



Langtang valley trek.

Trip Facts

Difficulty Moderate	Max Altitude 4,984m/16,352ft	Accommodation	Meals
Activity Trekking	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 7to10 Days

Trip Overview

The Langtang Valley is one of Nepal's most pristine, accessible, and culturally rich alpine sanctuaries. Located just a short drive north of Kathmandu—requiring no domestic flights—this spectacular region lies entirely within the protected boundaries of Langtang National Park.

Known affectionately as the "Valley of Glaciers," the trail climbs steeply from lush, subtropical rhododendron forests inhabited by the rare Red Panda into a dramatic, wide-open glacial valley. Trekkers are treated to soaring, up-close views of snow-capped giants like Langtang Lirung (7,234m).

This moderate-grade journey covers a total round-trip distance of just 65 to 80 km, making it a short and beginner-friendly trail that fits perfectly into a 7-to-9-day itinerary. The journey culminates at the historic settlement of Kyanjin Gumpa (3,870m), offering access to breathtaking panoramic views from Kyanjin Ri and Tserko Ri. Here, ancient Tibetan-Buddhist culture thrives alongside modern, rebuilt teahouses that showcase the incredible resilience and heartwarming hospitality of the indigenous Tamang people. It is the ultimate trekking experience for adventurers seeking massive Himalayan scale without the massive crowds.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trip briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Drive from Kathmandu to Syabrubesi (1,440m)

Difficulty	Max altitude 1,440m/4,724ft	Accommodation	Meals
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Day 3 - Trek from Syabrubesi to Lama Hotel



Difficulty	Max altitude 2,470m/8,104ft	Accommodation	Meals
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Day 4 - Trek from Lama Hotel to Langtang Village

Difficulty	Max altitude 3,430m/11,253ft	Accommodation	Meals
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Day 5 - Trek from Langtang Village to Kyanjin Gumpa

Difficulty	Max altitude 3,870m/12,697ft	Accommodation	Meals
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Day 6 - Exploration Day (Climb Kyanjin Ri or Tserko Ri)

Difficulty	Max altitude 5,033m/16,512ft	Accommodation	Meals
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Day 7 - Trek back from Kyanjin Gumpa to Rimche (2,399m)

Difficulty	Max altitude 2,399m/7,871ft	Accommodation	Meals
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Day 8 - Trek to Syabrubesi: Drive back to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 9 - Free day for self exploration.

Day 10 - Hotel check-out and international airport transfer

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Ground Transfer (From & Kathmandu/Sybrubesi)
- Required Permits & Fees: 1. Langtang National Park Entry Permit. 2. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 7 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:



- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

Availability

Date	Duration	Price	Seats
6 Oct 2026 - 16 Oct 2026	10 Days	\$ 699	1 Space available
16 Oct 2026 - 26 Oct 2026	10 Days	\$ 699	1 Space available
5 Nov 2026 - 15 Nov 2026	10 Days	\$ 699	1 Space available
15 Nov 2026 - 25 Nov 2026	10 Days	\$ 699	1 Space available

FAQs

How difficult is the Langtang Valley Trek?

The Langtang Valley Trek is classified as a moderate trek. The trails are well-established but involve steady uphill climbing, especially on the first two days. No technical climbing or prior trekking experience is required, making it ideal for beginners with a basic level of physical fitness.

What is the highest point on this trek?

The highest overnight stay is at Kyanjin Gomba (3,870 meters / 12,696 feet). However, the maximum altitude reached during the trek is during the optional acclimatization hike to the viewpoint of Kyanjin Ri (4,773 meters / 15,659 feet) or Tserko Ri (4,984 meters / 16,351 feet).

How long does the trek take?

The standard itinerary takes 7 to 9 days round-trip from Kathmandu. This includes a 1-day drive to the trailhead at Syabrubesi, 3 days of trekking up the valley, 1 to 2 days for exploration and acclimatization at Kyanjin Gomba, and 2 days to trek back down.

**When is the best time to do this trek?**

The optimal trekking seasons are: • Autumn (March to May): Offers warm weather, clear skies, and blooming rhododendron forests. • Spring (September to November): Features the crispest, clearest mountain views after the monsoon rains.

What permits are required, and are they included?

You need two permits for this trek: the Langtang National Park Entry Permit and the TIMS (Trekking Information Management Systems) Card. (Note for your website: State clearly here if your agency includes these permits in the package price).

What is the accommodation and food like?

Accommodation consists of cozy, locally-run teahouses (mountain lodges). You will have a private twin-sharing room, though bathrooms are frequently shared. Menus are surprisingly diverse, offering traditional Nepali Dal Bhat, pasta, eggs, potatoes, soups, and fresh yak cheese products.

Is Altitude Sickness a risk on this trek?

Because you ascend above 3,000 meters, Acute Mountain Sickness (AMS) is a possibility. However, our itineraries feature a gradual ascent and a dedicated acclimatization day at Kyanjin Gumpa to minimize risks. Our guides are fully trained to spot symptoms and manage altitude safety.