Langtang Valley Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**11 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3870m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,190 per person**

Trip overview

The Langtang Valley Trek is one of Nepal's most underrated yet captivating trekking experiences. Situated just north of Kathmandu, this moderate trek offers a unique combination of natural beauty, Himalayan panoramas, rich Tamang culture, and peaceful trails. Nestled within Langtang National Park, this region was once severely affected by the 2015 earthquake but has since been rejuvenated with stronger infrastructure and vibrant community spirit. If you're seeking a rewarding Himalayan journey without the congestion of Everest or Annapurna, Langtang is your perfect match.

The Langtang trek consistently receives positive feedback from both guided groups and independent trekkers. With an average rating of 4.7/5 stars on platforms like TripAdvisor, Google Reviews, and trekking blogs, it is praised for its blend of accessibility, cultural immersion, and breathtaking mountain scenery.

Many hikers mention that Langtang provides a more intimate experience than Nepal's busier routes. The trail is less commercialized, allowing for deeper interaction with locals, more authentic encounters, and better appreciation of the landscape.

What trekkers are saying:

"Kyanjin Gompa and the climb to Tserko Ri were unforgettable."

"This trek feels authentic and spiritual – no crowds, just nature and culture."

"Fewer tourists and more culture – perfect for a peaceful trek."

Another common point in reviews is the warmth of the Tamang people. Their hospitality, simplicity, and resilience post-earthquake leave a lasting impression on visitors.

Geography

The Langtang Valley is located within Langtang National Park, Nepal's first Himalayan national park, established in 1976. It borders Tibet, and the influence is clearly seen in both the landscape and culture.

The trek follows the Langtang Khola (River), which carves its way through lush green valleys and deep gorges before ascending into alpine meadows and glacial terrain. The area is a treasure trove of biodiversity, from dense forests of rhododendron and oak to endangered species like the red panda and

snow leopard.

Dominant Peaks in the Region:

• Langtang Lirung (7,227m) – the highest peak in the Langtang range

• Yala Peak (5,520m) – often climbed as a trekking peak

• Dorje Lakpa (6,966m) – visible from Kyanjin Gompa and the surrounding ridges

Though the 2015 earthquake devastated many parts of Langtang, the region has bounced back and is now considered safe and welcoming for trekkers, with new lodges and infrastructure developed in harmony with nature.

People and Culture

Langtang is not just about mountain views—it's also a window into the Tamang and Tibetan Buddhist way of life. The people here, descendants of Tibetan settlers, have preserved their customs and traditions for centuries. They speak the Tamang language, wear traditional clothing, and practice Tibetan Buddhism, which is evident in the prayer wheels, mani walls, chortens, and monasteries seen along the trail.

Cultural Highlights:

- Kyanjin Gompa: A revered monastery at 3,870 meters
- Yak herding & cheese-making: A livelihood that connects culture with landscape
- Local festivals: Like Losar (Tibetan New Year) and Buddhist ceremonies
- Handcrafted souvenirs: Woven baskets, wool products, and stone carvings

Staying in local teahouses gives trekkers the chance to enjoy home-cooked food, share stories with hosts, and gain a deeper understanding of the mountain way of life.

Highlights

- Drive to Syabrubesi through hills and river valleys
- Trek through rhododendron and bamboo forests
- Wildlife: red panda, Himalayan tahr, langur
- Stay at Kyanjin Gompa with mountain views
- Visit yak cheese factory
- Hike to Tserko Ri (4,984m) for sunrise view
- Views of Langtang Lirung and glaciers

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive in Kathmandu and transfer to your hotel in the lively Thamel area. Depending on your arrival time, you may explore the city's bustling streets, local markets, and cultural landmarks, or simply relax after your journey. In the evening, attend a trek briefing with your guide and prepare for your Langtang Valley adventure.

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

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is reserved for trek preparation and permit arrangements. Your guide will assist with obtaining the necessary Langtang National Park permits and checking your trekking gear. You may also use the day to shop for essentials, exchange currency, or visit UNESCO World Heritage Sites such as Boudhanath Stupa, Pashupatinath Temple, or Kathmandu Durbar Square.

