanjin Gompa, they may charge you around $3 per hour for charging electronics.

Tip: *To ensure your devices stay charged, it is a good idea to carry a power bank on your travels.*

Mobile Network

Throughout our Langtang trek, we encountered a variety of landscapes, including valleys, ridges, hills, and gorges. Trekking in these landscapes, you may experience unpredictable connectivity. Signals may be weak or unavailable in narrow gorges or forests.

Generally, you can carry either an NTC or an Ncell SIM for network and communication.

- NTC (Nepal Telecom) works better at higher altitudes. You can rely on it up to Langtang Village and can work at Kyanjin Gompa on clear days.
- Ncell may stop working from the Lama Hotel.

Do not rely on the mobile network for emergencies. Maintain contact with the guide who can contact the head office for safety.

Internet Access

Wi-Fi is usually available freely at most teahouses on the Langtang Valley trek. It is reliable in Syabrubesi, Lama Hotel, and Kyanjin Gompa, where many lodges offer local Wi-Fi for trekkers.

- They may charge a small fee of $2 - $4 (NPR 300-500) for you.
- The Wi-Fi network is good enough for handling messages, WhatsApp calls, and social media browsing.
- Internet speed may be slow in remote areas.

Food and Drinks during the Langtang Trek

Throughout the Langtang trek, we provide nutritious, balanced meals at local teahouses. Our package includes eight breakfasts, eight lunches, and seven dinners on a regular full-board basis. The meals are simple and filling, served as one main course per sitting, providing sustained energy for long trekking days.

While you will have limited meal options in higher-altitude regions, we offer a menu featuring Nepali, Tibetan-influenced, and Western dishes.

Recommended Food

In Nepal, Dal Bhat is the most popular food for trekkers, as it is a balanced diet and provides high energy. We also recommend some hot, soupy drinks to keep you warm.

Breakfast

- Tibetan Bread/Chapatti
- Porridge
- Pancakes
- Eggs (Boiled/Fried/Omelette)
- Coffee/Tea
- Toast with Honey

Lunch/Dinner

- Dal Bhat
- Fried Rice
- Chowmein
- Thukpa
- Momo
- Chapatti with Curry
- Sherpa Stew
- Pasta/Pizza

Recommended Drinks at Altitude

Hydration is the main key to high-altitude trekking. We recommend some hot, soupy drinks to keep you warm.

Water is the main source of hydration, so you must be careful about where you get it. Do not consume water directly from taps, rivers, or other sources. You can go for sealed mineral water bottles at lower regions (Syabrubesi and Lama Hotel) and opt for boiled or filtered water at higher regions (Langtang Village) for a fee. Make sure to use water purification tablets for extra safety.

Tea	Ginger Tea, Lemon Tea, Black/Milk Tea
Coffee	Black/Milk Coffee
Others	Hot Lemon with Honey, Garlic Soup, Hot Chocolate, Warm Water

Items Not Included

Our package includes main meals only. We also provide seasonal fruits.

You have to count your personal expenses on these beverages:

- Bottled drinks
- Soft drinks
- Tea and Coffee
- Alcoholic beverages

What not to eat?

Tea houses in high-altitude villages may lack a consistent electricity supply. Transportation and storage conditions can affect the freshness of foods. So we generally recommend a vegetarian diet.

Foods you need to avoid are:

- Raw vegetables and Salad
- Dairy products
- Meat dishes
- Direct tap or river water
- Caffeinated drinks
- Alcohol

Specific Diets and Food Allergies

Local tea houses prepared fresh meals during the Langtang trek using simple ingredients such as rice, lentils, eggs, spinach, noodles, and seasonal vegetables.

Do you have any dietary restrictions or preferences?

If you have any dietary restrictions, please inform us before the trek begins. We can coordinate with lodges so that they can adjust your meals to accommodate basic dietary preferences.

- **Vegetarian Diet:** The Langtang valley trek is suitable for vegetarians. You will find a variety of Himalayan dishes with natural plant-based ingredients. Some common dishes are Dal bhat, Veg. Chowmin, Veg. Momo, Fried Rice, and soups.
- **Vegan Diet:** If you want a vegan diet, many lodges can accommodate your needs with simple requests. You can request that they prepare your food without butter, milk, eggs, or cheese.
- **Lactose Intolerant:** For trekkers who are lactose intolerant, the best option is to avoid dairy products, milk, tea, cheese, and creamy soups. You can choose some safe options, such as black tea, vegetable curries, and plain rice dishes.
- **Gluten-free Diet:** If you follow a gluten-free diet, you will find limited options on this trek. So, we recommend you to bring some gluten-free snacks such as energy bars or crackers.

