



## Trip Facts

**Price:** USD 1099

**Duration:** 11 days

**Trip Profile:** Langtang Valley Trek

**Geography:** Mountain/Hills/Forests/Valley

**Location:** Rasuwa

**Max Altitude:** 4,984m

**Accommodation:** Hotel/Tea house/Lodge

**Meals:** All meals included during the trekking

**Religious:** Buddhism

**Ethnic People:** Sherpa

**Transportation:** Tourist bus/Private vehicle

**Group Size:** 01-10 Pax

## Highlights

- Visit the Langtang valley and enjoy the panoramic views of snowcapped mountains
- Observe the culture, tradition, and lifestyle of Tamang people living in the mountains
- Visit the world heritage sites in the Kathmandu valley

## Overview

**Langtang Valley Trek** is an easy yet adventurous trek that offers you majestic panoramic



views of Langtang ranges with the other Himalayas. The trek takes you through Langtang National park and you get to admire the natural beauty of the mountain region. This trek by the [Himalaya Land Treks](#) offers you the experience of trekking in the mountain region, getting to know the lifestyle of people living there. The trek consists of a total of 11 days including your arrival and departure.

## Major Attractions In Langtang Valley Trek

### Kathmandu city

Kathmandu valley is rich in cultural heritage. Ancient tradition can be seen in the form of art in these heritage sites. Here you visit some of the famous world heritage sites in the Kathmandu valley like Pashupatinath, Boudhanath, Swayambhunath, and Durbar Squares of Kathmandu city and Bhaktapur.

### Langtang Valley

The village has Tibetan-style houses and you get to see small farms. Also known as "**The Valley of Glaciers**", the Langtang valley is a cornucopia of natural treasures and Himalayan beauty. The Langtang Lirung towers over the valley and gives it a wonderful sense of enchantment. Beneath the Langtang Lirung is located a famous Buddhist monastery - Kyanjin Gumpa. The region is famous for the local cheese factory. You can visit the cheese factory and taste the cheese and curd made from Yak milk. This valley is blessed with many natural resources and pristine beauty.

### Ethnic villages

In these 11 days Langtang Valley Trek, you get to explore many ethnic villages. You will visit the Tamang villages and get welcomed with the warm gesture of the Tamang community. The unique traditions, art, and practices of Tibetan Buddhism are mystical and fascinating. The one who wants to learn the cultural ethnicity and native tradition this trek is the best option.



## Langtang National Park

The Langtang valley trek route takes you to the vegetation-rich Langtang National Park. This national park is home to many endangered species of animals like the Red Panda and the Himalayan Thar and the Musk Deer. You can also explore various species of flora. Also, you can spot many plants of herbal importance.

## Best time for Langtang Valley trek

The best time to do the Langtang Valley trek is during spring (March-May) and autumn (September-early December). These seasons present mild and stable weather, clear mountain views, and the picturesque natural beauty that makes it perfect for trekking. Monsoon makes the trekking route slippery whereas winter is too cold. Views are also not so clear during this season. This is why winter and monsoon are not preferred.

## Alternative packages

If this trek package seems too long for you and wants to access an equally adventurous trek in a short period then you can access it through the next trek package from the following link [Helambu Trek](#). For those who want to access a more adventurous trek than this, please go through the following link [Ganesh Himal Trek](#), [Langtang Gosaikunda trek](#). If you want to access a simpler route and learn more about ethnic culture then you can simply go to the following link [Tamang Heritage Trek](#). Beside from these mentioned packages, we have a lot of more adventure and exciting packages in our site, do not forget to check them in [trekking in Nepal](#). Never know, one of our carefully revised itinerary convinced you to travel in Nepal.

At Himalaya Land Treks, we provide you with the necessary services for this trek. We have good transportation and accommodation facilities as per your need. We also provide you with expert guidance and porters. The passes and permissions for some places will also be managed.



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m/4265ft)

**Accommodation:** Overnight at 3 star Hotel

You land at Tribhuvan International Airport, you'll be welcomed by a Himalaya Land Treks' representative and they will drive you to the hotel. You check into the hotel and then freshen up. After refreshing, you will meet the tour guide and will have an orientation about the trek. You can prepare for the trek and then go for shopping to buy the essential goods and stuff. You'll have a nice dinner and take the rest. Overnight stay in Kathmandu valley.

### Day 2: Kathmandu Valley full day Sightseeing.

**Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

After early breakfast, you'll head to the famous world heritage sites located in Kathmandu valley. You will go to Durbar Squares in three cities in Kathmandu valley, Swayambhunath, Boudhanath Shrine, and Pashupatinath. You'll get a brief knowledge about the history of Kathmandu valley and Nepal as a whole after sightseeing in the valley. Overnight stay in Kathmandu.