Day 3 : Drive to Syabrubesi (1,460m)

Altitude: 1,400m – 1,460m

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

Drive Duration: 7–8 hours

Drive from Kathmandu to Syabrubesi, the gateway to the Langtang Valley Trek. The scenic drive passes through winding mountain roads, terraced farmlands, riverside villages, and beautiful hill landscapes. Upon arrival, settle into your guesthouse and prepare for the trek ahead.

Day 4 : Trek from Syabrubesi to Lama Hotel (2,470m)

Altitude: 1,460m – 2,470m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Begin trekking through lush subtropical forests alongside the Langtang River. The trail crosses suspension bridges and gradually ascends through bamboo and rhododendron forests where you may spot monkeys or local wildlife. Reach Lama Hotel, a peaceful stop surrounded by forested hills.

Day 5 : Trek from Lama Hotel to Langtang Village (3,430m)

Altitude: 2,470m – 3,430m

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

Continue trekking through dense forests before emerging into open alpine landscapes with spectacular mountain views. Pass traditional Tamang settlements and yak pastures before arriving at Langtang Village, beautifully set beneath the towering Langtang Himal range.

Day 6 : Trek from Langtang Village to Kyanjin Gompa (3,870m)

Altitude: 3,430m – 3,870m

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

A shorter trekking day leads you further into the upper Langtang Valley. Pass mani walls, prayer flags, and glacial streams before reaching Kyanjin Gompa, a famous Buddhist monastery surrounded by dramatic Himalayan peaks. Spend the afternoon exploring the village and nearby cheese factory.

Day 7 : Acclimatization & Exploration Day at Kyanjin Gompa (3,870m)

Altitude: 3,870m – 4,773m / 5,000m – 3,870m

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

Hike Duration: 5–7 hours

Spend a full day acclimatizing and exploring the surrounding highlands. Optional hikes include Kyanjin Ri (4,773m) or Tserko Ri (5,000m), both offering breathtaking panoramic views of Langtang Lirung, glaciers, and surrounding Himalayan peaks. Return to Kyanjin Gompa for overnight stay.

Day 8 : Trek from Kyanjin Gompa to Lama Hotel (2,470m)

Altitude: 3,870m – 2,470m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Retrace your route down the Langtang Valley, descending through alpine meadows, traditional villages, and dense forests. Enjoy the changing scenery and relaxing downhill trek back to Lama Hotel.

Day 9 : Trek from Lama Hotel to Syabrubesi (1,460m)

Altitude: 2,470m – 1,460m

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

Continue descending alongside the Langtang River through forests and charming mountain settlements. Arrive back at Syabrubesi where you can relax and celebrate the completion of your trek.

Day 10 : Drive Back to Kathmandu (1,400m)

Altitude: 1,460m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Drive back to Kathmandu along scenic mountain highways and river valleys. Upon arrival, transfer to your hotel and enjoy a free evening for shopping, dining, or relaxing in the city.

Day 11 : Final Departure from Kathmandu

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Transfer Duration: 30–45 minutes

Depending on your flight schedule, you may have time for last-minute shopping or sightseeing in Kathmandu before your airport transfer. Your Langtang Valley Trek concludes with unforgettable memories of Himalayan landscapes, mountain culture, and scenic trekking trails.

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 · Drive to Syabrubesi · 1,400 m · day 22°C / night 13°C
- Day 4 · Trek from Syabrubesi to Lama Hotel · 1,460 m · day 22°C / night 13°C
- Day 5 · Trek from Lama Hotel to Langtang Village · 2,470 m · day 17°C / night 6°C
- Day 6 · Trek from Langtang Village to Kyanjin Gompa · 3,430 m · day 12°C / night 0°C
- Day 7 · Acclimatization & Exploration Day at Kyanjin Gompa · 3,870 m · day 10°C / night -3°C
- Day 8 · Trek from Kyanjin Gompa to Lama Hotel · 3,870 m · day 10°C / night -3°C
- Day 9 · Trek from Lama Hotel to Syabrubesi · 2,470 m · day 17°C / night 6°C
- Day 10 · Drive Back to Kathmandu · 1,460 m · day 22°C / night 13°C
- Day 11 · Final Departure from Kathmandu · 1,400 m · day 22°C / night 13°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.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- 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, equipment’s & 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.

