



Langtang Valley Trekking

Trip code	0
Package name	Langtang Valley Trekking
Duration	9
Max. elevation	4770 m
Level	EASY
Transportation	Kathmandu - Syapru besi - Kathmandu by private vehicals.
Accomodation	Hotel and Lodge twin sharing bed basis during the Trekking.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu - syapru besi - Lama hotel - Langtang - Kyanjing - Langtang - Lama hotel - Syapru besi - Kathmandu .
Cost	USD 980 per person

Highlights

Climb to Kynjin Ri (4700m) Over Mountain View of Dorjelakpa (6990m, Langtang (7227m), Langtang Lirung (7200) and Ganesh himal

Test of the Best Yak Cheese in Kyanjin Goumpa.

Tamang settlements and Their Unique Culture

Beauty of forest of rhododendron, pine, bamboo and juniper trees and other medical herbs too the flow of mountain-streams and cliff of rocks amuses for those who love nature and it's magic varieties of rare wild life- Himali Black Bear, Red Panda, Langur

Overview

[Lantang Valley Trek](#) is a famous trekking package among the adventure trekkers which visits the Lantang Valley. The valley offers pine forest, swift mountain streams, rugged rock, and snow-capped peaks, grassy down and meadows are strewn with daises and wild animals. This trek is ideal for people who wish to avoid trekking over the Laurebina pass 4610 meters.

[Langtang trekking](#) is another attraction in Rasuwa, aptly called the valley of glaciers; mountains rise soaring toward the sky. The main ethnic groups here are Sherpa and Tamang whose religious practices, languages, and dress are very similar to those of Tibet.

Commence with an overland journey to Syabrubesi. A few hour's drive from Kathmandu to Syabrubesi, the trek starts following the ragging Langtang River across the dense forest of [Langtang national park](#) which eventually takes us to Langtang village (3,541m) and Kyanjin Gumpa (3,900m).

It is one of the most popular trekking regions for those wishing a short trek in the Himalayas of Nepal. The Tibetan lifestyle greatly influences Langtang Valley; locals are descendants of Tibetan origin. Varieties of Rhododendron, majestic waterfalls, bamboo forests, snow-capped mountains, and hair-rising landscapes make you walk a diverse experience. [Join us](#) and entertain your adventure life with an adventure walk.

Best Season

Autumn (mid-Sept to mid-December) and Spring(March to May) are the best seasons for the Langtang trekking. The weather is sunny and warm, with outstanding views but the nights are a little cold. Winter (Dec, Jan, Feb) is also good for the Langtang Valley trek although it will be a little colder.

Contact Us

Langtang trekking is the easiest and safest one you can contact us for lifetime remembrance our [contact details](#) is [+9779851022394](tel:+9779851022394)

Trip Itinerary

Day 1 : Drive Kathmandu / Syabrubesi (1450 m) – 8 hours drive

From Kathmandu, we drive for approx 8 hours to Syabru Beshi. After driving 30 kms, we approach pristine villages on the banks of the river Trishuli. We also get to view the enchanting panorama of the Himalaya, including the Annapurna, Manaslu, Ganesh Himal and the peaks of the Langtang region. Stay overnight at tea house.

Day 2 : Trek Syabrubesi / Lama Hotel (2480 m.) – 6 to 7 hrs walk

Today, the first part of our trail crosses through Bhote Koshi and follows the Langtang Khola. Then the trail gradually ascends up to Bamboo passing through Landslide. Afterwards, our trek ascends gently to Rimche (2400m.) through Bamboo (1960m.) which lies at the bank of Langtang Khola. We will have lunch at this place if you like. And at the end our trail we level to the Lama Hotel. En route we could see red pandas, monkey and bear if we are lucky. Stay overnight at tea house.

Day 3 : Lama Hotel / Langtang village (3541 m.) – 5 to 6 hrs walk

Trek from Lama Hotel to Langtang village via Ghora Tabela which takes about five to six hours. As we continue climbing there are occasional glimpses of Langtang Lirung between the trees. At Ghora Tabela [3000m], the trail emerges from the forest. While walking here, we can catch a glimpse of white monkeys and local birds.

Once there was a Tibetan resettlement project here, but now it is a Nepalese army post though it has no permanent inhabitants. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. There is a monastery which we can visit shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park. The houses of Langtang and its neighboring villages are of the flat-roofed Tibetan style, surrounded by stone walls enclosing fields of buckwheat, potatoes, wheat, turnips and barley. Stay overnight at tea house.

Day 4 : Langtang / Kyangjin Gompa (3900 m.) – 3 hrs walk

Our trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. Here, there is a small monastery and a government-operated cheese factory. We should arrive at Kyangjin by lunch time allowing time to acclimatize and explore the area. It is a dramatic setting, with snow covered peaks surrounding us in all directions. At this point, we can enjoy the panoramic view of Dorje Larpa (6990m.), Langtang Ri (6370m.), Langtang Lirung (7245m.) and so on. Stay overnight at tea house.

Day 5 : Day hiking and back to Kyangjin Gompa

This is a day to rest and explore the area. Rest day at Kyangjin Gomba and excursion in and around. We can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri [4350m], directly behind the village, for a breath-taking panorama of the Langtang peaks. Stay overnight at tea house.

Day 6 : Kyangjin Gomba / Langtang Village (3541 m) – 3 hrs walk

From Kyangjin, we retrace our route following the Langtang Khola to Langtang village and on to Ghora Tabela. Having lunch at Ghora Tabela, we trek steep descent to Lama Hotel. Stay overnight at tea house.

Day 7 : Langtang Village / Lama Hotel (2480 m.) – 4 hrs walk

From Langtang Village, we retrace our route following steep descent to Lama Hotel. Stay overnight at tea house.

Day 8 : Lama Hotel / Syabrubesi via Sherpa Gaun (3000 m) and Khangjung – 5 to 6 hrs walk

Trekking from Lama Hotel to Syabrubesi via Sherpa Gaon will take about five to six hours. The upper part of the trail is more beautiful for the panoramic view of mountains and green hill views. This path is broader and remains sunny through the different Sherpa and Tamang villages. The first half part of the trail is gradually down and then the trail does steeply descent to the Syabru Beshi. The main inhabitants belong to Tamang community and they have adopted Tibetan lifestyle. Stay overnight at tea house.

Day 9 : Drive back to Kathmandu

Drive from Syabrubesi to Kathmandu is a pleasant drive, which takes about eight hours. We drive through scenic foothills and ridgeline vistas to Kathmandu. The first part of our drive up to Trishuli Bazaar through gravel and bumpy road and then well paved road up to Kathmandu.

Inclusions

What is included?

kathmandu - Syapru Besi - Kathmandu by Private vehicals.

Trekking permits and TIMS (Trekking Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

Langtang National Park entrance fee.

Basic first aid kit.

All Government taxes and service charges

What isn't included?

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary