



Langtang valley Trek (8 Days)

LANGTANG & HELAMBU REGION

8 Days

DURATION

Moderate

DIFFICULTY

USD \$970

FROM (PER PERSON)

QUICK FACTS

Duration	8 days	Trip Difficulty	Moderate
Activities	Trekking	Accommodation	Tea House /Guest House
Meals	Breakfas, Lunch and Dinner	Max Elevation	4,984 meters (16,352 feet)
Group Size	2-24	Best Time	Autumn (September to November) Spring (March to May)

TRIP HIGHLIGHTS

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OVERVIEW

The Langtang Valley Trek is a beautiful and relatively short trek in the Langtang region of Nepal. Known for its stunning mountain views, diverse flora and fauna, and rich Tamang culture, this trek is a great option for those with limited time. Embark on the Langtang valley trek, a journey of breathtaking landscapes and heartwarming hospitality. Starting from the charming town of Syabru Besi, you'll wander through lush forests, past ancient monasteries, and up to the high alpine meadows of Kyangjin Gumpa. As you trek, you'll be greeted by stunning views of valleys and glaciers, with each step revealing new wonders of nature. Take a moment to breathe in the crisp mountain air and savor the beauty that surrounds you. Along the way, immerse yourself in the rich culture of the Tamang people, whose unique architecture and traditions reflect their deep connection to the land. And don't forget to indulge in the warm hospitality of the tea houses, where every smile is a reminder of the kindness that binds us all. After reaching the summit of Kyanjin RI peak and taking in the panoramic views of the Himalayas, you'll retrace your steps back down the valley, carrying with you memories of a journey that touched your soul and left you forever changed.

The Short Langtang Valley Trek is an 8-day adventure that takes you deep into the heart of the Himalayas. This trek offers a perfect blend of stunning landscapes, rich cultural experiences, and accessible trekking routes, making it ideal for those seeking a compact yet enriching Himalayan journey. Experience the beauty and culture of the Langtang region, renowned for its breathtaking mountain views, diverse flora and fauna, and warm hospitality of the local Tamang communities.

DAY-BY-DAY ITINERARY

DAY 1 **Arrival in Kathmandu**

- Max. Altitude:** 1,324 meters (4,344 feet)
- Trekking Distance:** 5
- Duration:** 30 min
- Overnight:** Hotel in kathmandu
- Meals:** Breakfast and Bed

Arrival in kathmandu nepal and our Pure Sherpa representative will welcome you at Kathmandu airport and transfer to your hotel the rest of time, you will investigate this captivating Kathmandu city at evening our guide will visit you to concise direction about the trek. You can do the shopping and purchase your vital trekking riggings close to the city. Finally, you will meet with the gathering for an appreciated supper at a neighborhood café.

DAY 2 **Drive from Kathmandu to Syabrubesi**

- Max. Altitude:** 1,550 m (5,085 ft)
- Trekking Distance:** approximately 122 km (76 miles)
- Duration:** 6-7 Hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

We will drive by private jeep for approximately 6 to 7 hours. This is a scenic drive through the Trishuli River Valley, terraced hills, and rural villages. Lunch and tea will be provided for you on the way. On the same day, you will arrive at Syabrubesi, the gateway to Langtang Valley. You will stay at a guest house in Syabrubesi where you will be provided with basic necessities at 1,540 meters.

DAY 3 **Syabrubesi to Bamboo Trek**

- Max. Altitude:** 1,970 m (6,463 ft)
- Trekking Distance:** Approximately 13 km
- Duration:** About 5-6 hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

After a continuous journey, we will reach the destination after 6 hours of continuous trekking. This time includes lunch and tea. We will reach our destination by following the path of the Langtang River through dense forests of oak and rhododendron. We will cross suspension bridges and small settlements during this gradual ascent with beautiful mountain views. We will stay at a bamboo guesthouse at 1,950 meters.

DAY 4 **Trek from Bamboo to Kyanjin Gompa**

- Max. Altitude:** (3,870 m/12,697 ft),
- Trekking Distance:** Approx. 18 km
- Duration:** About 6-7 hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

After breakfast, we will reach our destination in about 6 to 7 hours of hiking. We will reach Kyanjin Gompa via Rimche, Ghodatabela, and Langtang villages. You will spend the day in a scenic manner enjoying the views of Langtang Lirung and surrounding peaks. We reach Kyanjin Gompa in the afternoon. After breakfast, we will do a short acclimatization trek around the same village. We will spend the night at the guesthouse in Kyanjin Gompa which is at an altitude of 3,870 meters.

