Langtang Valley Trek

Itinerary & costs · 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**

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.

Ready to book or have a question?

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

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