

# Langtang Valley Trek

**Duration:** 11 Days

**Starts At:** Kathmandu

**Grade:** Moderate

**Accommodation:** Hotel And Lodges

**Transport:** Private Car, Jeep

**Altitude:** 4984m

**Ends At:** Kathmandu

**Group Size:** Min 2 People

**Meals:** Breakfast, Lunch & Dinner

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## Highlights

- Adventurous tea house trek and hike along the beautiful forest, river, waterfalls, valley, landscapes, and mountains.
- Langtang region is famous for the Red Panda. (Chance to see Red Panda)
- Hike to Tsergor-Ri (5,000m.) for spectacular Mountain Views
- Breathtaking views of Ganjala Range, Dorje Lakpa Range, Khemjung Glacier
- Visit the Cheese Factory and the oldest Buddhist monastery in Kyanjin Gumpa.
- Visit UNESCO cultural world heritage sites in Kathmandu city.

## Overview

The sublime **Langtang Valley Trek** is the closest Himalayan Region from Kathmandu valley, it's only a several hours drive from Kathmandu and you enter the wonderful eco-balanced [Langtang National Park](#). Despite being very close to Kathmandu, the Langtang Region is high and wild as any of the Tibetan highlands with tranquil rural landscapes that warm the heart. The local folks who live in the highlands of the Langtang region are surely Nepalese but most of them trace their roots to Tibet, they even look like the Tibetans. Because of this, Nepal's Langtang region is one of the most sought after trekking regions for those short on time and want to do a short trek from Kathmandu into the Himalayas with a special interest in Tibetan lifestyles. The fantastic reasons for a visit to this particular region are the varieties of rhododendron, dense bamboo forests, dancing waterfalls and close up views of the snowcapped Himalayas which all combine to make *Trekking the lovely Langtang Valley* one of the most dissimilar treks that are so close to ancient Kathmandu.

***The Langtang region is now becoming as popular as the Everest & Annapurna regions of Nepal...***

Encompassed by the icy glaciers originated from the almighty Himalayas, this region is also known as the Valley of Glaciers. Langtang Valley is surrounded by the mountain peaks of Langtang Lirung, Langtang Ri, Dorje Lakpa, Langshisa Ri and Langtang Himal, and this makes it a prime destination for hiking. This region was once a prime route for trade & commerce with Tibet. We can explore Kyanjin Gomba which is believed to be the oldest Buddhist monastery of this region. In addition to this, we also get to visit a cheese factory and cheese produced from this factory is a well-known delicacy all over the country.

Our trip which begins from Kathmandu is about 7 hours drive to Syabrubesi – a Tamang Bazar. We haul up for a night at Syabrubesi & from the next day our real trekking begins as we hike by the banks of the Lantang River. The trail takes us up to Lama Hotel where we stay for a night. After then continue our walk, we will reach Lantang village and stay for a night. Langtang village is superbly rich in natural diversity and consequently, our trip widens out to reveal spectacular peaks, glaciers and rolling pastureland. We spend a night at Kyanjin Gomba and enjoy some sightseeing. We then return following the same route.

This route can be visited throughout the year. But the monsoon period is not too good, the trail becomes slippery and it's pretty risky. The best season to visit and capture the beauty of this route is from February to May in the spring season and from September to November in autumn. Doing Langtang valley does not require trekking experience as the altitudes are not all that high.

Check out our fixed itinerary for **Langtang Valley Trek** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 1: Arrival Kathmandu AM/PM**

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Langtang Valley Trek. You can then go for a stroll down the street to get familiar with the neighborhoods, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

### **Day 2: Kathmandu sightseeing and basic preparation for the Trip**

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring

cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

### **Day 3: Kathmandu to Syabrubesi 1,550m, drive 8 hrs**

After an early b/fast, we set out from Kathmandu for a 7-8 -hour scenic cruise down to Syabru Besi. This is a major village town and trading post for the people who stay in this region. The locals come down here to buy their essential commodities. After driving for something like 30 km, we approach pristine villages on the banks of the river Trishuli. We also get to view the enchanting panorama of the Himalaya, including the Annapurnas, Manaslu, Ganesh Himal and the well-known peaks of the Langtang region. Overnight at a lodge in Syabru Bensi with all meals inclusive.

