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

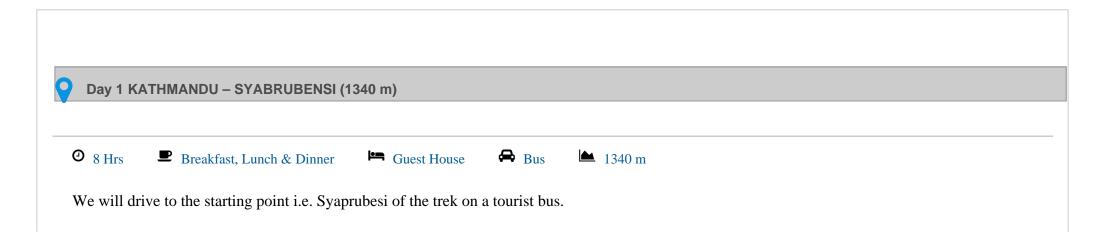
Trip Overview

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 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

ADVENTURE HOLIDAYS

Trip Itinerary





Day 2 SYABRUBENSI - LAMA HOTEL (2480 m)

O 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)

O 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)

2 4 Hrs

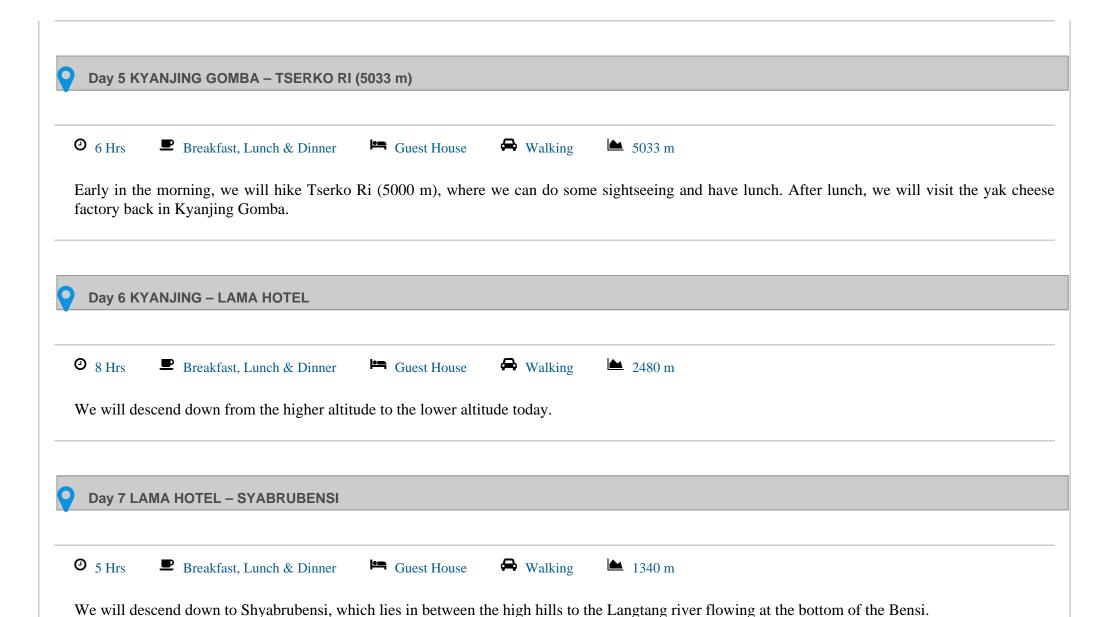
■ Breakfast, Lunch & Dinner

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 8 SYABRUBENSI - KATHMANDU



■ Breakfast, Lunch & Dinner



Bus



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 URE HOLIDAYS
- 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.
- **X** Travel and rescue insurance
- Tips for guide, porter, and driver.
- x 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
- x 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