DAY 5 **Exploration Day - Kyanjin Gumpa and Langtang Valley**

- Max. Altitude:** Kyanjin Ri: 4,773 m (15,659 ft) above sea level.
- Trekking Distance:** Approx. 3–4 km round trip
- Duration:** 3–5 hours for a typical exploration day.
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

After Breakfast this morning, we will take a morning walk to Kyanjin Ri or a nearby viewpoint for panoramic mountain views. You will visit ancient monasteries and local yak cheese factories. We will explore the Langtang Valley surroundings while you relax and acclimatize. We will spend the night at the guesthouse at the same place in Kyanjin Gumpa at 3,870 meters.

DAY 6 **Descend from Kyanjin to Ghode Tabela**

- Max. Altitude:** (3,030 m/9,941 ft)
- Trekking Distance:** Approx. 15 km
- Duration:** Approx 5–6 hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

The morning walk starts from Kyanjin to Ghode Tabela. We descend and start the trek back down the Langtang Valley. After a leisurely 3 to 4-hour hike, we will reach Ghode Tabela. You will pass through the forest filled with the scenic beauty of alpine landscapes. We will stay overnight at the guesthouse at Ghode Tabela at 2,920 meters.

DAY 7 **Trek from Ghode Tabela to Syabrubesi**

- Max. Altitude:** (3,030 m/9,941 ft)
- Trekking Distance:** Approx. 15 km
- Duration:** Approx 5–6 hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

After breakfast, we will start the trek and will reach Syabrubesi in about 6 to 7 hours, which includes lunch and tea. This is a long descent through forests, rivers, and villages. We will celebrate the end of our trek with our fellow trekkers during the evening trek that day. We stay overnight at a guesthouse in Syabrubesi where the altitude is 1,540 meters.

DAY 8 **Drive from Syabrubesi to Kathmandu**

- Max. Altitude:** 1,400 meters (4,593 feet)
- Trekking Distance:** Approx. 120 km
- Duration:** 6–7 hours
- Overnight:** Hotel in kathmandu
- Meals:** Breakfast Bed

We will travel by local shared jeep from Syabrubesi to Kathmandu, a scenic journey of approximately 6-7 hours through mountain roads, green hills, rivers, and rural villages. Upon arrival in Kathmandu, we will transfer you to your hotel for a well-deserved rest.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation
+ Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
+ Accommodation during the trek
Food & Meals
+ All meals during the trek (breakfasts, lunches, and dinners)
+ Farewell dinner in Kathmandu
Guides & Porters
+ Government-licensed trekking guide
+ Porters for trekkers’ luggage (1 porter for every 2 trekkers)
+ Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment
Permits & Government Fees
+ Langtang National Park entry fee
+ Trekkers’ Information Management System (TIMS) card fee
+ All government and local taxes
Safety & Emergency Support
+ Rescue operation arrangements in case of complicated health conditions (expenses covered by the traveler’s insurance)

FREQUENTLY ASKED QUESTIONS

GUIDE FOR LANGTANG VALLEY TREK

How to trek to Langtang valley?

To trek to the Langtang Valley, start from Kathmandu and travel by bus or private jeep to Syabrubesi it takes (7-9 hours). From Kathmandu to get there, you will trek through forests and Tamang villages up to Kyanjin Gompa, with a side hike to Tserko Ri for mountain views. You need to take permits from langtang national park and make TIMS (Trekking Information Management System) card from Nepal Tourism Board) Need Basic gear warm jackets trekking boots, pole and trekking guide or porter.

Where to start langtang valley trek?

The Langtang Valley trek starts from Syabrubesi, which you reach by a 7-9 hour drive from Kathmandu by private jeep or bus

How do I get from Kathmandu to Langtang?

To reach the Langtang Valley from Kathmandu, take a bus or jeep to Syabrubesi from Kathmandu it takes about (7-9 hours) to get at Syabrubesi then nest day trek through villages and forests to Kyanjin Gompa and nearby viewpoints like Tserko Ri.

How long is the langtang valley trek?

The Langtang Valley trek usually takes 7-10 days. You travel from Kathmandu to Syabrubesi, then trek up to Kyanjin Gompa and nearby viewpoints like Tserko Ri before returning. But if you wants to pass Gosaikunda Lake it takes more 4 days. The Langtang Valley trek usually takes 7-10 days from Kathmandu to Kyanjin Gompa and back, including optional hikes like Tserko Ri. If you extend the route to include Gosaikunda Lake, it takes about 4 extra days. 7-10 days (Langtang only), ~11-14 days (with Gosaikunda).

What is the highest point of the langtang trek?

Definitely the highest point of the Langtang Valley trek is Tserko Ri (about 4,984 m 16,352 ft) while another popular viewpoint is Kyanjin Ri (around 4,773 m 15,659 feet), both reached from Kyanjin Gumpa. Tserko Ri is the highest point (~4,984 m 16,352 feet)

How high is Kyanjin Ri?