### **Day 4: Trek from Syabrubesi to Lama Hotel (2380m) - 6/7 hrs trek :**

We Cross through the suspension bridge while heading precipitously along a stream. The River we are following is a lot of the Langtang River. We can enjoy our walk going through oak, rhododendron and bamboo forests. There is also a variety of wildlife in these forests: yellow-throated martens, wild boars, frisky langur monkeys, red pandas, and Himalayan black bears are some of them we are most likely to come across in this area. Overnight in Lama Hotel with all meals inclusive.

### **Day 5: Lama Hotel to Langtang Village 3430m - 6/7 hrs trek :**

Early morning after b/fast, we head from lama hotel to continue our ascent above the Langtang Khola. As the trail progresses, it becomes steeper. We have the most exotic sights of Langtang Lirung lying at 7,246 meters. The trail leads to a log bridge and on climbing further we come across lush meadows of Ghora Tabela at 3000m. We will see several lodges and a police check post. Further on, the route opens up into a wide valley of yak pastures and scattered Tamang villages with water-driven mills and prayer wheels. We arrive at Langtang valley after crossing a stream and reaching up a height of 3500 meters. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan style houses, hotels and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley, etc. this is a great place to haul up for the night with all meals on full board.

### **Day 6: Langtang Village to Kyanjing Gompa 3870m, 2/3 hrs Trek :**

We pass through the tiny village, stone-built houses and climb to a Chorten and pass a huge mani along a gentle path of a hill. The valley relocates to a U-shaped one as we enter into a level of riverbed. Today is pretty short walking; allowing time to acclimatize and explore our surroundings. This place is famous for cheese and curd. We could sample some. Overnight in Kyangjin Gompa with full board meals.

### **Day 7: Kyanjin Gompa exploration day**

We take a day off for acclimatization and proper rest. This is really good for our bodies. We get to explore interesting places like a nearby monastery, and a cheese factory, etc. We can climb Kyangjin Ri located at 4350m from where amazing views of snow-capped mountains lie wonderfully spread out right next to us. We can walk up the moraine to see the spectacular mountain ridges and undulating glaciers. We bunk out hereabouts for our overnight with all meals inclusive.

### **Day 8: Kyanjing Gompa to Lama Hotel - 5 hrs trek :**

After a healthy breakfast in the morning, we trek downhill to Lama Hotel. It is about 5 hours relaxed hiking at our pace, which goes through the beautiful green forest and ethnic Tamang settlements. Overnight at the lodge included full board meals.

### **Day 9: Lama Hotel to Syabrubesi 1400m, 5hrs :**

After a delicious hot breakfast, we leave the mountains behind us as our descent takes us at a gentle pace back to Syabru Bensi where our trek started a week earlier. Overnight at our guesthouse with all meals inclusive.

### **Day 10: Syabrubesi to Kathmandu - 8 hrs drive :**

After a hearty breakfast at our own pace, we pack up and get set for our drive to Kathmandu where the comforts of our hotel await us with a soft comfortable bed. Overnight in the valley of the gods or so they say...at our hotel in Kathmandu and a comfy soft bed.

### **Day 11: Back to home country**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Trip Includes:**

- All the airport and hotel transfer by tourist jeep/car.
- Kathmandu hotel accommodation as per the itinerary.
- Langtang National park entry fees and other essential permits
- Required long transportation to and from trekking point.
- An experienced equipped trekking guide.
- Required supporting porters for your luggage.
- Standard full board meals during the trekking. (breakfast / lunch / dinner)
- Best lodges twin sharing accommodation during the trek.

- One day Kathmandu valley sightseeing guided by a city tour guide.
- Farewell dinner in Kathmandu city after trip completion.

## **Trip Exclude:**

- Nepal visa which obtained at the airport on arrival {bring 4 copies passport size picture too}
- Alcoholic beverages, bottled mineral and hot/boiled water, soft drinks and snack foods
- Any personal medical or evacuation expenses incur and strongly recommend international Travel insurance which included rescue
- Riding horse along the trek
- Extra night hotel in Kathmandu
- Tips to staffs
- Lunch and Dinner in Kathmandu Hotel