Dates & prices

- 02 Mar 2027 – 12 Mar 2027 · USD 1,190 · Available
- 16 Mar 2027 – 26 Mar 2027 · USD 1,190 · Available
- 06 Apr 2027 – 16 Apr 2027 · USD 1,190 · Available
- 20 Apr 2027 – 30 Apr 2027 · USD 1,190 · Available
- 04 May 2027 – 14 May 2027 · USD 1,190 · Available

Best time to visit

Best months: March–April and October–November. Langtang is close to Kathmandu and at its best in autumn and spring. Winter days are bright but nights are well below freezing; the monsoon brings rain and occasional landslides on the road to Syabrubesi.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)

- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in teahouses and mountain lodges along the entire route.

Lower sections such as Syabrubesi, Lama Hotel, and Langtang Village offer basic but comfortable lodges. Higher settlements near Kyanjin Gompa have simpler facilities due to altitude and remoteness.

Rooms are typically twin-sharing with basic bedding and shared bathrooms.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared and designed for trekking energy needs.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and Tibetan bread
- Tea, coffee, and hot beverages

Food variety becomes more limited at higher elevations.

Difficulty & Physical Requirements

The Langtang Valley Trek is classified as moderate, suitable for beginners with good fitness as well as experienced trekkers.

Daily trekking ranges from 5 to 7 hours, with steady ascents and well-defined mountain trails.

No technical climbing is required.

Permits

Required permits include:

- Langtang National Park Entry Permit
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by trekking agencies.

Best Season

- Spring (March–May): Rhododendron blooms and clear mountain views
- Autumn (September–November): Best weather and visibility
- Winter (December–February): Cold but scenic and peaceful
- Monsoon (June–August): Not recommended due to landslides and slippery trails

Transportation & Access

The trek begins with a drive from Kathmandu to Syabrubesi, the main gateway to the Langtang region.

From Syabrubesi, the trail follows the Langtang River valley through forests, villages, and alpine terrain toward Kyanjin Gompa.

Safety & Acclimatization

The Langtang Valley Trek involves moderate altitude, so gradual ascent is important.

Key safety considerations include:

- Steady altitude gain and rest stops
- Hydration and proper pacing
- Awareness of weather changes in alpine zones
- Basic altitude sickness precautions

Guides assist with navigation and safety management.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to at least 4,000m–5,000m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed guides are recommended for safety, cultural interpretation, and navigation.

Porters are available to carry luggage, making the trek more comfortable.

Cultural & Natural Highlights

The Langtang Valley Trek is rich in natural and cultural experiences:

- Stunning views of Langtang Lirung and surrounding peaks
- Traditional Tamang villages and Buddhist culture
- Beautiful forests of rhododendron and bamboo
- Glacial landscapes near Kyanjin Gompa
- Yak pastures and cheese factories
- Peaceful and less crowded trekking route
- Close proximity to Kathmandu
- One of Nepal’s most balanced trekking experiences

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots

- Layered clothing system
- Warm jacket for higher altitudes
- Waterproof jacket and trousers
- Gloves, hat, and sunglasses
- Trekking poles
- Daypack (30–40L)
- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in lower villages but becomes weak at higher elevations.

Wi-Fi is available in some teahouses, but connectivity is limited in upper Langtang Valley.

Why Choose the Langtang Valley Trek?

This trek is ideal for travelers seeking a short yet complete Himalayan experience:

- Close to Kathmandu and easy access
- Stunning Langtang Valley scenery
- Cultural immersion in Tamang villages
- Moderate difficulty suitable for many trekkers
- Less crowded than Everest and Annapurna routes
- Glacier and mountain viewpoints at Kyanjin Gompa
- Rich biodiversity within Langtang National Park
- Perfect introduction to Himalayan trekking

Frequently asked questions

How difficult is the Langtang Valley Trek?

The Langtang Valley Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Langtang Valley Trek?

For the Langtang & Helambu region the best months are March–April and October–November. Langtang is close to Kathmandu and at its best in autumn and spring. Winter days are bright but nights are well below freezing; the monsoon brings rain and occasional landslides on the road to Syabrubesi.

What permits do I need for the Langtang Valley Trek?

You need the Langtang National Park entry permit and the TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Langtang Valley Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Langtang Valley Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Langtang Valley Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Langtang Valley Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

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

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com