

Langtang Valley Trek

DURATION: 8 DAYS

Trip Facts

- Duration : 8 Days
- Trip Difficulty : Moderate
- Group size : 1-20 Pax
- Accommodation : Hotel/Lodge/Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Bus/Car/Taxi
- Trip starting point : Syabrubesi
- Trip Ending point : Syabrubesi



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Best season : March, April and May & September, October and November

Trip Overview

Langtang Valley Trek is a genial, charming, and idyllic trip in the Langtang region. It is prominent for providing magical vistas of mountains & culture. The Langtang trekking route is a vastly enthralling destination in Nepal Himalayas regions. Which is close to Kathmandu? It is not; far away from the capital city of Kathmandu, Nepal. This trek takes you around the unique culture and natural attractiveness of the Langtang. Likewise, you will be extremely into nature and ethnic groups.

What does the Langtang Region offer 2024/2025?

Langtang is a Remarkable destination that leads us to see charmed white snow-capped peaks with an amusing Ramble around the astonishing valleys. It's a massive chance to notice the glacial masses, diverse landscapes, typical villages, ancient monasteries, cheese factories, and outstanding highlands views. This trekking provides attractive views of majestic mountains and a joyful view of the splendid valleys. The journey of 8 days from Langtang Valley starts and ends at Syabrubesi. It drives from Kathmandu through the **7 to 8 hours' drive**.

Travel around the Kyanjin Gompa:

Kyanjin Gompa is the last village in the **Langtang Region**. Where you can sightsee, there are ancient Buddhist modernizers and a small yak cheese factory at Kyanjin Gompa. It is one of the best yak cheeses Accessible around the Langtang region.



Glorious mountain views & landscape:

During the trek, we will pass through charming villages and isolated areas. But the magical views of the **Langtang Lirung, Ganesh Himal, Langtang II, Dorje Lakpa, and Yala Peak**. Moreover, the miraculous panorama of the Himalayas' glacial mass in the north offers a wonderful view of Langtang, exploding in the sparkler-clear skies.

Cheapest Langtang Trek Cost 2024/2025:

The 8-day Langtang Valley trek Cost is USD 690 per head. A full; board package for this trip includes both ways of transportation from Kathmandu – Syabrubesi - Kathmandu by bus sharing to local people; accommodation three times meals per day. It is the moderate type. Which can be completed; within a **6 to 8-day time frame**. The weather in these regions is almost cold this year and windy in high elevations. The high altitudes are lower than 4995m. It has no strain of mountain sickness. Autumn and spring are the best times to trek in Langtang.

However, the Langtang trip is tranquil, and cultural treks make; you thrilled. Trek experienced the secret local culture of the Langtang Valley and the notable view of dramatic mountains. It is one of the most essential, suitable; destinations in Nepal. We would like; to highly recommend it to all beginners, Himalayan lovers, and hikers. **Himalayan Local Guide Pvt. Ltd team** is thrilled to organise your trek to Langtang Valley.

Alternative treks route in Nepal:

Nepal has many trekking destination routes. Here are some other best trekking packages for Nepal trekking – [EBC Trek](#), [ABC Trek](#), [Manaslu](#), Annapurna Thorong La Pass Trek, Mardi Himal Trek, Khopra Danda Trek, [Everest Three Passes Trek](#). If you have less than one week's holiday in Nepal, then. We recommend to you; Dhampus Sarangkot Trek, Chisapani Nagarkot Trek, or Poon Hill short trek.

Local Peoples and Culture during the Langtang:

The Langtang is home to numerous ethnic groups, with the community being **Sherpa and Tamang**. These native communities have their traditions, customs, languages, etc.

The **Tamang and Sherpa Cultures** are similar; they have a rich culture that includes unique ethnic groups. Most of the mountain areas people believe in the Buddhist religion.

Hiking To Kyanjin Ri or Tserko Ri from Kyanjin Gompa:

The Kyanjin Ri is the final goal for the Langtang Region. Situated at **4775 metres**; above sea level, this climb takes 4 to 5 hours to go back and forth, which offers the golden colour of sunrise with Magical mountain vistas.

Tserko Ri (4995m) is the last destination of this trip. It is an optional day hike, but we highly recommend it if you are a fitness person. Tserko Ri is rather similar to Kyanjin Ri, but it will take 7 to 8 hours to complete at a slow pace enjoying nature.

Langtang Region Entry Permits:



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- **Langtang National Park entry permits.**
- **TIMS Card (Trekking Information Management System).**

Wi-Fi and Electricity or slower power during the trek:

- Wi-Fi cost: during the trek, most tea houses have Wi-Fi facilities but you have to pay around Nepali Rupees **400 to 500**. And you have the option. When you arrive in Kathmandu, you buy an **NTC sim card** before you go on the trek. You can take data packs and use the Internet.
- Electricity or slower Power cost: you will get electricity in the Syabrubesi, Langtang, and Kyanjin Gumpa. However, some places have no electricity, but

Trip Itinerary

Day 01: Drive from Kathmandu to Syabrubesi (1462meters / 4796 feet).

🕒 7/8 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚌 Bus 🏔️ 1462 m

After early morning breakfast, we will start our scenic drive from Kathmandu to Syabrubesi by local bus with other people. It takes around 7/8 hours; to reach Syabrubesi. After then, we will stay overnight at Lodge.

