Langtang Helambu Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3430m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,090 per person**

Day-by-day itinerary

Day 1 : Arrival In Kathmandu (1400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Permit and Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparation and permit processing for Langtang National Park. You may explore Kathmandu’s cultural heritage sites, organize trekking gear, or relax before heading into the mountains. Your guide will provide a full briefing about the route, safety, and expectations for the trek.

Day 3 : Trek from Syabrubesi to Lama Hotel (2,400m)

Altitude: 1,460m – 2,400m

Walk: 4–5 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Begin trekking through dense pine and rhododendron forests following the Langtang River upstream. The trail is well-maintained with gentle ascents and occasional steep sections. Cross suspension bridges and pass small rural settlements surrounded by lush greenery and mountain streams.

Day 4 : Trek from Lama Hotel to Langtang Village (3,430m)

Altitude: 2,400m – 3,430m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail gradually climbs into alpine meadows and yak grazing lands. As you gain altitude, panoramic views of Langtang Lirung begin to dominate the skyline.

Day 5 : Acclimatization Day in Langtang Village (3,430m)

Altitude: 3,430m – 3,430m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Activity Duration: 3–5 hours (optional hikes)

Spend the day acclimatizing with short hikes around the village. Explore nearby monasteries, hamlets, and viewpoints while learning about Tamang Buddhist culture. This rest day helps your body adjust to higher altitude conditions.

Day 6 : Trek from Langtang Village to Thulo Syabru (2,350m)

Altitude: 3,430m – 2,350m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Descend through forests, pastures, and scattered settlements, gradually transitioning from alpine terrain to greener lower hills. Thulo Syabru is a culturally rich Tamang village known for its hospitality and traditional lifestyle.

Day 7 : Trek from Thulo Syabru to Kutumsang (2,810m)

Altitude: 2,350m – 2,810m

Walk: 5 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail ascends through rhododendron forests, terraced fields, and remote villages. Along the way, experience Sherpa and Hyolmo culture with prayer flags, stone houses, and small monasteries.

Day 8 : Trek from Kutumsang to Sermathang (2,650m)

Altitude: 2,810m – 2,650m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A relatively easier day through forested ridges and open meadows. Sermathang is a charming village known for orchards, clean surroundings, and Helambu cultural heritage. Enjoy a relaxed afternoon in this scenic hill settlement.

Day 9 : Trek to Melamchi Pul Bazaar, Drive to Kathmandu (1,400m)

Altitude: 2,650m – 1,540m – 1,400m

Walk: 4–5 hours · Stay: Hotel · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 6–7 hours

Descend through forests, farmland, and rural villages to Melamchi Pul Bazaar. From here, drive back to Kathmandu through scenic river valleys and hillside roads. Arrive in the city and transfer to your hotel for rest.

Day 10 : Free Day or Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

Enjoy a free day in Kathmandu for sightseeing or relaxation. Visit UNESCO sites like Pashupatinath Temple, Boudhanath Stupa, or Durbar Squares, or shop in Thamel for souvenirs

Alternatively, transfer to Tribhuvan International Airport for your onward journey.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival In Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 2 · Trek Permit and Preparation Day in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 3 · Trek from Syabrubesi to Lama Hotel · 1,460 m · day 22°C / night 13°C
- Day 4 · Trek from Lama Hotel to Langtang Village · 2,400 m · day 17°C / night 7°C
- Day 5 · Acclimatization Day in Langtang Village · 3,430 m · day 12°C / night 0°C
- Day 6 · Trek from Langtang Village to Thulo Syabru · 3,430 m · day 12°C / night 0°C
- Day 7 · Trek from Thulo Syabru to Kutumsang · 2,350 m · day 17°C / night 7°C
- Day 8 · Trek from Kutumsang to Sermathang · 2,810 m · day 15°C / night 4°C
- Day 9 · Trek to Melamchi Pul Bazaar, Drive to Kathmandu · 2,650 m · day 16°C / night 5°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Langtang National Park entry permits.
- Local Government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/langtang-helambu-trek/

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