Do you have any food allergies?

If yes, you don't need to worry. Your safety is our priority, so please inform our team or guide before starting our trek. Our guides will notify each teahouse kitchen before preparing your food.

- Please let us know if you have any food allergies, such as nuts, pollen, dairy, or gluten.
- Tea houses have small kitchens, so cross-contamination is possible.
- If you have serious allergies, carry essential medicine like an EpiPen in an easy-access pack with clear instructions.

Food Safety Tips

Foods served on the Langtang Trek are generally safe as they include a local Himalayan plant diet. The diet may include different spices that you may not be familiar with. So, you can follow some precautions to avoid stomach problems during your journey.

- Go with a vegetarian diet food (Dal Bhat is preferable)
- Eat freshly cooked meals
- Include hot soups and drinks over cold ones
- Avoid raw and uncooked vegetables or Salad
- Drink boiled or filtered water
- Carry water purification tablets
- Use wet wipes and sanitizer before eating
- Avoid ice and overeating of new foods
- Bring electrolyte tablets or ORS
- Drink 3-4 litres of water daily (Regular sipping)
- Limit or exclude meat consumption

Porter and Luggage Management in Langtang Trek

To make your Langtang trek more comfortable, we include a porter and handle your luggage.

Weight Limit Per Trekker

- Each trekker can carry up to 9 kg.
- We assign one porter for every two trekkers.
- One porter can carry a bag weighing up to 18 kg (a combined bag of two trekkers).

Duffel Bag Recommendation

For your easy trek experience, we recommend using a duffel bag of at least 60 litres. You can partner up with your fellow trekker and pack your clothes, gear, and essentials.

- We provide you with a used duffel bag/rucksack if you don't have one.
- A porter will carry a duffel bag or your trekking backpack.
- You should carry a small daypack with personal items.

Extra Luggage Storage in Kathmandu

We offer free storage at our Kathmandu office, so you can safely leave any extra bags or luggage with us.

Most hotels in Kathmandu also provide complimentary storage, so we recommend checking with your hotel before your trek.

What documents should you have during the Langtang trek?

You have to carry a few essential documents while trekking to the Langtang Region. Travel documents such as a visa, a right permit, and insurance are crucial for a safe journey.

Nepal Visa Information

A visa is compulsory for all foreign nationals except Indian citizens to enter Nepal. Many tourists can get a visa on arrival at Tribhuvan International Airport.

If you are entering Nepal and applying for a visa at Tribhuvan Airport, then you need:

- A valid passport for at least 6 months
- One passport-size photo
- $50 fee for a 30-day visa

Citizens from some countries cannot get a visa on arrival. They must apply in advance at a Nepalese embassy.

You can get more info here: Nepal Immigration

Permits for the Langtang Trek

Permits are the legal entry to conservation areas, so you must obtain two permits before heading to the Langtang trek. These permits are checked at the entry and exit points of Syabrubesi and Dunche. So you have to carry these two permits with you. Either you can keep a digital backup too.

1. Langtang National Park Entry Permit

You can get it from the Department of National Parks and Wildlife Conservation Office in Kathmandu (Bhrikutimandap) or the tourist entry checkpoint in Dhunche.

- Mandatory for all trekkers entering the Langtang region
- A passport copy and a passport-sized photo are required
- Costs about $25 per person
- This fee goes to wildlife protection at the Langtang conservation area

2. TIMS Card (Trekkers Information Management System)

It is not required for trekkers with a licensed guide from a registered agency. But it is mandatory for the individual trekkers to have a TIMS Card.

You can get it from Nepal Tourism Board Offices in Kathmandu/Pokhara or the TAAN (Trekking Agencies' Association of Nepal) offices. It will cost about $15 - $20 (NPR 2,000)

We arrange these permits before the trek, which will be valid for the entire trek time. These permits are non-refundable and non-transferable.

