

# Langtang Valley Trek

DURATION: 8 DAYS

## Trip Facts



**Group Size** 1 - 10 Persons



**Trip Grade** Easy



**Accommodation** Hotel / Guest House



**Max Height** 5033 Metres



**Start From** Kathmandu



**End At** Kathmandu



**Transportation** Bus, Car



**Duration** 8 Days



**Meals included** Breakfast, Lunch & Dinner Days



**Best season:**

March - May, September - November

## Trip Overview

**Langtang Valley Trek** is an interesting adventure in Nepal, combining stunning mountain views, untouched Tamang heritage, customs, and lifestyle with breathtaking [views of the Himalayas](#). The region, located in Nepal's Himalayas, is home to a diverse range of climatic zones and a variety of wildlife, including the Himalayan Black bear, Ahr goat, Assam Macaque, and Red Panda. The trek offers a unique opportunity to witness the Tamang people's culture, which is virtually untouched **due to their descent from Tibet**. The off-the-beaten-path route offers picturesque landscapes, white peaks, and scattered ancient villages, making it a must-see destination. The trek also allows visitors to experience the warm hospitality of the Tamang people, who are known for their traditional customs and rich cultural heritage. Additionally, travelers can immerse themselves in the serene atmosphere of the region, as they traverse through lush forests, tranquil rivers, and breathtaking valleys.

The Langtang Valley Trek is a popular Nepalese trekking route with stunning landscapes, rich culture, and easy accessibility from Kathmandu. Starting from Syabrubesi or Dhunche, it passes through Langtang National Park, Tamang community, Kyanjin Gumpa, Langtang Glacier, and Kyangjin Ri. [The trek takes 7–10 days, with optimal](#) weather in the spring and autumn. During the trek, trekkers can enjoy breathtaking views of snow-capped mountains, including **Langtang Lirung and Ganesh Himal**. The Langtang Valley Trek also offers opportunities to interact with friendly locals and experience



## Trip Itinerary



Day 1 KATHMANDU – SYABRUBENSI (1340 m)



8 Hrs



Breakfast, Lunch & Dinner



Guest House



Bus



1340 m

We will drive to the starting point i.e. Syaprubesi of the trek on a tourist bus.

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### Day 2 SYABRUBENSI – LAMA HOTEL (2480 m)

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 6 Hrs    Breakfast, Lunch & Dinner    Guest House    Walking    2480 m

Breakfast will be served to you at your hotel, before starting your hike. We have to hike uphill and cross a suspension bridge over Langtang river which flows below our feet. We will have lunch at Bambo, where we can view the beautiful green environment and white flowing Langtang river. Then we walk through dense alpine, pine, juniper, and rhododendron forests. Look for wild animals! Then we will hike uphill for 15-30 mins to reach our camp at Lama hotel.

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### Day 3 LAMA HOTEL – LANGTANG VILLAGE (3541 m)

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 8 Hrs    Breakfast, Lunch & Dinner    Guest House    Walking    3541 m

The trek will be easy and comfortable today, as we hike through flat jungle. We will have our lunch at Ghoda Tabela, then we will continue hiking to our destination walking through the Langtang river side.

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### Day 4 LANGTANG – KYANJING GOMBA (3900 m)

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 4 Hrs    Breakfast, Lunch & Dinner    Guest House    Walking    3900 m

Today it is about 4 hours hiking to Kyanjing Gomba, where we will stay overnight. We will stop for tea and lunch along the way.



### Day 5 KYANJING GOMBA – TSERKO RI (5033 m)

6 Hrs   Breakfast, Lunch & Dinner   Guest House   Walking   5033 m

Early in the morning, we will hike Tserko Ri (5000 m), where we can do some sightseeing and have lunch. After lunch, we will visit the yak cheese factory back in Kyanjing Gomba.



### Day 6 KYANJING – LAMA HOTEL

8 Hrs   Breakfast, Lunch & Dinner   Guest House   Walking   2480 m

We will descend down from the higher altitude to the lower altitude today.



### Day 7 LAMA HOTEL – SYABRUBENSI

5 Hrs   Breakfast, Lunch & Dinner   Guest House   Walking   1340 m

We will descend down to Shyabrubensi, which lies in between the high hills to the Langtang river flowing at the bottom of the Bensi.



## Day 8 SYABRUBENSI – KATHMANDU



8 Hrs



Breakfast, Lunch & Dinner



Hotel



Bus



1400 m

Today after breakfast, we will drive to back to Kathmandu city from Syabrubeni. The drive may take time depending on the road condition.

## Cost Includes

- ✓ Airport/hotel pick up and drop off by private car
- ✓ Langtang National Park permits and TIMS
- ✓ Food, accommodation, salary, insurance, equipment, and medicine for all staff
- ✓ Government licensed, experienced English speaking guide
- ✓ Transportation Kathmandu-Swyabrubesi and Swyabrubesi-Kathmandu
- ✓ Guesthouse/Tea house and Lodge with Breakfast during the trip
- ✓ All government taxes.
- ✓ Sleeping bags and down jackets for the trek (should be refunded after the trek)
- ✓ One trekking map per person
- ✓ First aid kit
- ✓ fresh fruit
- ✓



## Cost Excludes

- ✗ Bar bills and other personal expenses
- ✗ Beverage bills, bar bills, telephone bills, and Personal expenses.
- ✗ Travel and rescue insurance
- ✗ Tips for guide, porter, and driver.
- ✗ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✗ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✗ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✗ Optional trips and sightseeing if extended

## Trip Map

