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

The 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 Gompa, 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 their unique traditions and lifestyle.

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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.

Day 2 SYABRUBENSI – LAMA HOTEL (2480 m)

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.

Day 3 LAMA HOTEL – LANGTANG VILLAGE (3541 m)

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.

Day 4 LANGTANG – KYANJING GOMBA (3900 m)

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

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Trip Map