3. Travel Insurance

Travel insurance is most necessary for the Langtang region trek. We pass through remote mountain areas within Langtang National Park, which have limited medical services.

It must cover:

- High altitude trekking
- Emergency medical care
- Hospital expenses
- Helicopter Rescue up to 4,770 m

In case of emergencies like altitude sickness or injury, we will coordinate with your insurer for an immediate rescue. You will be evacuated to the hospitals in Kathmandu.

Please confirm that your policy includes high-altitude trekking and helicopter evacuation before sharing it with us.

Money and Personal Expenses on Langtang Trek

Although all major expenses are included in our Langtang trek package, you should be prepared for small personal expenses.

Currency Exchange in Nepal

The official currency of Nepal is the Nepali Rupee (NPR), and you are required to have some cash in NPR. You could easily find money exchange services around Kathmandu, starting from the airport.

- You should have NPR.

- Exchange rate: 1 USD = 147.21 NPR (You can find the accurate rate each day: Foreign Exchange Rate)
- Go to a genuine money exchange office in Kathmandu for the best rates.
- You should avoid old, torn, or damaged foreign notes, as banks may not accept them.

ATM and Cash Service

ATMs are available in major towns, such as Kathmandu. But, they have withdrawal limits and may charge withdrawal fees. After starting your trek, you could not find any reliable ATMs along the trekking route. We recommend you carry sufficient cash for your personal expenses.

Additional Expenses

All common personal expenses, except those included in the package, are considered additional. It includes:

- Snacks like chips, chocolates, etc
- Charging fee for electronic devices
- Wi-Fi access fees
- Tips for guides and porters
- Beverages such as cold drinks and beer.
- Souvenirs

On average, trekkers spend around $10 - $15 per day. So you can plan accordingly.

Tipping Culture

Guides and Porters play an important role in your trek, managing the route and carrying heavy loads across the mountains. Tipping your guides and porters is a traditional way to show your appreciation for their support throughout the route.

It is not mandatory in Nepal, but a common way to say thank you at the end of a trip. During your pre-trek briefing, Paul will explain the tipping guidelines so you know what is appropriate.

Trekkers in small or private groups usually tip on the higher side. In larger groups, you can collect your tips together and share them with the staff.

Best time to trek to Langtang Valley

You can go on a Langtang Valley trek throughout the year. However, Spring and Autumn are considered the best seasons due to the stable weather, comfortable temperature, and clear views.

Langtang looks different in every season, and every season brings a unique trekking experience. So, you have to understand the weather and trail conditions before choosing the best time for your Langtang adventure.

Quick Seasonal Overview

Season	Months	Best for?	Things to Consider
Spring	March – May	Forests filled with blooming rhododendron, favourable weather	Moderate crowds, wet path, bugs may be found in the forested area
Autumn	September – November	Clear skies, high visibility of mountain peaks	Most popular season, dusty and crowded trails
Summer	June – August	Uncrowded trails, vibrant green landscapes	Rain, muddy and slippery paths, landslides
Winter	December – February	Peaceful trekking, Snow experience, clear mountain views	Cold temperatures (below 0 degrees at night)

You can check our Langtang Guide for more detailed information.

Spring (March-May)

Langtang looks most beautiful during the Spring season. When the weather starts to warm up after winter, the forests of the Langtang region are covered with blooming rhododendrons and wildflowers.

With a moderate crowd, you can enjoy the clear views of the peaks during this time. The trails may feel lively but comfortable with moderate temperatures. Wildlife activity increases at this time in Langtang National Park, giving you a chance to spot local animals such as red pandas, musk deer, and snow leopards.

Tips to Consider

- **Bring layers:** Mornings and evenings can be cooler, so bring some light and warm layers.
- **Sun Protection:** Clear skies mean strong sunlight. You can bring sunglasses, hats, and sunscreen to protect yourself from the sun.
- **Wildlife Spotting:** Animals are more active during this time. So you must stay close to your group for safety.

Autumn (September–November)

Autumn is the best season for trekking in Langtang Valley. After the monsoon rain washes away the dust, you can feel the fresh air. Clear air means you can enjoy the best mountain visibility of the year.

The Langtang offers you stable weather during this season, making it an ideal trekking condition. Daytime temperatures are generally comfortable, while nights can get cooler, which is easily managed with a few warm layers.

During this period, you can also experience the vibrant celebrations of Nepal's two major festivals, Dashain and Tihar.

Due to these excellent conditions, dry trail, favourable weather, and clear peaks, many trekkers choose this season for their Langtang adventure.

Tips to Consider

- **Bring a light jacket:** After warm days, nights can be chilly. You can add a layer of a jacket to protect from the cold.
- **Cultural experience:** You can be a part of two main festivals of Nepal. The place may be crowded.
- **Busy trails:** You may encounter crowds on the way back as other trekkers are also returning.

Summer (June-August)

This season has fewer trekkers, yet the Langtang region transforms into a green, scenic landscape. Even though rainfall can make your trek a bit challenging, you can breathe in the fresh air. The valley will come alive around you with vibrant forests, flowering rhododendron, and waterfalls.

Summer is the local farming season in Langtang. You might get to see Tamang farming practices and enjoy their hospitality.

Tips to Consider

- **Rainfall:** You may experience frequent rainfall. So you need to carry a raincoat and an insect repellent.
- **Slippery trails:** The path can be muddy and slippery, so you have to bring shoes with a good grip.
- **Hot weather:** The day in June will be hotter and more prone to sunburn. You should have a hat, sunscreen, and sunglasses for prevention.
- **No clear views:** The mountain views may be hidden by clouds and rain.

Winter (December–February)

Winter is considered the coldest season, which brings colder temperatures to the Langtang region. However, trekkers who prefer less crowded paths and solitude with winter landscapes will appreciate this season. You can enjoy your walk on snowy trails, admiring views of sharp mountains ahead.

Snow will cover the Langtang area at higher altitudes at any time, and temperatures can drop to very low levels. You need to be prepared for the situation where the temperature can be below zero.

Tips to Consider

- **Bring crampons:** Crampons are your support system while walking on the snow. They will provide grip on your shoes.
- **Cold Temperatures:** Temperatures can go below 0 degrees Celsius. You need to bring clothes and jackets that can handle this freezing cold.
- **Weather variations:** You may encounter heavy snowfall or snowstorms on your way. You have to be prepared for this unstable weather.

A Typical Day on the Langtang Trek

Every day on the Langtang path is carefully structured in a flexible way. So that you can appreciate the mountains, trails, and local culture without feeling rushed. A typical day starts with breakfast at 7:00 AM and ends with dinner at 7:00 PM.

While you are at the lodge, you can relax, meditate, explore the village, and admire the mountain views.

Morning (8:00 AM – 12:00 PM)

Our day begins with breakfast at the teahouse between 7:00 AM and 8:00 AM, which provides fuel for the day. After breakfast, you can prepare a day pack with a water bottle, snacks, sunscreen, a camera and other personal essentials. A porter will carry your main luggage.

The morning trek usually lasts 3 to 4 hours. It passes through rhododendron forests and traditional villages. Along the way, your guide might pause to point out snow-capped peaks and local prayer flags, and to share stories about Buddhist monasteries.

Lunch Break (12:00 PM – 1:00 PM)

Around midday, you will have lunch at a teahouse along the trail. This is a great time to recharge with a hot meal and a cup of tea. You can enjoy the time snapping photos of the surrounding valleys, peaks and views of Langtang Ri, Dorje Lakpa, and Langtang Lirung.

Afternoon (1:00 PM – 4:00 PM)

Generally, the afternoon trek is shorter. You will trek for 2–3 hours to reach the lodge where we stay overnight. Along the way, you will pass through mountain streams, green fields, and yaks grazing, making every step memorable.

Evening (4:00 PM – 6:00 PM)

After arriving at the lodge, you can settle into your rooms and relax. You will have enough time to get some rest, explore the village and the surrounding area, and appreciate the beauty of the mountain at sunset. This time will be your reset time. You can use it to stretch, meditate, take photos, play games, and socialize with locals.

Dinner and Briefing (6:00 PM – 7:00 PM)

Around 6-7 PM, you will be served with a refuelling dinner in the dining area of the lodge. You can enjoy any local or western meals around the heating area with your fellow trekkers.

After dinner, your guide will provide a next-day briefing including the route, weather, expected landscape, and interesting facts.

Usually, we recommend an early bedtime so you are well-rested and ready for the next day's trek into the mountains.

