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1. Short Langtang Valley Trek From Kathmandu

2. Overview

Important Travel Update The severe flooding in Rasuwa on August 26, 2026, has affected Syabrubesi, the usual starting point of the Short Langtang Valley Trek from Kathmandu. Road access to Syabrubesi is currently disrupted, so…

3. Itinerary

Day 01: Drive from Kathmandu to Syabrubesi

Altitude: 1503m | Meals: Lunch | Dinner | Stay: Teahouse

Drive distance: 122 km Drive duration: 8 to 10 hours

- Start a scenic drive from Trishuli Highway and then connect to the Pasang Lhamu Highway as you approach Dhunche
- Breathtaking views of rivers, terraced paddy fields, and lush green hills.
- Pass through small towns and villages like Trishuli Bazaar and Dhunche.
- Enjoy local roadside snacks or tea during tea break.
- Arrival in Syabrubesi, the gateway to Langtang Valley.

Kathmandu to Syabrubeshi **Travellers Note: The road condition up to Trishuli is good, but after that, it becomes bumpy and gravelly. Additionally, you will need to pass through a 3 km stretch known as Ramche Landslide, near Dhunche. Be prepared for off-road conditions, and keep in mind that weather conditions can affect your travel plans.**

Day 02: Trek from Syabrubesi to Sherpaghau

Altitude: 2500m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Morning Start

- After breakfast in Syabrubesi, the trek begins at approximately 7 a.m.
- Walk about 3 hours (4-5 km) along a scenic trail to Khanjim.

Lunch Stop: Khanjim (2,235 m)

- Rest here for lunch and enjoy fresh, locally-grown food.
- Khanjim is a small village with 5-6 teahouses and around 50-60 local homes.
- Explore the primary school and local gompas in the village during the break.

Afternoon Trek

- Continue trekking for 2-3 hours from Khanjim to Sherpagaon.
- Enjoy breathtaking views of the Langtang Valley and nearby mountains along the way.

- Avoid crowded trails by taking this alternative route developed by High Route Adventure.

Sherpaghau - Langtang Valley Trek **Travelers note: The trek distance from Syabrubeshi to Sherpaghau is 10-12 km. You need to walk for around 7-8 hours through a remote village. There are limited shops and tea houses along this trekking route. So carry snacks and water with you before you start your trek.**

Day 03: Trek from Sherpaghau to Langtang Village

Altitude: 3430 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Morning Start

- Begin your trek early after breakfast at Sherpagaon.
- Walk through serene pine and rhododendron forests as you ascend gradually toward the Langtang Valley.
- Witness stunning views of the Langtang Himal range, including Langtang Lirung, along the way.

Lunch Stop: Riverside Lodge

- After trekking approx. 4 hours and covering around 8 km, pause for lunch at Riverside Lodge (approximately 2,700 m).
- The lodge offers basic, hearty meals, making it a popular stop among trekkers.

Afternoon Trek

- Continue trekking through alpine meadows where livestock graze, an iconic scene in the Langtang region.
- Pass through Ghodatabela (2,972 m), a notable checkpoint for Langtang National Park, and enjoy views of Langtang Lirung, the Langtang River, and its lush jungle.
- Follow the trail further to Thyangsyapu Village (3,140 m), which has a handful of tea shops offering rest and refreshments. Keep an eye out for Himalayan Thar and vibrant bird species in this area.
- Trek for another 4 hours before reaching Langtang Village, covering the last stretch of about 7 km.

Langtang Village **Travellers note: The trek distance from Sherpagaon to Langtang Village Approx. 12-15 km, and today, you will be trekking for 7-8 hours. The trail passes through some uneven and challenging landscapes, so walk carefully. While you are in Thyangsyapu (3,140 m), make sure to keep an eye out for spotting rare wildlife like the Himalayan Thar.**

Day 04: Trek from Langtang Village to Kyajin Ghompa

Altitude: 3830 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Morning Start

- Begin the trek early from Langtang Village after breakfast.
- Ascend a steep and challenging trail through temporary shepherd settlements.
- The trek, though short, can be demanding due to altitude gain and rugged terrain.
- Arrival at Kyanjin Gompa
- After approx. 3-4 hours of trekking, reach Kyanjin Gompa, an ancient monastery village more than 500 years old.
- Explore the famous Mani stone wall, carved with sacred Buddhist scriptures.
- Rest, and prepare for the Kyanjin Ri hike.

Lunch Stop

- Have lunch at Kyanjin Gompa, where you can also taste traditional offerings, including locally-made cheese.

Afternoon Hike to Kyanjin Ri

- Embark on a 3 km hike to Kyanjin Ri Viewpoint (4,773 m). This steep but rewarding trek takes approx. 3 hours uphill and 2 hours downhill.
- Enjoy breathtaking panoramic views of Langtang Lirung, the Langtang Himalaya ranges, and Langshisa glacier.
- Mani stone walls, teahouses, and a famous cheese factory are not to be missed.

