

Just a few hours north of Kathmandu, the Langtang Valley offers everything many travellers dream of when they picture the Himalayas: towering mountain peaks, glacial valleys, peaceful forests, colourful prayer flags, and welcoming mountain communities.

Often overshadowed by Everest and Annapurna, Langtang remains one of Nepal's quieter trekking regions. The trail winds through rhododendron and bamboo forests, follows rushing mountain rivers, and climbs into alpine landscapes where yaks graze beneath the towering peak of Langtang Lirung.

Along the way, you'll spend time in traditional Tamang villages, where Tibetan Buddhist culture has shaped daily life for generations. Visit monasteries, spin prayer wheels, sample locally made yak cheese in Kyanjin Gomba, and enjoy spectacular views from optional hikes to Kyanjin Ri or Tserko Ri.

With moderate trekking days and easy access from Kathmandu, the Langtang Valley Trek is an excellent choice for first-time Himalayan trekkers as well as experienced hikers seeking a less-crowded mountain adventure.

Day Itinerary

Day 1 | Welcome to Kathmandu

Arrive in Nepal's capital and Transfer to hotel. If time allows, explore Kathmandu before enjoying a welcome dinner.

Day 2 | Prepare for the Trek

This day is reserved for final preparations, permits, and relaxing before heading into the mountains.

Day 3 | Kathmandu to Syabrubesi

Drive approximately 7-8 hours through Nepal's hill country to Syabrubesi, the gateway to the Langtang Valley.

Day 4 | Trek to Lama Hotel

Begin trekking through terraced farmland before entering forests of oak, maple, and bamboo. Cross the Langtang Khola and continue climbing to Lama Hotel.

Day 5 | Lama Hotel to Langtang Village

Continue through beautiful forests before the valley opens into wide alpine meadows with your first spectacular views of Langtang Lirung. overnight at Langtang village.

Day 6 | Langtang Village to Kyanjin Gomba

Enjoy a shorter trekking day through yak pastures to Kyanjin Gomba. Visit the local yak cheese factory and admire the surrounding glaciers and Himalayan peaks.

Day 7 | Explore Kyanjin Gomba

Spend the day acclimatizing with an optional hike to Kyanjin Ri or Tserko Ri for panoramic views across the Langtang Himalaya.

Day 8 | Trek to Ghoda Tabela or Lama hotel

Retrace your steps through the valley, descending past alpine meadows and forests to Ghoda Tabela.

Day 9 | Return to Syabrubesi

Complete your final day of trekking as you return to Syabrubesi.

Day 10 | Drive to Kathmandu

Travel back to Kathmandu and enjoy your final evening in Nepal — or prepare for an add-on phase, like a volunteer trip, touring Kathmandu.

Day 11 | Departure

After breakfast, transfer to the airport for your onward journey.

☐ Inclusions

Airport transfers

3 nights' accommodation in Kathmandu

Mountain teahouse accommodation during the trek

Breakfast, lunch, and dinner throughout the trek

Experienced English-speaking trekking guide/

Porter services

Guide and porter insurance

Private ground transportation

Langtang National Park permit

TIMS (Trekkers' Information Management System) card

☐ Not Included

International flights

Nepal tourist visa

Meals in Kathmandu (unless specified)

Travel insurance (essential)

Personal trekking equipment (sleeping bag, jacket, trekking poles, etc.)

Emergency rescue or evacuation

Additional private transportation

Soft drinks, bottled water, and alcoholic beverages

Personal expenses, WIFI charges

Tips for guides and porters (optional but appreciated)

□ Price

\$1,200 USD for 1-2 pax

Discounts available for groups of 5+

□ Good to Know

Note: Interested in other Nepal treks like Everest, Manaslu or Annapurna? message me(narba2008@gmail.com) for a quote.

Duration: 11 days

Route: Kathmandu → Syabrubesi → Langtang Valley → Kyanjin Gompa → Kathmandu

Difficulty: Moderate

Maximum altitude: 3,850 m (Kyanjin Gompa)

Accommodation: Hotel in Kathmandu and Lodge and Teahouses during trekking

Suitable for: Active Traveller with a good level of fitness. Previous trekking experience is helpful but not essential.

Best time to visit: March-May and September-Early December for the clearest mountain views and most stable weather.

Equipment: Good-quality hiking shoes or boots, a sleeping bag, and cold-weather hiking clothes are required. If you'd like to rent anything, advise us and your guide will help you before the trek.