Key Takeaways:

- Start your day with breakfast at the teahouse for energy
- Carry your small daypack with water, snacks or other essentials.

- 3 – 4 hours of trekking in the morning
- Lunch break at a teahouse along the way
- 2 – 3 hours of trekking in the afternoon
- Relax and explore villages after reaching the lodge in the evening
- Follow your guide for the evening briefing about the next day
- Early to bed to resume your next day trek easily

Trek Safety and Support on the Langtang Trek

Your safety comes first on the Langtang trek. Our experienced guides and support staff carefully monitor your trekking pace, daily altitude gain, and trail conditions. They ensure your safety even when the weather changes unexpectedly.

Safety on the Langtang trek

We designed our itineraries with gradual altitude gains and planned rest time to minimise the risk of altitude sickness. Our guides constantly monitor how you feel, checking your energy levels and your acclimatization to the altitude.

The trail can change easily from easy forest paths to rocky ridges. So we adjust our pace, monitoring the weather, terrain, and each trekker's condition. Each morning, our team reviews weather updates, assesses landslide-prone paths, and checks seasonal trail conditions. This helps us pick the safest route for the day.

We provide trekking equipment and supplies for all participants. This includes walking poles, first-aid kits, and oxygen cylinders. It ensures that help and support are always available whenever you need them on the trail.

Emergency Rescue Support

You need to take quick, precise action in emergencies in the mountains. In rare cases of serious illness or injury, our team follows clear emergency protocols. Such as on-site first aid, moving to safer heights, and helicopter evacuation when necessary.

Our guides are trained to handle minor injuries on the spot and quickly identify serious conditions. For serious medical emergencies, we coordinate with helicopter rescue teams. They help in bringing trekkers to hospitals in Kathmandu.

We recommend every trekker to have travel insurance that covers high-altitude trekking and helicopter evacuation. This will help you to access rapid treatment without unexpected costs.

No matter if it's a serious injury or sudden illness, our team maintains regular communication and helps you through each step of the rescue.

Altitude Sickness: Symptoms and Prevention

On this Langtang trek, we reach the highest elevation of 4,500 meters, where the oxygen level is lower. So, altitude sickness can happen to anyone.

Early symptoms include headache, fatigue, nausea, dizziness, and difficulty breathing. If you have a severe symptom, seek immediate medical help from guides and go to a lower altitude.

Our guide checks each trekker. They change the trekking pace, add more rest stops, and provide oxygen support if needed. In severe cases, such as High Altitude Pulmonary Edema (HAPE) or High Altitude Cerebral Edema (HACE), you will be evacuated urgently to the hospital.

After Completing the Langtang Trek

After returning to Kathmandu, we organize a farewell for all trekkers. It is a gesture of appreciation after completing the trek. This is a special moment to celebrate your journey, share stories, and relive the highlights of the Langtang trek. It also gives a chance to connect with your fellow trekkers and guides who supported you on the trail.

Trek Completion Certificate and Token

We provide a Langtang Trek Completion Certificate for all trekkers as a memory of the adventure. This certificate is a reminder of your achievement and memories made on the trek.

We also provide you with a souvenir: the company's T-shirt and Cap, as a token of appreciation for choosing us. Some groups also shared photos and small souvenirs to honor the journey.

Departure Transfer

On your departure day, we provide a complimentary airport transfer to ensure a smooth end to your stay in Nepal. Please share your hotel name, room number, and flight details in advance so we can schedule your transfer efficiently. With this service, you don't have to worry about logistics.

Why book this Langtang Trek with Us?

Trekking in the Langtang region is an opportunity to explore hidden Himalayan trails and visit traditional Tibetan-influenced villages. Our Langtang trek package prioritizes safety, expert guidance, and support at every step.

Private Treks

We organize private treks only so you and your group can enjoy a fully personalized experience. We can accommodate groups of any size and offer discounts depending on the number of participants. We do not combine groups, so no additional trekkers are added to your group.

For groups of 12 or more trekkers, we include an assistant guide to provide additional support and a smoother trekking experience.

Safe Trek Bookings

We are a government-authorized trekking operator in Nepal with over 16 years of experience. We are also proud members of the Trekking Agencies' Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA).

To confirm your trek, a 10% advance payment is required. You can make a payment by bank transfer, credit card, Wise, or directly on our website.

