Langtang Valley Trek – 10 Days

Langtang Valley Trek – Overview

Table of Contents

- Langtang Valley Trek – Overview
  - Trip Highlights

The **Langtang Valley Trek** offers an incredible high-altitude adventure in Nepal. Known as the *"Valley of Glaciers,"* this narrow region lies north of Kathmandu near Tibet. Therefore, trekkers enjoy close views of 7,000-meter peaks without taking domestic flights.

Your journey starts at the riverside town of Syabrubesi. First, you walk into Langtang National Park. The trail leads through sub-tropical forests, rushing river gorges, and green alpine pastures. Moreover, you will discover the unique Buddhist culture of local Tamang and Sherpa communities. Consequently, these welcoming villagers share their ancient traditions, stone houses, and teahouse hospitality. Furthermore, you will pass sacred prayer walls and fluttering prayer flags all along the trail.

Eventually, the path reaches the famous village of Kyanjin Gompa. A historic monastery stands here under massive hanging glaciers. Additionally, hikers can climb up to Kyanjin Ri or tackle Tserko Ri at 5,033 meters. As a result, you get sweeping 360-degree views of Langtang Lirung, Langtang Ri, and Dorje Lhakpa. In addition, you can visit local yak cheese factories during your afternoon exploration. You might even spot rare Red Pandas and Himalayan pheasants in the wild. Consequently, this short journey provides an unforgettable Himalayan experience. More Package |

Trip Highlights

- **No Domestic Flights Required:** Enjoy a scenic drive from Kathmandu straight to the trailhead at Syabrubesi.
- **Summit Tserko Ri (5,033m / 16,512ft):** Reach the highest point for 360-degree panoramas of Langtang Lirung and Dorje Lhakpa.

- **Langtang National Park Wilderness:** Hike through protected forests that shelter rare wildlife like the Red Panda.
- **Cultural Immersion:** Discover traditional Tamang villages, ancient mani walls, and colorful prayer flags.
- **Spiritual Hub of Kyanjin Gompa:** Explore a sacred 300-year-old monastery surrounded by giant glaciers.
- **Famous Yak Cheese Factory:** Stop by the high-altitude cheese factory in Kyanjin Gompa to taste fresh local yak cheese.
- **Resilient Mountain Life:** Walk past local yak herds and rest in cozy, rebuilt mountain teahouses.

Itinerary

Day 1: Arrive in Kathmandu

After landing at the Tribhuvan International Airport, you will be greeted by our representative staff who will drop you off at the hotel. You will check in at the hotel, freshen up, and take a rest for the remainder of the day.

- Location: Kathmandu
- Elevation: 1,400 meters / 4,593 feet
- Accommodation: Hotel in Kathmandu
- Meal Plan: Welcome Dinner (or As per arrival time)

Day 2: Drive from Kathmandu to Syabrubesi

After breakfast, we board a bus and depart Kathmandu for a scenic drive to Syabrubesi. The

eight-hour journey takes you through the winding countryside of Nepal, offering captivating sights of terraced hillsides, flowing rivers, and distant snow-covered Himalayan peaks.

Along the way, the road passes through several charming rural towns and local settlements, showcasing the peaceful lifestyle of the region. Upon arriving in Syabrubesi—a vibrant town filled with traditional stone houses—you will have time to check in to your lodge and take a pleasant walk to explore the local surroundings.

- Location: Syabrubesi
- Elevation: 1,503 meters / 4,931 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 3: Trek from Syabrubesi to Lama Hotel

As the trek officially begins today, we cross the Bhote Koshi River and follow the peaceful course of the Langtang River. The path gradually ascends through dense subtropical forests, eventually joining the main trail from Syabrubesi as it winds through quiet oak and rhododendron woodlands.

This lush forest area is a sanctuary for diverse wildlife—keep an eye out for Red Pandas, Langur monkeys, wild boars, and various mountain birds along the way. Continuing our climb, the trail reaches New Bridge before making a steeper ascent toward Rimche. After about another 40 minutes of walking, we reach the end of today's trail at Lama Hotel, where we will settle in for an overnight stay.

