

1. Langtang Valley Trek

2. Overview

The Langtang Valley Trek starts with a short, scenic drive to Syabrubensi, and the trail continues through the Langtang National Park. Views of the Langtang Himal, sky-scraping over the valley, accompany you every step of...

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m

Stay: Hotel

You may arrive at the Tribhuvan International Airport at any time. Upon your arrival, you will be greeted by one of our airport representatives. He will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your Hotel and relax. Overnight stay at the Hotel in Kathmandu. langtang trek

Day 02: Drive from Kathmandu to Syabrubensi

Altitude: 1500 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today, you will have a beautiful drive from Kathmandu to Syabrubensi, going through the countryside where the terrain is filled with vast mustard fields and terrace farms. The village of Syabrubensi is located inside the Langtang National Park, about 80 kilometers from the capital. Situated at the base of a green hill en route to the Langtang village, Syabrubensi presents warm hospitality with plenty of views of beautiful landscapes. Overnight stay at the guesthouse at Syabrubensi.

Day 03: Trek from Syabrubensi to Lama Hotel

Altitude: 2380 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today's path follows the main road from Syabrubensi to the Bhoté Koshi River. Crossing the river via a suspension bridge, the path reaches the village of Old Syabru. Further on from the village, the path reaches the Langtang Khola. The path then veers towards some marvelous waterfalls and steeply climbs up towards Changtang, also popularly known as the Lama Hotel. Overnight stay at the Lama Hotel. Syabrubensi to Lama Hotel

Day 04: Trek from Lama hotel to Langtang village

Altitude: 3443 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You will follow the Langtang Khola today as well as the path veers by its banks, through the hemlock woods and rhododendron groves towards Gumnachowk and Ghunama. Finally, the path reaches Ghoda Tabela and gradually becomes steep and uphill. Passing by the villages of Thangshyap and Ghumba, you will finally reach Langtang village. Past the landslide area, the path then traces all the way to Langtang Village. Overnight stay at the guesthouse at Mundu. Langtang village

Day 05: Trek from Langtang Village to Kyanjin Gompa

Altitude: 3830 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

The Kyanjin Gompa is situated about an hour away from Langtang to Mundu. The trail continues to pass the Gompa is the most important Buddhist temple in the valley and is situated at the base of the Langtang Himal. The red walls of the Gompa contrast greatly with the silver patina of the peak. After you reach Kyanjin, you can explore the monastery and local culture for the rest of the day. Overnight stay at the guesthouse at the Kyanjin Gompa. Kyanjin Gompa

Day 06: Acclimatization- Explore Tserko Ri (5000 m)

Altitude: 3830 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

This day is reserved for acclimatization. You can explore the surrounding area of the Kyanjin Gompa, which is quite serene and offers pleasantly wonderful views of the mountain peaks. You can also pay a visit to the Tserko Ri (4984m), one of the vantage points of the valley from where the Langtang Mountains can be seen. Moreover, you can also pay a visit to the Cheese Factory or hike to Langshisha Kharka. Overnight stay at the guesthouse at Kyanjin Gompa. Tserko Ri

Day 07: Trek from Kyanjin Gompa to Lama Hotel

Altitude: 3543 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Retracing your steps, you will make your way back towards Lama Hotel, winding down the valley and going past the same settlements as you did before. Throughout the trek, you will be in constant company with the Himalayas that flank the valley and decorate the skyline. Kyanjin Gompa to Lama Hotel

Day 08: Lama Hotel to Syabrubesi: 4-5 hours

Altitude: 1500 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

From Lama Hotel, you will leisurely make your way back to Syabrubensi, treading the familiar path, going past chortens and stone cairns and pastures laden with yaks and mules. The entire trek on this day runs along the Langtang River to conclude at Syabrubensi. Overnight stay at the guesthouse at Syabrubensi. Syabrubesi to Lama Hotel

Day 09: Drive from Syabrubensi to Kathmandu

Altitude: 1350 m

Meals: Breakfast/Lunch/Dinner

Stay: Hotel

From Syabrubensi, you will bid goodbye to the Langtang Mountains and drive back to Kathmandu. Upon reaching the city, you will be dropped back to your Hotel. As the day does not entail any planned activities, you can explore the local market. Overnight stay at the Hotel in Kathmandu.

Day 10: Final departure

Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services

- International airport pick-up 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
- Trekkers' informational Management Systems Card (TIMS)

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 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

- 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.