After booking, please submit the following documents within a week:

- a copy of your passport
- passport-size photos
- travel insurance details
- flight information

You can pay the remaining balance upon arrival in our office in Kathmandu using cash, bank transfer, Western Union, Wise, or Credit Card.

Last-Minute Bookings

We also welcome last-minute bookings for travellers who decide to trek on short notice. To arrange your trek at the last minute:

Ensure all documents and travel insurance are ready

Contact Paul at +977-9840055491 or email info@discoveryworldtrekking.com

Make the full payment at least 24 hours before departure.

NOTE: *Last-minute bookings may face slight delays due to weather conditions, landslides, or limited accommodation availability. But our team will do its best to keep your trek on schedule.*

Flexible Schedule

Our Langtang trek has a fixed departure schedule, but we can adjust the itinerary to fit your travel plans. Share your preferred dates with us, and we will arrange a trek that suits you and ensures safety.

Trip Extension

Want to explore more of Nepal after your trek?

We can help you add customized adventures based on your interests, such as:

- Chitwan National Park Safari
- A Day Tour to Nagarkot
- Other trekking experiences across Nepal

We can arrange all extensions to match your schedule, making it easy to continue your journey in Nepal.

Responsible Tourism

We follow sustainable trekking practices to support eco-tourism in the Langtang region. We believe in protecting the natural environment while also supporting local communities.

During the trek, we stay at family-run lodges along the route so local people can benefit directly from tourism. We also encourage our trekkers to avoid plastic where possible, and respect local wildlife and culture.

Our Team

Our team includes experienced trekking professionals who know the Himalayas well. Many of our guides and Sherpas have spent years leading trekkers across Nepal's mountain regions. They are familiar with various trails and local culture. They are trained in mountain safety, wilderness first aid, and environmental conservation.

Our government-licensed guides work alongside dedicated porters and coordinators. They guide you, manage logistics and ensure a hassle-free trek.

Our company is led by Paul, whose vision is to provide well-organized treks while maintaining the highest safety standards.

Together, we as a team work to make your Langtang trip safe, enjoyable, and meaningful.

FAQs For Langtang Trek

GENERAL INFORMATION

Where is the Langtang Trek located?

The Langtang Trek is located in the Langtang Valley region of Nepal, north of Kathmandu, close to the Tibetan border. You will be trekking inside Langtang National Park.

How long does the Langtang Trek take?

The Langtang Trek typically takes 8 days.

What are the main highlights of the Langtang Trek?

The Langtang Trek offers stunning Himalayan views, diverse landscapes ranging from dense forests to alpine meadows, traditional Tamang and Sherpa villages, ancient monasteries like Kyanjin Gompa, wildlife including red panda, snow leopard, musk deer, and breathtaking Lirung and Kimshung glacier views.

Is the Langtang Trek suitable for all levels of trekkers?

Yes, the Langtang Trek is considered moderately challenging and suitable for trekkers with basic fitness. Beginners can undertake it with proper preparation.

What makes the Langtang Trek unique compared to other treks in Nepal?

The Langtang Trek combines accessibility (being close to Kathmandu), rich cultural experiences, and less crowded trails, making it a serene alternative to the more popular trekking routes.

Do you offer the Langtang Trek as a private trek?

Yes, we offer the Langtang Trek as a private trek.

PREPARATION & FITNESS

How fit do I need to be for the Langtang Trek?

You need a moderate level of fitness, capable of walking 5–7 hours daily in mountainous terrain.

Can beginners undertake the Langtang Trek?

Yes, beginners can complete the Langtang Trek with some preparation and acclimatization.

What kind of physical preparation is recommended for this trek?

Engage in regular cardio, strength training, and hiking practice a few weeks before the trek. Focus on endurance and carrying a backpack.

PERMITS

What permits are required for the Langtang Trek?

You will need the Langtang National Park Entry Permit and a TIMS (Trekkers' Information Management System) card.

Are the necessary permits included in the trekking package?

Yes, the permits are included in the trekking package.

Where can I obtain the permits for the Langtang Trek?

You can get permits in Kathmandu at the Nepal Tourism Board Office. However, we will get those permits for you.

INSURANCE & VISA

Is travel insurance necessary for the Langtang Trek?

