

# LANGTANG VALLEY TREK:

## FROM 2 TREKKERS TO 10

The Langtang valley trek is a moderate trek, famously known as the “valley of glaciers”. The beauty of Kyanjin Ri Peak, Tserko Ri, and Kyanjin Gompa Ice Lake is mesmerizing. My friend and I planned for the Langtang trek as she would be going abroad soon.

We started our journey to Langtang from Machhapokhari, where we took a van to Syabrubesi. We crossed paths with my junior from school who was also on his way to Langtang. We began our trek from Syabrubesi to Bamboo. We encountered more people on the trail who were also heading to the same place as us.

We started our **second** day with breakfast before heading out on the trail. On our way, we crossed paths with the same three people we had met the day before. Since we were heading in the same direction, we walked together, sharing our stories. On the way, one of the guys started feeling sick and anxious. With his mental health worsening, he began feeling restless, repeating the words “I’m dying” repeatedly. To make sure his condition doesn’t worsen and get the help he needed, we stayed at a hotel in Gumba Danda. It began raining that night onwards.

On the **third** day, we parted ways with the group and started our journey to Kyanjin Gompa. We stopped for lunch upon reaching Langtang Valley, where we met two more trekkers – an uncle and nephew.



The uncle loved nature, while the nephew had started feeling lazy and did not want to continue with the trek. After convincing him to continue, we continued our trek along with them. Upon reaching Kyanjin Gompa, we were told that the hotel we had reserved had no rooms left for us, so we decided to stay at another hotel.

On the **fourth** day, we were supposed to go to Tserko Ri, but my friend decided she didn't want to go there, so we parted ways. She went to Kyanjin Ri Peak with a group we had met during the trek, while I proceeded to Tserko Ri with another group of 5. Without proper gear and weakening health, we couldn't summit Tserko Ri; however, 2 out of 5 of us were able to summit.

On the **fifth** day, 2 from my group fell sick, so they stayed back while the remaining 3 and I hiked towards Kyanjin Ri Peak 1, all while my friend, along with the group she went with, were descending from Kyanjin Ri. Upon reaching the summit, we were able to see the magnificent view of the Langtang Himalayan range, the lake, blue sheep, and birds. We took plenty of pictures and made TikTok videos while one member from the group hiked solo to Kyanjin Ri Peak 2. I was worried about his safety but was relieved to see he had made it back alright. We then proceeded to hike back down after lunch. By the time we arrived at the riverside, it was already 8 pm, and due to the network, I could not communicate with my friend, which left me with a group of 9 men. Due to the lack of rooms, I had to share with the men, which felt uncomfortable and uneasy to me as the only woman there at the time.

On the **sixth** day, since my friend and I had decided that she would handle cash payments and I would handle online, I was left without any cash to pay with because of our separation. Fortunately, someone from the group offered to help me at the moment. We then proceeded to head towards Syabrubesi. We enjoyed the end of our trek with some drinking, singing, and dancing.

On the **seventh** day – our last day – we caught the bus back to Kathmandu, short on money but full of memories. I felt so happy and peaceful that I did not want the trip to end and return to my normal life.