Kyanjin Ri is about 4,773 meters ($\approx$ 15,659 feet) high and it is one of the most popular viewpoints in the langtang, offering stunning and spectacular moutains views above Kyanjin Gumpa

PERMITS

Do you need a permit for the Langtang trek?

Yes, you must need to take permits for the Langtang trek.

How much is a hiking pass in Langtang?

The Langtang Valley Trek is a short to moderate trek covering about 70–80 km round trip (around 39 km one way), and up to 85 km with side hikes like Kyanjin Ri or Tserko Ri. It usually takes 6–8 days, with daily walks of 8–12 km, starting from Syabrubesi to Kyanjin Gumpa and back. This trail is considered to be a bit easier and faster than other trails.

Can you hike Langtang without a guide?

No, As of April 2023, you can no longer trek solo in Langtang National Park. All foreign trekkers are now required to go with a licensed guide and arrange their trip through a registered trekking agency—mainly to improve safety, manage risks like altitude sickness, and support local communities.

Can you do the Langtang Trek solo?

Yes, you can still enjoy the Langtang Valley Trek on your own pace, but fully solo trekking isn't allowed anymore. As per 2023 rules, you must go with a licensed holder Sherpa trekking guide or porter-guide, so while it's not completely independent, you still get a flexible and personal trekking experience. Because many foreign tourists get lost and fall off cliffs, the local government has also raised the need for guides, so the Nepal Tourism Board and the Ministry of Tourism have decided to make the provision of guides mandatory.

How much does a guide cost in the Langtang trek?

A licensed guide for the Langtang Valley Trek typically costs \$30–35 USD per day. This usually covers their salary, food, accommodation, and insurance, but it's always best to confirm the details with your trekking agency. But this much money can't cover everything. This is his minimum daily wage, but other guides who speak foreign languages charge more than this daily.

SAFETY

Is the Langtang Valley trek safe?

The Langtang Valley Trek is generally safe if you're well prepared. It's a popular trail with tea houses and regular trekkers, making it easier than many remote Himalayan routes Still, you should watch out for altitude sickness, changing weather, cold conditions, and monsoon landslides, since it's a remote mountain area if you are travelling in monsoon season. We highly suggest you to take licensed holder Sherpa trekking guide, proper acclimatization, and basic care, Langtang is a safe and rewarding trek.

PREPARATION AND PACKING

Is Langtang Valley Trek difficult?

The Langtang Valley Trek is a moderate level trek. It involves 5–7 hours of walking daily it includes lunch and tea break, uphill climbs, and high altitude, but no technical skills are needed. But average fitness and good preparation.

What is the difficulty level of the Langtang trek?

The Langtang Valley Trek is a moderate level trek. It involves 5–7 hours of walking daily it includes lunch and tea break, uphill climbs, and high altitude, but no technical skills are needed. But average fitness and good preparation.

Is Langtang Trek suitable for beginners?

The Langtang Valley Trek is a moderate trek suitable for fit beginners. It involves daily walking, uphill climbs, and high altitude, but no technical skills are needed. The trail also has forests, trees, and vegetation, which help make the environment feel more comfortable and easier to breathe compared to higher, more exposed Himalayan routes. We have experience taking people from as young as five years old to as old as 80 years old on our journeys.

Which month is best for Langtang Trek?

The best time for the Langtang Valley Trek is during autumn (September–November) spring (March–May) and spring (Mar–May): Clear skies, blooming rhododendrons, pleasant weather Autumn (Sep–Nov): Best views, stable weather, and ideal trekking conditionsNote: March–May and September–November are also the best months for Langtang trekking.

CULTURAL AND SOCIAL ASPECTS

What is the culture of the Langtang Valley?

There is a majority of Tamang people, mainly Buddhists. Most of their cultures are similar to Tibetan culture. Dumji, Dukpa Chheji and Lhosar are celebrated as the main festivals there. Tamang are Tibetan Buddhist influenced. You’ll experience traditional mountain villages, monasteries, prayer flags, and a simple lifestyle closely connected to nature and spirituality.

What is the history of the Langtang Village?

The history of Langtang is linked to the ancient Tamang heritage and the Langtang Valley is home to the ethnic Tamang people, especially of Tibetan origin. The people here are deeply connected to Tibetan culture, who settled there centuries ago and built a life based on yak herding, farming and Buddhism. It is estimated that tourists have been coming there for about 70 years. At the same time, people there are now engaged in the management of tourist hotels and lodges. A major turning point came in 2015, when a devastating earthquake triggered a massivelandslide that devastated the village of Langtang, killing more than 300 people. The village hasbeen rebuilt with the community showing strong resilience and determination to recover.