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1. Langtang Valley Trek

2. Overview

Important Travel Update The recent severe flooding in Rasuwa on August 26, 2026 has affected Syabrubesi, the main starting point of the Langtang Valley Trek. Road access to the area is currently disrupted, and the…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 meters | Meals: Welcome Dinner | Stay: Hotel

- Arrive at the Kathmandu International Airport.
- Our representative will warmly welcome you at the main arrival gate, holding a sign with your name and the **HRA** logo for easy identification.
- Transfer to the hotel, we have reserved for you.
- After check-in refresh and take a rest.
- Our tour operator will introduce you to the trekking team and provide a brief overview of your upcoming journey.
- Then from HRA, welcome dinner programme will be arranged in one of the restaurant in Thamel.

langtang trek **Traveller's note:** If you arrive in Kathmandu early, you can spend the evening exploring the vibrant streets of Thamel at your own pace. This is a great opportunity to exchange currency, purchase trekking clothing and gear, and pick up snacks before heading out on your trek.

Day 02: Drive from Kathmandu to Syabrubesi

Altitude: 1500 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Early in the morning, our trekking guide will pick you from your hotel and take you to the Machhapokhari bus station.
- From the bus station, you will start your trip toward Syabrubesi village.
- The journey follows the Trishuli River, passing through bustling towns such as Trishuli Bazaar and Dhunche.
- Dhunche serves as the gateway to Langtang National Park.
- After riding for around 7 to 8 hours, you will arrive at Syabrubesi village, which is situated on the banks of the Bhote Koshi River.
- Check in at the local teahouse at Syabrubesi and spend the night here.

Traveller’s note: : Today's drive is long, as it takes around 7–8 hours to reach Syabrubesi from Kathmandu. The bus stops several times for short rests, lunch, and toilet breaks during the trip. To make your journey convenient, we recommend wearing comfortable clothes, bringing snacks, and carrying a water bottle to enjoy during the journey.

Day 03: Trek from Syabrubesi to Lama Hotel

Altitude: 2380 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, walk toward the Bhote Koshi River and cross the suspension bridge.
- Then, crossing the bridge, you will follow the narrow trails on the bank of Langtang Khola.
- You will cross the small wooden bridge and enjoy the views of waterfalls several times.
- Walking for a few hours, you will arrive at the settlements known as Bamboo and Rimche.
- You will take a short break here to enjoy lunch while enjoying the views of lush hills and surroundings.
- As you continue walking through the dense pine and rhododendron forests, you will eventually arrive at the Lama Hotel.
- Check in at the local teahouse at Lama Hotel and stay overnight.

Syabrubensi to Lama Hotel **Traveller's note:** The trek from Syabrubesi to Lama Hotel takes around **6–7 hours**. There are several steep uphill sections, and the trails near Rimche are narrow and uneven, so please walk carefully. Beyond Syabrubesi, there are no ATMs, and mobile network coverage is also limited. Teahouses usually charge an additional fee for charging electronic devices, Wi-Fi, and hot showers. Therefore, we recommend carrying enough Nepalese currency to cover these extra expenses during the trek.

Day 04: Trek from Lama hotel to Langtang village

Altitude: 3443 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, you will leave the Lama Hotel early in the morning.
- Walk through the trail that takes you to the forest where you can spot Langur, red panda and musk deer.
- After about 3 hours of walk you will arrive at Ghoda Tabela (3,030 meters) and take a short rest while enjoying a sip of coffee/tea.
- The forest trail ends in Ghoda Tabela and the landscape turns into an open valley.
- Further walking, you will arrive at small settlements like Chyamki and Thangsyap and enjoy your lunch.
- Passing through old Langtang Village, which was fully destroyed by the earthquake, you will arrive at Langtang Village.
- Check in at the teahouse at Langtang Village, which is surrounded by beautiful snow-capped peaks including the famous Langtang Lirung (7,227 m).

Langtang village **Traveller's note:** On this day, you will cross 3,000 meters, where the risk of altitude sickness becomes higher. Drink plenty of water and walk at your own pace. If you experience symptoms of altitude sickness, inform your trekking guide immediately.

Day 05: Trek from Langtang Village to Kyanjin Gompa

Altitude: 3870 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, begin your hike toward the Kyanjin Gompa
- Walk through small, scattered settlements on a gentle trail with open mountain views.
- Cross some wooden bridges over glacial rivers.
- Pass brilliantly carved Mani walls, traditional Buddhist chortens, and prayer flags along the path.
- Continue through the wide glacial valley as the tree line gradually disappears.
- The last stretch is a little steeper, and there is a local micro hydro power station and a little monastery before you reach Kyanjin Gompa.
- Upon arrival, check in to your teahouse and spend the rest of the day exploring the village.
- Taste and buy locally made yak cheese at the famed Yak Cheese Factory and see the old Kyanjin Monastery.
- Enjoy fantastic views of the surrounding snow-capped peaks, glaciers and the lovely Langtang Valley.

Kyanjin Gompa **Traveller's Note:** You're heading into higher altitude today, so walk slowly, be well hydrated and don't hurry. Drink at least 3 liters of water over the day to help you acclimatize. Temperatures in Kyanjin Gompa fall

dramatically, especially in the evening, so bring a heavy jacket, fleece, cap and gloves.