Day 02: Trek from Syabrubesi to Lama Hotel (2450meters/ 8,038 feet)

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2450 m

Today is our first-day journey, for the trip route, we will cross the Bhote Koshi River and Langtang valley Khola after then we will follow the Langtang valley Khola riverside through the lush green forest and terraced fields. We pass the delightful landscape, pine and rhododendron forest, hills, and waterfalls, we trek continue ascending and descending reach to Pairo, this place has two hotels we can have just a few hours to break and have tea, again we will climb to the dense forest, chance to see the including; Monkeys, Red panda, Musk deer, and many different kinds of wilds birds, we will enjoy with nature jungle, wilds animals then we continue to reach the Bamboo. Where we will have a lunch break at there, after finishing the delicious lunch, we will climb uphill to cross the suspension bridge, climbing steeply reach to Rimche Danda from here, we will have to walk reach to Lama

Hotel which will takes around 10 to 15 minutes, overnight at Lodge.

Day 03: Trek from Lama Hotel to Langtang village (3560meters / 11679 feet)

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3560 m

Today we will continue to walk along the riverside through a lush green landscape as we uphill through the pine and rhododendron forests. On the way, we will be able to see the white snow-capped peaks beckoning us forward. Finally, the narrow Langtang River valley widens out at Ghoda Tabela, where the small restaurant at there for lunch and tea breaks place. After we trek continue to pass the Thangshap village and reach Langtang Village overnight at Lodge.

Day 04: Trek from Langtang village to Kyanjin Gompa (3870meters / 12696 feet)

🕒 2/3 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3870 m

Today will be our short and exciting day, after the breakfasts, we trek and continue on our gradual ascent as we pass through the small deserted village and meadows. This valley offers an amazing panoramic mountains view of Langtang II, Langtang Lirung, Tserko Ri, Dorje Lakpa Himal, and many more white snow-capped mountains. The trekking route goes along the flat and gradually up and we will cross the suspension bridge then we will reach Kyanjin Gompa where we can explore the ancient Buddhist Monastery and Yak Cheese factory.

Day 05: Hiking Day.

🕒 4/5 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Hiking 🏔️ 3870 m

Today will be a more exciting day, we have two hiking places there, 1st Kyanjin Ri and 2nd Tserko Ri, you will have to choose one, if we hike to Kyanjin Ri we will hike to ascend, it will take around 2/3 hours to reach the viewpoint of Kyanjin Ri and back to the hotel, it will take around 1 hour, from there if the blue sky we will be able to catch the beautiful sunrise with mountain views of Langtang II, Langtang Lirung, Yala Peak, Dorje Lakpa

and many more white snow-capped mountains.

Option No: 2 if we go hiking to Tserko Ri, we will ascend reach to Tserko Ri in 3/4 hours and back to the hotel, it will take 2/3 hours. And When we arrived at the hotel we will have a lunch break after then we can go to explore the village, cheese factory, and ancient Buddhist monastery, back to the hotel.

Day 06: Kyanjin Gompa – Lama Hotel (2450meters / 8,038 feet).

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2450 m

Today our journey will be descending to the bank of Langtang valley Khola and cross the beautiful waterfall. We walk along the way in a lush green forest of bamboo, Pahirol and terrace farms we will cross a suspension bridge to reach the Thulo Syabru village overnight at Lodge.

Day 07: Lama Hotel - Syabrubesi (1462meters / 4796 feet).

🕒 4/5 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 1462 m

After we enjoy our delicious breakfast, we trek descending to pass through the delightful villages of Bamboo, and Phairol, and reach Syabrubesi overnight at the lodge.

Day 08: Drive back to Kathmandu.

Today is our last day journey, after having breakfast, we will catch the local bus or jeep to Kathmandu, it takes around 7/8 hours to reach the final destination overnight at Thamel Kathmandu.

Cost Includes

- **Pick up and drop off** services for arrival and departure date.
- Both-way transportation service between **Kathmandu - Syabrubesi - Kathmandu** by Local Bus.
- Tea House/Guest House during the trek 7 Nights.
- All basic meals (**Lunch+Dinner+Breakfast**).
- Government licensed holder English-speaking guide during Langtang trek.
- Helper Guide for Group 6 or over.
- Friendly porter to help with your luggage. Two trekkers for one porter.
- **Langtang National Park Entry fees.**
- **TIMS card fee.**
- Approval of Certificate after the successful trekking.
- Snacks: Coconut cookies, crackers.
- Fresh fruit like; Apples and oranges.
- **Basic First Aid kit Medical box.**



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Cost Excludes

- Your international airfare cost.
- Nepal entry visa fees.
- **Hotel in Kathmandu with Lunch and Dinner.**
- Personal expenses: Cold & Hard drinks, such as beer, mineral water, cock, Fanta, etc.
- **Tea and Coffee.**
- Hot shower, Wifi, battery charge, telephone, and laundry services.
- Personal Trekking Equipment.
- Travel insurance is just in case.
- **Tips** for Guide and porters.

Trip Map

Langtang Gosaikunda Pass Trekking Map.
<https://www.himalayanlocalguide.com>





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