- Location: Lama Hotel
- Elevation: 2,470 meters / 8,103 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 4: ek from Lama Hotel to Mundu via Langtang Village

Today's trek begins with a gentle climb that steadily gains incline as we head deeper into the valley. The trail ascends through dense forests of hemlock, oak, maple, and vibrant white and pink rhododendrons, elevated high above the rushing waters of the Langtang Khola. Along the way, breathtaking glimpses of the snow-capped peaks of the Langtang range start to appear.

Crossing a wooden log bridge, you will walk between towering forest walls and mountain slopes on either side of the valley before climbing into the lush alpine meadows of Ghoda Tabela. Continuing our uphill walk, we reach the beautiful, historic Langtang Village—a resilient settlement famously affected by the 2015 earthquake, which was once home to numerous traditional lodges. Passing through the village and walking about an hour further, we arrive in Mundu. Today, this area features newly built modern-style houses, cozy lodges, and local restaurants, providing a comforting place to unwind for the night.

- Location: Mundu (via Langtang Village)
- Elevation: 3,550 meters / 11,647 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 5: Trek from Mundu to Kyanjin Gompa

Today's trek takes us to Kyanjin Gompa, home to the principal Buddhist monastery of the Langtang region. The journey features an inspiring walk past a massive mani wall—the largest stone wall in Nepal inscribed with sacred Buddhist prayers and mantras.

Along the way, we cross rushing mountain streams, wooden bridges, and glacial moraines as we ascend deeper into the high-altitude valley. Arriving in Kyanjin Gompa, you will discover a village named after its historic monastery, beautifully constructed from local timber and stone

and housing sacred Buddha statues and idols. During your afternoon exploration, you can visit the local yak cheese factory or sit back to enjoy the surrounding panoramas. The summit views from the village showcase breathtaking peaks, including Langtang Lirung, Kyanjin Ri, Tserko Ri, Langshisha Ri, and Yala Peak.

- Location: Kyanjin Gompa
- Elevation: 3,870 meters / 12,697 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 6: Kyanjin Gompa Exploration & Hike to Kyanjin Ri or Tserko Ri

Today is dedicated to exploring the highlights of Kyanjin Gompa. In the morning, you can visit the local monastery, tour the legendary yak cheese factory, and take in close-up views of surrounding glaciers.

For the highlight of your excursion, you can embark on a high-altitude hike to either Kyanjin Ri or Tserko Ri. Climbing Tserko Ri brings you to an elevation of 5,033 meters (16,512 feet)—the highest point on the Langtang Valley trek. Both vantage points offer awe-inspiring, 360-degree views of the Langtang Valley, the towering summit of Langtang Lirung, and an array of glistening snow-capped Himalayan peaks. After soaking in the panoramic landscapes at the summit, we descend back to Kyanjin Gompa for a relaxing evening and an overnight stay.

- Location: Kyanjin Gompa (via Kyanjin Ri / Tserko Ri summit)
- Elevation: Kyanjin Gompa: 3,870 meters / 12,697 feet *(Tserko Ri Summit: 5,033 meters / 16,512 feet)*
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 7: Trek from Kyanjin Gompa to Lama Hotel

we begin our return journey by retracing our steps back down the Langtang Valley toward Lama Hotel. Following the trail back, the trek is mostly downhill, offering a lighter pace and a fresh perspective on the mountain landscape.

As you descend through lush alpine forests and peaceful Tamang villages, you will enjoy fantastic views of the towering Himalayan peaks that may have been missed on the way up. The gentle downhill slope allows for a relaxing day of walking alongside the rushing waters of the river. Upon arriving back in Lama Hotel, you can settle into your lodge and enjoy a peaceful evening.

- Location: Lama Hotel
- Elevation: 2,470 meters / 8,103 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 8: Trek from Lama Hotel to Syabrubesi

you complete the final leg of your return foot trek as you head back to Syabrubesi. The trail is mostly downhill, winding through lush green vegetation and vibrant mountain forests alongside the river.

Along the path, you can enjoy fascinating views of the majestic mountains and rolling green hills surrounding the valley. The gentle descent allows for a comfortable hike as you retrace your steps back down to lower altitudes. Upon reaching Syabrubesi, you will check into your lodge for an overnight stay and celebrate the final evening on the trail before driving back to Kathmandu.