Day 06: Hike up to Kyanjin Ri (4,773m) or Tserko Ri (4,985 m)

Altitude: 3870 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, you'll start your acclimatization hike early in the morning.
- Depending on your fitness and the weather, go for a hike to Kyanjin Ri or the more challenging Tserko Ri .
- Follow a steep mountain trek while progressively gaining altitude under your guide's supervision.
- Reach the viewpoint and enjoy the panoramic views of the Langtang Himalayan range, glaciers and the surrounding valleys.
- Enjoy the peace of the mountain landscape by taking some time to photograph on your way down.
- Return to Kyanjin Gompa for lunch or in the afternoon.
- Spend the rest of the day relaxing, wandering the hamlet, or visiting the monastery and local yak cheese factory if you haven't already.

Tserko RI **Traveller's Note**: This acclimatization hike is an important part of the trek and helps your body adjust to the higher altitude. Walk slowly, remain hydrated, and listen to your guide during the hike. Be sure to pack enough drinking water, snacks, sunscreen, sunglasses and warm clothing since the weather can change rapidly at higher elevations.

Day 07: Trek from Kyanjin Gompa to Lama Hotel

Altitude: 2380 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, start your descent from Kyanjin Gompa to Lama Hotel.
- Walk through the same picturesque trail across the beautiful Langtang Valley.
- Pass through Langtang Village, Mundu, and Ghodatabela while enjoying magnificent views of the surrounding mountains.
- Walk alongside the Langtang Khola, crossing several suspension bridges and passing through forests of pine, oak, and rhododendron.
- Today you will descend gradually to Lama Hotel, where you will check into your teahouse for the night.

Kyanjin Gompa to Lama Hotel **Traveller's Note:** Today's walk mainly goes downhill, but it can be hard on your knees and ankles. Use trekking poles if available, check your footing on rough and uneven portions, and maintain a steady pace.

Day 08: Trek from Lama Hotel to Syabrubesi

Altitude: 1500 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast, you will begin your final trek with a gradual descent from Lama Hotel.
- Follow the path of the Langtang Khola through peaceful forests of oak, pine, bamboo and rhododendron.
- Pass the small villages of Rimche and Bamboo, enjoying the lush scenery and fresh mountain air.
- Cross suspension bridges over glacial streams and the Langtang River.
- Continue on an easy downhill slope to Syabrubesi, where your Langtang Valley Trek comes to a close.
- Check in to your accommodation and take a well-deserved rest after finishing your hike.

Syabrubesi to Lama Hotel **Traveller's Note:**Celebrate your accomplishment with your trekking team and prepare to drive back to Kathmandu the following day.

Day 09: Drive from Syabrubesi to Kathmandu

Altitude: 1350 meters | Meals: Breakfast | Lunch | Dinner | Stay: Hotel

- Drive back to Kathmandu by local bus after an early breakfast.
- Drive along the scenic mountain road along the Trishuli River via Dhunche, Trishuli Bazaar and several rural villages.
- Enjoy sweeping views of terraced hillsides, rivers, waterfalls and distant Himalayan peaks on a clear day.
- Stop along the way for lunch and short refreshment breaks.
- Continue the drive towards Kathmandu and arrive in the late afternoon.
- Upon arrival, transfer directly to your hotel and take advantage of the rest of the day to relax and explore as you wish.

Traveller's Note: If you have some free time, consider extending your trip with a sightseeing tour of Kathmandu, a wildlife safari in Chitwan National Park, a relaxing stay in Pokhara, or another Himalayan trek. High Route Adventure will be happy to assist you.

Day 10: Final departure

Altitude: 1350 Meters | Meals: Breakfast

- Enjoy your final breakfast at the hotel.
- Pack your stuff and check out of the hotel.
- Settle any additional hotel charges, such as laundry, minibar, or any personal expenses.
- Meet our driver in the hotel reception area for your airport transfer.
- Drive to Tribhuvan International Airport according to your flight itinerary.
- Please arrive at the airport no later than three hours before your international flight.

Traveller's Note: Thank you for choosing and believing in us. We hope that you have a wonderful time on this himalayan adventure. We would greatly appreciate it if you could share your feedback or leave us a review. Your feedback helps us improve our services and assist future travelers in planning their adventures. We wish you a safe journey home and hope to welcome you back to Nepal soon!

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services

- International airport pickup service in a private vehicle
- International airport Drop service in a private vehicle on the final departure

Accommodation Service

- Two nights 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- Seven nights' best available clean and comfortable teahouse accommodation during the Trek

Trekking Permits

- Local Government entry Permit (Trek Card)
- Langtang National Park Permit

Food Services

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

Guide & Porter Services

- English- speaking government- licensed guide
- Local Sherpa for carrying Luggage (up to 20 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 & HRA Company T-shirt
- Langtang trekking Maps
- Trip achievement certificate
- All local and Government taxes, Administrative charges

6. Cost Excludes

- Extra night accommodation in Kathmandu in case of early arrival or late departure
- Lunch and Dinner 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, 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 the Langtang Valley Trek?

If you are trekking for the first time in Nepal, then you may wonder what things you should pack for this trek. You don’t need to pack lots of items for this trek. We suggest you pack light so that you can travel easily. Most of the things you can get here easily in Nepal will be provided to you while you are staying in the tea house. So, let’s see the basic

items that you need to pack for this Langtang Valley Trek

- Good quality trekking shoes
- 1 pair of normal shoes and 1 pair of slippers
- Backpack to carry your essential items like medicine, water, snack items
- Clothing items(suitable for all weather conditions)
- Personal Items(Toiletries, Sunscreen, Lip Balm, Snacks)
- Nepali Rupees for Personal Expenses
- Optional Items(Camera, Charger, Powerbank, Books or Cards)
- Duffle bag: This will be provided by the High Route Adventure.

Note: If you wish to buy trekking poles or sleeping bags, then you can buy or rent them here from Thamel. For a complete checklist, read our What to Pack for Trekking in Nepal guide.