Kajin Ghompa **Travellers note: The hike to Kyanjin Ri is challenging due to its steep uphill terrain and windy conditions. Even though it is difficult, you can manage it when you walk slowly and steadily. Today, you will start your trek very early in the morning, around 7 a.m., to complete the journey before dusk.**

Day 05: Trek from Kyajin Ghompa to Lama Hotel

Altitude: 2470 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Morning Start

- Begin the trek early, at around 7 a.m., following a proper breakfast at Kyanjin Gompa.
- Retrace the same trail back, moving down from Kyanjin Gompa to Langtang Village. Enjoy another chance to explore the unique Tibetan culture and historic sites in the village.

Lunch Stop

- Stop at Ghodatabela or Riverside Lodge for lunch. These locations offer a refreshing break amidst scenic surroundings with simple yet fulfilling meals.

Afternoon Trek

- Continue trekking through the lush rhododendron and pine forests, descending further into the valley.
- Traverse the picturesque hamlets of Thyangsyapu and enjoy panoramic views of the surroundings.
- Arrival at Lama Hotel
- Conclude the day's trek by arriving at the Lama Hotel village. It features about 5-6 teahouses offering comfortable bedding and hot meals.
- Check into a teahouse for your overnight stay and enjoy a well-earned dinner.

Lama Hotel **Travellers note: The descent is long yet comparatively comfortable since it is mostly gradual. However, the trail includes rocky and uneven sections that require caution.**

Day 06: Trek from Lama Hotel to Syabrubesi

Altitude: 1503m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Morning Start

- Begin the final trekking day with breakfast at the Lama Hotel. Enjoy the serene environment one last time before heading down.
- Start descending towards Bamboo, following a familiar trail.

Lunch Stop

- Take a break for lunch at Bamboo Lodge (1,970 m) or Pahare Hotel. This is a good point to rest and recharge before continuing your descent.

Afternoon Trek

- Continue the trek towards Syabrubesi. The trail offers stunning views of the surrounding mountains and Langtang Valley.

- Walk through forested areas and quaint villages, enjoying the peace and beauty of the region.
- Arrival at Syabrubesi
- Conclude the trek by reaching Syabrubesi, the last point of your Langtang adventure.
- Check into a teahouse for a comfortable overnight stay. Enjoy a mix of local and international cuisine as part of your final dinner in the region.

Syabrubesi **Travellers note: Today, you will have the option to choose a route to reach Syabrubesi. You can either choose the same path that you initially travelled or through the Lama Hotel.Trip extension: Those who want to extend their trek from here can do so. You can extend your trek to the short and easy *Tamang Heritage* Trail, Helambu Trek or *Gosaikunda Lake Trek*.**

Day 07: Drive from Syabrubesi to Kathmandu

Altitude: 1350 m | Meals: Breakfast | Lunch | Stay: Teahouse

- Drive route: Syabrubesi ? Dhunche ? Trishuli ? Kathmandu

Kathmandu **Travellers note: For foreign tourists who want to explore this short Langtang Valley trek, it will take around 10 days to complete, which includes arrival day, Kathmandu exploration and departure day. For more info check here: Langtang Valley Trek 10 Days.**

5. Cost Includes

Accommodation Service

- Six nights of the best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Local Government Entry Permit (Trek Card)
- Langtang National Park Permit
- Trekkers' informational Management Systems Card (TIMS)

Food Services

- Breakfast (Local and Continental Choice) in Teahouse
- Lunch (Simple and Light Lunch in Teahouse)
- Dinner (Veg and Non-Veg Meals from the Local Tea House)
- Farewell dinner in Kathmandu

Guide & Porter Services

- English-speaking government-licensed- licensed guide
- Local Sherpa for carrying Luggage (up to 25 kg Max)
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Transportation & Others

- Drive from Kathmandu to Syabrubesi to Kathmandu by local Bus(Private Transportation will be arranged upon your request)
- Down jacket and sleeping bag(to be returned after trek completion)
- The HRA Brand Duffle Bag for the Trip & Company T-shirt
- Trekking Maps
- Trip achievement certificate
- All local and Government taxes, Administrative charges

6. Cost Excludes

- Accommodation in Kathmandu
- All meals in Kathmandu
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, Hot drinks, Extra porter, etc.)
- Personal trekking gear and equipment
- Tips for guide, porter, and driver(tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

What To Pack For Langtang Valley Trek - 7 days

For this short and sweet Langtang Valley trek, trekkers should pack light and carry only essential things. Making your backpack light makes it easier to walk on steep ascents. Let’s see what the essential items that you need to pack for this Langtang Valley trek - 7 days:

- **Backpack(30-40l):** To keep your essential items such as snacks and documents.
- **Clothing Items:** Trekking Shirt, trekking Trouser, high-quality fleece jacket, waterproof jacket, Breathable Underwear, Socks
- **Footwears:** 1 Pair of good quality trekking shoes, hiking shoes, slipper
- **Head Wears:** Cap/hat, Buff/Neck Gaiter
- **Hand Wear:** Gloves
- **Sleeping bag(optional):** You can even rent from the rental shop in Thamel
- **Important Accessories:** Trekking poles, toiletries items, reusable water bottle, water purification tablet, charger, powerbank, personal medicine, sunscreen.

For detail packing list check here: Packing list for trekking in Nepal.