

Langtang Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Medium

Trip Style: Trekking

Food: Breakfast,Lunch,Dinner(BLD)

Accommodation: Budget Hotels & Mountain Lodges

Group Size: Min 2

Max Elevation: 4700M

Langtang Valley Trek, known to be the trek with a real heart is a well known hiking route in Nepal. This trek provides amazing views of the Himalayas, breathtaking scenery and unique cultural experience. For those with short in time and wish to see the beauty of the Himalayas, Langtang Valley Trek is definitely the one.

A typical Langtang Valley Trek lasts for 7-10 days covering around 60 - 70 Kilometer route. It's a journey through lush forests, traditional Tamang villages and high-altitude meadows that begins in Syabrubesi, which is a small town in the Langtang region. Along the trek, you'll come across varieties of plant and animal species, including Rhododendrons, pine trees, and even the rare red panda.

The highest point of the trek is Kyanjin Gumpa, a Buddhist monastery situated at an altitude of 3,870 meters. From here, you can enjoy panoramic views of the Langtang mountain range, including Langtang Lirung (7,227m), Gang Chhenpo (6,388m), and Dorje Lakpa (6,966m).



One of the highlights of the Langtang Valley Trek is the opportunity to immerse yourself in the local culture. The region is inhabited by Tamang and Sherpa communities who have their own unique traditions and lifestyle. You can visit traditional villages, interact with the locals, and learn about their customs and beliefs.

The best time to go on the Langtang Valley Trek is from September to November and from March to May when the weather is favorable and the skies are clear. However, it is also possible to do the trek in other months, but the weather can be unpredictable, and some parts of the trail may be closed due to snow.

Overall, the Langtang Valley Trek is an incredible adventure that offers a perfect combination of natural beauty, cultural immersion, and physical challenge.

Highlights

- Get immersed in the magnificence of one of the rare treasures; The Langtang National Park, which abodes abundant rare Himalayan flora and animals.
- Encounter the local Tamang and Sherpa people as you learn about their rich local culture, dialect, and heritage.
- Explore Kyanjin Gumpa, nestled against a stunning background of Himalayan peaks and surrounded by old chortens and freestanding prayer flags that sway in the breeze.
- The excursion takes you through lush yak pastures and allows you to photograph these scarce high-altitude Himalayan animals.
- From the renowned vantage point, Chorkari Ri, see a 360-degree vista of icy glaciers, Himalayan summits, and Tibetan summits (5050m)
- Be a part of sustainable travel in one of the most trekked regions in Nepal, offering you a spiritual and relaxing tour of the crowd-free Langtang valley.
- A paradise for the ones who seek to explore a desolated but freeing experience as the trail crosses several moraines and rivers to introduce you to the peaks in Langtang.

Day to Day Itinerary

Day 01: Arrive in Kathmandu

Day 02: Sightseeing around Kathmandu Valley

Day 03: Drive to Syabrubesi (1,550m/5,100ft): 7-8 hours

Day 04: Trek to Lama Hotel (2470m): 6 hours

Day 05: Trek from Lama Hotel to Langtang village (3,430m/11,253ft): 6-7 hours

Day 06: Langtang village to Kyanjin Gompa (3,870m/12,697ft): 4 hours

Day 07: Trek back to Lama Hotel (2,380m/7,830ft): 4-5 hours

Day 08: Trek back to Syabrubesi: 5 hours

Day 09: Drive back to Kathmandu

Day 10: Transfer to international airport for your final departure

Cost Includes

- Transportation to and from Tribhuvan Airport.
- Three nights in a tourist category hotel in Kathmandu.
- All transportation for the trek (Public Bus from KTM-SYABRUBESHI).
- Local guest house accommodation in mountain.
- Government-authorized, experienced guide and porters
- Langtang conservation area permit fee.
- TIMS card.
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- All equipment (sleeping bag, Duffle bag, trekking pole etc.)
- First Aid Kit
- Maps

- Service charge and government taxes
- Post-trek celebration dinner in Kathmandu

Cost Excludes

- International airfare,
- Meals in Kathmandu (besides breakfast)
- Your personal expenses, shopping, etc.
- All monuments fee during tour.
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e., cancellations, weather problems, damages of property, illness, etc.)