

Langtang Valley Trek

Location: Langtang region **Duration:** 11 days **Max altitude:** 5033m **Difficulty:** Moderate

Group size: 2-10 pax

Overview

This is the Langtang Valley Trek — one of the most accessible, most culturally rich, and most underappreciated trekking journeys in Nepal. Just 145 kilometres north of Kathmandu, the Langtang Valley was the homeland of the Tamang people long before it became a trekking route. It still feels that way. The villages here are real — not tea houses built for tourism, but communities that have lived beneath these peaks for centuries. The trek takes you from the subtropical forests below Syabrubesi, through oak and rhododendron woodland alive with wildlife, and up into the wide yak-grazed grasslands of the upper valley. At Kyangjin Gumpa, the trail reaches its spiritual and scenic heart — a small monastery village at 3,870 metres where you can sit beside a glacier lake in total silence and feel the altitude like a clean, steady pressure in your chest. This is a Nepal trekking package for people who want to slow down, look carefully, and come home with something that has genuinely changed them. Not just photographs — though the photographs will be extraordinary. A different sense of scale. A sense of how the world looks when the mountains are this large and your own concerns are this small.

Highlights

- Panoramic views of Langtang Lirung (7,227 m), Langtang Ri, Naya Kanga, and Gangchenpo
- Summit Tserko Ri (5,033 m) or Kyangjin Ri (4,700 m) for sweeping Himalayan panoramas
- Explore Kyangjin Gumpa — a sacred 700-year-old monastery at 3,870 m
- Visit the famous Swiss-assisted Kyangjin Cheese Factory — a unique high-altitude experience
- Wildlife encounters: red pandas, Himalayan black bears, langur monkeys in lower forests
- Authentic Tamang and Sherpa village life — one of Nepal's most culturally rich trekking regions
- Buddhist culture at every turn: chortens, mani walls, prayer flags, and spinning prayer wheels
- Tea house hospitality: home-cooked dal bhat, warm blankets, and conversation by the stove

Day-by-Day Itinerary

DAY 1 Arrive in Kathmandu (1,400 m)

You arrive in Kathmandu, a vibrant city surrounded by hills and ancient temples. After airport pickup, you are transferred to your hotel where you can rest or explore nearby streets filled with prayer flags, small shops, and local life. A short briefing about the trek helps you understand the journey ahead. This is your first gentle introduction to Nepal's culture and rhythm before heading into the Himalayas.

DAY 2 Drive Kathmandu to Syabrubesi (1,550 m) — 7 hrs

An early start and a long but genuinely beautiful drive. The jeep climbs out of the Kathmandu Valley onto the Pasang Lhamu Highway a winding mountain road that earns its scenery. As the road gains altitude, the Annapurna range appears to the southwest, and then rounding a high ridge the Ganesh Himal and the distant white mass of the Langtang peaks come into view. The road passes through Trishuli Bazaar, a busy river town, before climbing to Dhunche, the administrative headquarters of Langtang National Park, where your permits are checked. From here, a short downhill jeep drive drops you to Syabrubesi a small, friendly village at the confluence of two rivers, where the forest air is clean and cold and the sound of the Bhote Koshi fills the evening. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Drive: 7 hrs

DAY 3 Trek Syabrubesi to Lama Hotel (2,380 m) — 6 hrs

This is where the trek truly begins. The trail leaves Syabrubesi on a path that crosses a suspension bridge over the Bhote Koshi and enters a forest that immediately signals a different world dense, green, and full of sound. The route follows the Langtang River upstream, alternately climbing and levelling through bamboo groves, oak forest, and stands of rhododendron. Lunch is usually taken at Bamboo village, a small cluster of tea houses beside the river. The afternoon trail steepens slightly as it rises through increasingly lush forest. This is prime wildlife territory: red pandas move through the bamboo at dawn and dusk; Himalayan black bears are occasionally spotted on upper slopes; langur monkeys call from the canopy. Lama Hotel is not a hotel it is a collection of tea houses in a clearing, warm and welcoming after six hours of walking. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 6 hrs | Elevation gain: +830 m

DAY 4 Trek Lama Hotel to Langtang Village (3,430 m) — 4–5 hrs

The trail above Lama Hotel changes character. The forest begins to thin as elevation increases, and through the trees — first as glimpses, then as full presence — the snow-capped peaks ahead make themselves known. Langtang Lirung (7,227 m), the valley's dominant giant, appears above the ridge on the left. It is the kind of mountain that makes conversation stop. A lunch stop at Ghoda Tabela — a former army post and horse pasture at 3,430 m — marks the transition into the upper valley. Above here, the landscape opens completely: wide yak pastures, clear skies, and the sensation of being truly inside a Himalayan valley rather than looking at one from below. Langtang village, rebuilt after the 2015 earthquake with quiet resilience, sits at the valley's edge. The chortens at the village entrance, the spinning prayer wheels, and the smell of juniper incense from the gumpa will stay with you. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 4–5 hrs | Elevation gain: +1,050 m

DAY 5 Trek to Kyangjin Gumpa (3,870 m) — 5 hrs + Explore

The day's walk is relatively straightforward — a gentle ascent up the open valley floor with the mountains growing closer with every hour. The yaks here move with a slow, proprietorial confidence, and the air is noticeably thinner. The views become panoramic: Langtang Ri to the north, Ganchempo to the east, the Jugal Himal in the distance. Kyangjin Gumpa is the emotional high point of the lower valley. The monastery — originally built over 700 years ago — sits at the edge of the village with a backdrop of snow that most photographers spend an hour trying to capture and never quite do justice to. Afternoon exploration includes the famous Cheese Factory, established with Swiss technical assistance in the 1950s, where local yak milk is still processed into hard cheese and yak butter using methods that have changed little in decades. A short walk to the nearby glacial lake as the light fades is the perfect end to the day. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 5 hrs | Elevation gain: +440 m

DAY 6 Summit Kyangjin Ri (4,700 m) or Tserko Ri (5,033 m) — 4–8 hrs

This is the day that defines the trek for most people. You have a choice, and it is an honest one: Kyangjin Ri Lower Peak (4,700 m) offers a four to five-hour round trip with moderate effort and extraordinary views — suitable for most trekkers with a good fitness level. Tserko Ri (5,033 m) is a different proposition: seven to eight hours of sustained climbing on steep, loose terrain, reaching a true Himalayan altitude where the air is genuinely thin and every step above 4,800 metres is deliberate. Both summits reward effort with close-up views of Yala Peak, Langtang Ri, Langtang Lirung, Naya Kanga, and Langshisha Ri — an unbroken wall of high-altitude terrain that extends across the northern skyline. Your guide will assess your fitness, the weather, and conditions on the morning and advise accordingly. Whichever summit you choose, the return to Kyangjin Gumpa feels earned. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 4–8 hrs | Max elevation: 5,033 m

DAY 7 Trek Kyangjin to Lama Hotel (2,380 m) — 6–7 hrs

Descent days in the Himalaya have a rhythm of their own — faster, looser, your body working with gravity rather than against it. The trail retraces the route through Langtang Village and down into the forest, and what took a full day to climb takes a somewhat shorter day to descend — though your knees will be working harder. The descent offers fresh angles on scenery you climbed through over the previous days. The Tamang villages look different coming down — smaller, more compact, more human in scale when you are not gasping for air. By the time you reach Lama Hotel, the trees are dense again and the air is warm enough to sit outside. Dinner tonight will taste better than almost anything you can remember. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 6–7 hrs | Elevation loss: –1,490 m