### Day 3: Drive from Kathmandu to Sybrubensi (1503m/4931ft) 6-7 hrs.

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Your trek starts as you drive from Kathmandu to Sybrubensi, north-west to Kathmandu. It is a small village and the starting point of the trek. You can also enjoy the views of hillock, rivers, and villages during the drive. Trishuli Bazaar, Betrawati, and Dhunche are some famous places you reach before stopping at Sybrubensi. You get nice scenery of mountains Ganesh Himal range on the drive to Sybrubensi. Overnight stay in Sybrubensi.

### Day 4: Trek from Sybrubensi to Lama Hotel (2410m/7907ft) 6-7 hrs.

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The official trek starts this day as you head towards Lama Hotel from Sybrubensi. You cross the Bote Koshi River. You'll visit a Gumpa of Guru Rinpoche and then follow a stone-paved trail along the Langtang River. You cross a suspension bridge and trek through the sub-tropical



forest of oak, pine, fir, rhododendron, etc. After a long walk, you'll gently ascend to Rimche and then stop at Lama Hotel. Overnight stay in Lama Hotel.

## **Day 5: Trek from Lama Hotel to Langtang valley (3430m/11253ft) 6 hrs.**

**Walking hr:** 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Next, you'll start towards Langtang valley from Lama Hotel. The trek starts with a gentle climb and soon the trail becomes steeper and you will climb through wild forests above the Langtang River. Along with the climb, you'll be able to view the Langtang Lirung (7244 m). You cross Ghodabela and pass some Tamang villages, streams, water-driven mills, and prayer hills as you trek towards Langtang village. Overnight stay in Langtang valley.

## **Day 6: Trek from Langtang valley to Kyanjin Gompa (3870m/12697ft) 4 hrs.**

**Walking hr:** 4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Continuing on the trail through the village you climb gradually past a Mani wall, crossing a stream and stopping at Mundu village. You continue your trek and cross several streams with wooden bridges and moraines. At this moment, you'll see a glimpse of Kyanjin Gompa and the beautiful icefall flowing from Langtang Lirung and Kinshung ranges. You get beautiful panoramic views of Langtang Lirung (7227 m), Kyanjin Ri (4773 m), Ganja La (5160 m), Dorje Lakpa (6966 m) and many other snowy peaks. Overnight stay in Kyanjin Gompa.

## **Day 7: Acclimatization day and exploration of Tserko Ri (4984m/16352ft)**

**Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You take a day for acclimatization and you'll visit the Gompa, cheese factory and also walk up to the moraines to see the views of glaciers and snowy peaks. You can also hike to Kyanjin Ri (4773m) and Tserko Ri (4984m) which are the highest points of this trek. From those points, you can get a view of Langtang ranges, Langtang Lirung, and other mountains. Another option is a trek to Langshisha Kharka and other small uninhabited valleys. After the day's exploration, you return to Kyanjin Gompa. Overnight stay in Kyanjin Gompa.

## **Day 8: Trek back from Kyanjin Gompa to Lama Hotel (2410m/7907ft) 7 hrs.**



**Walking hr:** 7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From this day, you retrace your way back to Sybrubensi. This day, you head down to Lama Hotel from Kyanjin Gompa. First, you trek to Langtang valley then after lunch you continue to Lama Hotel. Along with the views of the snowcapped mountains in Langtang ranges, you follow the same trail along the Langtang River. Overnight stay in Lama Hotel.

## **Day 9: Trek back from Lama Hotel to Sybrubensi (1503m/4931ft) 5-6hrs.**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you head to Sybrubensi and this is the last day of the trek. The trails mostly head downhill through lush green vegetation. You also get to enjoy the view of the mountains and green hills. Along the trail, you can get to explore Tamang village and observe their lifestyle, culture, and traditions. Walking through the rising and falling path, you reach Sybrubensi. Overnight stay in Sybrubensi.

## **Day 10: Drive back to Kathmandu (1300m/4265ft) 6 - 7 hrs. | Farewell Dinner**

**Walking hr:** 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

From Sybrubensi you'll return to Kathmandu on a scenic drive. The road passes streams, rivers, small settlements, high hills and goes along the Trishuli River. After you return to Kathmandu, you'll go to the hotel and have a farewell dinner hosted by the Himalaya Land Treks. You can enjoy some evening time strolling around the street near to the hotel. Overnight stay in Kathmandu.

## **Day 11: Departure day**

**Meal:** Breakfast

If you have a scheduled flight back to your home, you'll be dropped to Tribhuvan International Airport. You can also go on other trek and tours if interested.

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## **Trip Cost Includes**

- Airport picks up and drops off, upon arrival and departure.

- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- Full day city tour in Kathmandu by a private vehicle.
- City entrance fee.
- Kathmandu-Syabrubesi-Kathmandu by public bus
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

## Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.



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- Tip for guide, porter, and drivers.