

Langtang Valley Trek (11 Days)

Overview

- **Country:** Nepal
 - **Duration:** 11 Days
 - **Trip Grade:** Moderate
 - **Maximum Altitude:** 3870 m (Kyanjin Gompa)
 - **Starts:** Kathmandu
 - **Ends:** Kathmandu
 - **Group Size:** Min 2 trekkers
 - **Best Time:** Spring (April) & Autumn (October–November)
- **The Langtang Valley Trek** is one of Nepal's most accessible and scenic Himalayan adventures. Nestled in the Langtang National Park, this trek offers breathtaking views of peaks like Langtang Lirung (7,227 m) and a chance to explore serene valleys away from busy trekking routes. If you are looking for peaceful trails, rich local culture, and spectacular mountain scenery without large crowds, this trek is ideal. The Langtang region feels untouched and authentic. Its proximity to Kathmandu makes it easily reachable, yet the area maintains a traditional Himalayan lifestyle. You will trek through lush forests, rivers, and small villages, experiencing the changing landscape from subtropical greenery to pine and rhododendron forests, and finally to rocky alpine terrain with snow-capped peaks. Along the way, you will visit traditional Tamang villages like Lama Hotel and Kyanjin Gompa, where Buddhist culture thrives. Prayer flags flutter in the wind, ancient monasteries dot the trails, and locals live a simple life closely connected to nature. The highlight of the trek is climbing Kyanjin Ri (3,870 m), offering panoramic views of the Langtang Himal and surrounding glaciers a moment you will never forget. The Langtang Valley Trek is rated moderate. You will walk 4 to 7 hours per day, with gradual altitude gain and ample time to acclimatize. You do not need to be a professional trekker, but physical fitness and mental preparation are recommended to fully enjoy this Himalayan adventure.

When To Visit

- **January:** Average
- **February:** Average

- **March:** Good
- **April:** Best
- **May:** Good
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Good
- **October:** Best
- **November:** Best
- **December:** Average

Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,400 m)

Welcome to Nepal! When you arrive at the airport in Kathmandu, our team will meet you and transfer you to your hotel. After checking in, you can relax or take a short walk around the busy streets of Thamel. It's a lively area filled with restaurants, trekking shops, and small temples. In the evening, we'll have a short briefing about the Langtang trek and check your trekking gear.

Accommodation: Hotel

Meals: Welcome Dinner

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Day 2: Day 2: Drive from Kathmandu to Syabrubesi (1,550 m) – (7-8 Hours)

Today we leave the city and drive north toward the Langtang region. The road follows rivers and hillsides with beautiful views of terraced farmland and mountain villages. As we get closer to the mountains, the scenery becomes more rugged. By afternoon we arrive at Syabrubesi, a small village that serves as the starting point of the Langtang Valley trek.

Altitude Gain: +150 m

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

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Day 3: Day 3: Trek to Lama Hotel (2,470 m)

Your trekking journey officially begins today. The trail follows the Langtang River through forests of oak and bamboo inside Langtang National Park. Along the way, you may see monkeys and birds moving through the trees. After crossing several suspension bridges and small settlements, we reach Lama Hotel.

Altitude Gain: +920 m

Walking Hours: 6

Accommodation: Teahouse

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Day 4: Day 4: Trek to Langtang Village (3,430 m)

Today the valley slowly opens up and the mountains start to appear more clearly. As you walk higher, the forest becomes thinner and alpine landscapes begin to dominate. We arrive at Langtang Village, a traditional Tamang settlement rebuilt after the 2015 earthquake. The surrounding views of snow-covered peaks are impressive.

Altitude Gain: +960 m

Walking Hours: 6-7

Accommodation: Teahouse

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Day 5: Day 5: Trek to Kyanjin Gompa (3,870 m)

Today's walk is shorter but incredibly scenic. The trail climbs gradually through yak pastures and wide mountain landscapes until reaching Kyanjin Gompa. This peaceful village sits beneath dramatic Himalayan peaks and is home to an old Buddhist monastery and a small cheese factory.

Altitude Gain: +440 m

Walking Hours: 3-4

Accommodation: Teahouse

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Day 6: Day 6: Acclimatization Day at Kyanjin Gompa (3,870 m)

Today is reserved for acclimatization so your body can adjust to the altitude. You may take a morning hike to Tserko Ri (4,984 m), one of the best viewpoints in the region. From the top, you can see peaks like Langtang Lirung and many surrounding glaciers. After the hike, return to Kyanjin Gompa for a relaxed evening.

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

Day 7: Day 7: Trek to Lama Hotel (2,470 m)

After enjoying the high mountains, we begin descending back through the valley. The trail retraces the same path past Langtang Village and through alpine meadows. By afternoon we reach Lama Hotel again, surrounded by forest and river sounds.

Altitude Change: -1,400 m

Walking Hours: 6-7

Accommodation: Teahouse

Day 8: Day 8: Trek to Syabrubesi (1,550 m)

Today we continue descending through dense forests and small villages until we arrive back in Syabrubesi. The warmer air and greenery feel very different from the high alpine landscapes above.

Altitude Change: -920 m

Walking Hours: 5-6

Accommodation: Teahouse

Day 9: Day 9: Drive to Kathmandu

After breakfast, we take a scenic drive back to Kathmandu. The journey offers great views of rivers, hills, and traditional villages along the way. Once in Kathmandu, you can rest at the hotel or explore the city.

Accommodation: Hotel

Meals: Breakfast

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Day 10: Day 10: Kathmandu Free Day

Today is a free day in Kathmandu. You may explore famous cultural sites such as Swayambhunath or Boudhanath. It's also a good day for souvenir shopping or relaxing in a cafe after completing the trek.

Accommodation: Hotel

Meals: Breakfast and Dinner

Day 11: Day 11: Final Departure

Your Langtang adventure comes to an end today. Our team will transfer you to the airport in Kathmandu for your onward journey. We hope you leave Nepal with unforgettable mountain memories and perhaps plans for another Himalayan trek in the future.

Date and Price

Start Date	End Date	Price	Status
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Trek Essentials

Head & Hands

- Sun hat / cap for daytime walking
- Warm fleece or wool beanie for cold nights
- Sunglasses with UV protection
- Buff or neck gaiter
- Lightweight liner gloves
- Warm insulated gloves (for higher altitudes)

Upper Body Clothing

- Moisture-wicking base layer tops
- Light trekking T-shirts
- Fleece jacket or mid-layer
- Waterproof/windproof outer shell jacket
- Down jacket for cold evenings & higher points

Lower Body Clothing & Footwear

- Comfortable trekking pants (quick-dry & breathable)
- Thermal base layer bottoms for cold days
- Waterproof shell pants
- Sturdy, well-broken-in trekking boots
- Trekking socks (wool or synthetic, multiple pairs)
- Sandals or comfortable camp shoes for evenings
- Gaiters for mud/snow protection if needed

Backpacks & Gear

- Main duffel bag (for porters)
- Daypack (30-40 L) with rain cover

- Sleeping bag rated to -10 °C to -15 °C
- Headlamp with extra batteries
- Trekking poles (adjustable)
- Water bottles / hydration bladder
- Water purification tablets or filter

Personal & Safety Essentials

- Sunscreen (SPF 50+) and lip balm with SPF
- Basic first aid items (blister plasters, painkillers)
- Reusable water bottle
- Power bank / spare batteries
- Quick-dry towel
- Personal toiletries (toothbrush, biodegradable soap, etc.)

Documents & Permits

- Passport & Nepal visa
- Trekking permits (Langtang National Park Permit, TIMS card) – we arrange these for you
- Travel insurance information
- Emergency contact info