- Location: Syabrubesi

- Elevation: 1,503 meters / 4,931 feet
- Accommodation: Local Lodge / Teahouse
- Meal Plan: Breakfast, Lunch, and Dinner

Day 9: Drive from Syabrubesi to Kathmandu

After breakfast, we bid farewell to the Langtang region and begin our drive back to Kathmandu from Syabrubesi.

The scenic road trip passes through winding mountain landscapes, terraced farmlands, cascading streams, and rural local settlements. As you travel along the high green hills and follow the rushing banks of the Trishuli River, you will have plenty of opportunities to take in the countryside views one last time. After a long and satisfying drive, we arrive back in Kathmandu, where you will be transferred to your hotel to relax and enjoy a well-deserved rest.

- Location: Kathmandu
- Elevation: 1,400 meters / 4,593 feet
- Accommodation: Hotel in Kathmandu
- Meal Plan: Breakfast and Lunch

Day 10: Final Departure / Airport Drop-off

Today marks the end of your incredible Langtang Valley trekking experience. After enjoying breakfast at your hotel, our representative will meet you and provide a private transfer to Tribhuvan International Airport for your flight home or onward destination.

Please ensure you are ready for drop-off 3 hours prior to your scheduled departure time. We thank you for journeying with us and wish you a safe and pleasant flight!

- Location: Kathmandu / Departure
- Elevation: 1,400 meters / 4,593 feet
- Meal Plan: Breakfast

Inclusions

Transportation & Logistics

- **Airport Transfers:** Private vehicle pick-up and drop-off for international flights.
- **Ground Transportation:** All internal transfers and road transport as specified in the itinerary.

Accommodation

- **Kathmandu:** Hotel accommodation on a Bed & Breakfast (B/B) basis.
- **On the Trail:** Cozy teahouse/lodge accommodation during the trek.

Meals & Refreshments

- **Trek Meals:** Full board meals (Breakfast, Lunch, and Dinner) throughout the trekking duration.
- **High-Altitude Care:** Hot, warming soup served at higher elevations.
- **Celebration:** Traditional farewell dinner in Kathmandu.

Guide & Support Crew

- **Professional Leadership:** Experienced, licensed trekking and tour guide.
- **Assistant Guide:** Dedicated assistant guide for groups larger than 10 passengers (10+ pax).
- **Porter Service:** Helpful porters to carry luggage (1 porter shared between 2 trekkers).
- **Staff Welfare:** Complete insurance, food, and accommodation provided for all guides and porters.

Permits, Documents & Taxes

- **Official Permits:** All required trekking permits and TIMS (Trekkers' Information Management System) cards.
- **Taxes:** All applicable government and local entrance taxes.

Safety, Extras & Gifts

- **Medical Safety:** Comprehensive first-aid medical kit for staff and emergency support.
- **Route Information:** Detailed trekking map following the trip itinerary.
- **Souvenirs:** Official company T-shirt and a Trip Completion Certificate.

Exclusions

Travel Documents & Flights

- **Nepal Visa:** International visa fees upon arrival or prior to travel.
- **International Flights:** Airfare to and from Kathmandu.

Meals & Accommodation

- **Kathmandu Meals:** Lunch and dinner while staying in Kathmandu (except for the farewell dinner).
- **Extra Accommodations:** Costs for additional nights in Kathmandu due to early arrival,

late departure, or trek alterations outside the planned itinerary.

Insurance & Sightseeing

- **Travel Insurance:** Personal travel, medical, and emergency high-altitude rescue insurance.
- **Sightseeing Fees:** Entrance fees for heritage sites, temples, and monuments in Kathmandu.

Personal & On-Trail Expenses

- **Teahouse Extras:** Hot showers, battery/device charging, and laundry services during the trek.
- **Beverages:** Mineral water, boiled water, soft drinks, and bar bills (alcohol).
- **Gratuities:** Tips for the trekking guide, assistant guide, and porters (customary but optional).
- **Other Personal Expenses:** Any items or services not explicitly mentioned in the inclusion list.