DAY 8 Trek Lama Hotel to Syabrubesi (1,550 m) — 5 hrs

The final day of trekking proper. The trail descends through increasingly subtropical forest back to Syabrubesi, and the temperature rises with each hour of descent — by the time you reach the valley floor, it feels almost warm. The bamboo is back, the bird noise is louder, and the air smells of river and green things. For trekkers with energy to spare, an optional detour through Rimche and the Sherpa village of Sherpa Gaon adds spectacular ridge-line views and a longer, more scenic approach to Syabrubesi. Either way, you arrive in the late afternoon for your final night on the trail — a celebratory dinner with your guide, a hot shower, and the particular satisfaction of a journey walked all the way to its end. Meals: Breakfast, Lunch, Dinner | Overnight: Basic tea house | Walking: 5 hrs | Elevation loss: –830 m

DAY 9 Drive Syabrubesi to Kathmandu — 7–8 hrs

The jeep journey back to Kathmandu follows the Pasang Lhamu Highway along the Trishuli River — a beautiful, winding road that feels very different in the comfort of the return journey. The mountains you drove toward eight days ago are now familiar, even personal. The road passes through Dhunche, Trishuli Bazaar, and the long descent into the Kathmandu Valley. Arrival in Kathmandu by late afternoon. Transfer to your hotel. The evening is yours — Thamel for shopping, Boudhanath for an evening circumambulation of the stupa with monks and pilgrims, or simply a good meal and an early night before tomorrow's sightseeing. Meals: Breakfast, Lunch | Overnight: Kantipur Village or similar | Drive: 7–8 hrs

DAY 10 Kathmandu Sightseeing — UNESCO World Heritage Sites

Kathmandu rewards slow attention. Today is a guided tour of three of the city's most extraordinary UNESCO World Heritage Sites — each one a different facet of Nepal's astonishing cultural depth. Patan Durbar Square: a medieval city square surrounded by temples and palaces built during the Malla dynasty, where the stone carvings are so intricate they seem to tell more story than any written history could hold. Swayambhunath — the Monkey Temple — sits on a hill above the city, its great white dome and golden spire visible for miles, and the climb up its stone steps rewards you with a panoramic view of the entire Kathmandu Valley. Boudhanath Stupa, the largest stupa in Nepal and one of the most important centres of Tibetan Buddhism outside Tibet, is a place where the simple act of walking clockwise around the base — spinning the prayer wheels, breathing incense smoke, moving in step with thousands of years of practice — does something to the pace of thought. Meals: Breakfast | Overnight: Kantipur Village or similar | Drive + Walk: ~4–5 hrs

DAY 11 Departure

Your final morning in Nepal. Breakfast at the hotel, last-minute packing, and a chance to sit quietly for a moment with everything you are carrying home — not just in the bag, but in the part of you that the mountains and the villages and the trail have rearranged, gently and permanently. Our representative transfers you to Tribhuvan International Airport approximately three hours before your scheduled departure. The formalities of travel take over, and Nepal recedes but it does not disappear. The travellers who come to Langtang almost always come back. The valley has that quality. Meals: Breakfast | Transfer: 3 hrs before flight

What's Included

- ✓ Private A/C vehicle — all airport transfers, sightseeing & road transfers
- ✓ Accommodation: Hotel in Kathmandu (2N) + Tea house on trek (7N)
- ✓ All meals as per itinerary (B/L/D where stated)
- ✓ English-speaking tour guide for Kathmandu sightseeing
- ✓ English-speaking licensed trekking guide throughout the trek
- ✓ Airport arrival and departure assistance by representative
- ✓ Langtang Conservation Area trekking permit
- ✓ TIMS Card (Trekking Information Management System)
- ✓ All applicable government taxes and service charges

What's Not Included

- ✗ International airfare (to/from Kathmandu)
- ✗ Nepal visa fees (USD 30 per person — pay on arrival)
- ✗ Travel insurance (mandatory — must cover helicopter evacuation)
- ✗ Gratuities and tips for guides, drivers, porters
- ✗ Personal expenses (laundry, drinks, calls, shopping)
- ✗ Meals not mentioned in itinerary
- ✗ Entrance fees at UNESCO heritage sites
- ✗ Any costs from flight delays, cancellations, or weather disruptions
- ✗ Sudden price changes in hotels, transport, or fuel

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This itinerary is indicative; final program is tailored to your dates and group.