Yes, travel insurance is mandatory.

What should my insurance cover for this trek?

Your insurance should cover medical expenses and emergency helicopter evacuation up to 4,770 meters.

Do I need a visa for trekking in Nepal, and how can I obtain one?

Yes, all foreign nationals (except Indians) require a visa. You can get a visa on arrival at Tribhuvan International Airport with a passport valid for six months, a passport photo, and a visa fee. The current cost is USD 50 for a 30-day stay.

GUIDES & PORTERS

Is it necessary to have a guide for the Langtang Trek?

You must have a guide since the Nepal Government banned solo trekking in Nepal from April 1, 2023.

What roles do guides and porters play during the trek?

Guides provide navigation, cultural insights, and safety measures, while porters carry luggage, ensuring you to trek comfortably.

Can I trek Langtang independently without a guide?

No. The Nepal government has made it illegal to trek Langtang without a government-licensed and registered guide/porter.

ACCOMMODATION

What type of accommodation is available during the Langtang Trek?

You'll stay in teahouses and lodges. We provide five nights of accommodation with a private attached bathroom at Syabrubesi and Langtang Village, Kyanjin Gompa, and two nights of standard accommodation at Lama Hotel.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Yes, electricity and hot showers are available at most lodges but come with an additional fee.

Will I have access to Wi-Fi or charging points along the trek?

Wi-Fi and charging points are available in most lodges for an extra charge.

FOOD & DRINKS

What kind of meals are provided during the Langtang Trek?

We provide nutritious foods. Choices include Nepali, Tibetan, and Western cuisine.

Are there vegetarian or vegan food options available?

Yes, vegetarian options are widely available, and we can also arrange vegan food. However, tell about your food choices early.

Is safe drinking water available along the trek, or should I bring purification tablets?

You should not drink water directly from the local sources. You can buy bottled water from en-route shops. However, we suggest you carry a water bottle and buy boiled or filtered water from tea houses. For safety, we recommend you bring water purification tablets.

WEATHER

What is the best time of year to do the Langtang Trek?

The best times are spring (March-May) and autumn (September–November) for clear weather and stunning views.

How does the weather affect the trekking experience on the Langtang Trek?

Weather impacts visibility, trail conditions, and comfort. Clear skies in spring and autumn provide the best experience.

Is it safe to trek during the monsoon or winter seasons?

Trekking is possible but less favorable during monsoon (slippery trails, rain) and winter (cold temperatures, snowfall).

HEALTH & SAFETY

What health risks should I be aware of during the Langtang Trek?

Altitude sickness, dehydration, and cold-related issues are the main risks.

Is altitude sickness a concern on this trek?

Yes, there are chances. Acclimatization days and hydration help mitigate this risk.

What emergency procedures are in place during the trek?

Guides carry first-aid kits and maintain constant communication with the main office. In emergencies, we will coordinate with your insurer to start emergency helicopter evacuation.

PACKING & GEAR

What essential items should I pack for the Langtang Trek?

Pack warm clothing, a rain jacket, sturdy boots, a sleeping bag, trekking poles, water purification tablets, and personal items. View our equipment section for details.

Is a sleeping bag necessary for this trek?

The accommodations provide standard bedding. However, for extra warmth, we recommend you carry a sleeping bag.

Are trekking poles or other gear recommended?

Yes, trekking poles are recommended for stability on uneven terrain.

BOOKING & PAYMENTS

How far in advance should I book the Langtang Trek?

Booking a few weeks in advance is ideal, especially during peak seasons. However, we also have last-minute booking provisions.

What is the payment process for booking this trek?

A 10% advance is required at booking, with the balance payable upon arrival in Kathmandu. You can pay using a credit card, bank transfer, Wise, or Western Union. In Kathmandu, you can also pay in cash. We will also email you payment options.

Are there any cancellation or refund policies for the trek?

Yes. Please refer to our terms and conditions page for details.

TRANSPORTATION

How do I get to the starting point of the Langtang Trek?

You'll travel from Kathmandu to Syabrubesi by local bus.

Are domestic flights required to reach the starting point of the trek?

No, the starting point is accessible by road.

What transportation options are available after completing the trek?

You will return to Kathmandu on a local bus. For an additional cost, you can hire a Jeep.

Discovery World Trekking

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