



info@naatatravels.com

Langtang Valley Trek

URL: <https://naatatravels.com/trip/langtang-valley-trek/>

Duration

11 Days

Per Person Cost

USD 889

Difficulty

Demanding

Group Size

2-16

Maximum Elevation

5033 meters

Accommodation

3-star hotel in Kathmandu and tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Highlights Of Langtang Valley Trek

You'll trek through the beautiful Langtang Valley and Langtang National Park.

Interact with local people and learn about their cultures and customs.

You can visit traditional Sherpa and Tamang communities along the route.

The trek offers breathtaking views of the Himalayan ranges, which include Langtang Lirung, Ganesh Himal, and Dorje Lakpa.

View the stunning Langtang Glacier, a vast sheet of ice from the Langtang Lirung.

You can visit Kyanjin Gumpa, a Buddhist monastery, and learn about Tibetan Buddhism.

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Langtang Valley Trek Overview

Langtang Valley Trek is one of the most pleasant short treks in Nepal. We begin our trip by visiting UNESCO World Heritage Sites in Kathmandu, followed by a drive to Syabrubesi. The drive to Syabrubesi via Dhunche is an enthralling drive with spectacular scenery. From Syabrubesi, we embark on trekking in the lower region of the [Langtang](#) Valley through small villages and farmlands. Further, we walk through verdant forests to Kyanjin Gomba.

Pleasure to Eyes: The east-west extended valley has spectacular alpine scenery that is a pleasure to the eyes. *We also climb Tserko Ri for mind-blowing sunrise views over the Langtang ranges.* Along our journey, we will also walk through Langtang National Park. Despite the rarity of spotting wildlife in a forest setting, here we get to spot some fascinating animals and birds like monkeys, musk deer, Pika, and the colorful Danphe, the national bird of Nepal.

Although wildlife is always challenging to spot in a forest, some fascinating animals and birds are here. *The peak of Langtang Lirung and the distinct culture of the famous ethnic group Tamang make this trek more authentic.* During the trek, we get to see the rich culture and unique people residing there. The region borders Tibet and was once an important trading route. Furthermore, this Langtang Valley Trek also takes us to the 'Langtang Village,' primarily affected by the devastating **April 2015 earthquake** that hit Nepal hard.

The 'Langtang Volunteering Trip' (trip) will be ideal if you want to travel purposefully. And if you are searching for a longer trek in the Langtang region, nothing would be as much as a '[Langtang, Helambu, and Gosaikunda trip](#).'

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport displaying a play card imprinted with your name. He/she will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during the dinner, introducing us to the country's food culture.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

After breakfast, we will have a pre-trip meeting, where you will be introduced to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day 8 hours: Drive from Kathmandu to Syabrubesi

We leave Kathmandu early in the morning for Syabrubesi, a small village on the foot of hills. The roads are rough in some sections, generally windy and narrow, but we pass by beautiful villages, and the scenery is also a treat. Syabrubesi is also the starting point of our trek into the Langtang Valley. We stay the night in Syabrubesi and prepare for the trek tomorrow.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1550 meters

Day : Trek from Syabrubesi to Lama Hotel

After breakfast, we begin our trek walking along the Langtang Khola. We then ascend and descend time and again through rhododendron and oak forests. We cross a bridge over Langtang Khola and climb a steep trail to Lama Hotel, where we stay the night.

Time:

6 hours

Accommodation

Hotel

Meals:

Breakfast , lunch and dinner

Altitude:

2380 meters

Day : Trek to Langtang Valley

We continue to ascend from Lama Hotel and come across ample waterfalls. As we reach the green meadows of Ghoda Tabela, the terrain opens up, and we can see the Langtang range. Our trail continues to climb up with the views of Langtang Khola to our right. After 2-3 hours of walking from Ghoda Tabela, we reach Langtang Valley, which the Tamang people inhabit. The night stay at Langtang Valley is a worthwhile one.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3543 meters

Day : Trek from Langtang to Kyanjin Gumpa

We start our walk to a famous monastery in the region, Kyanjin Gumpa. As we continue our walk, we will pass prayer wheels, watermills, hillocks, and mounds of rock with inscriptions carved on them. We also come across the largest mani wall in Nepal, made from stones with prayers written on them. We spend the rest of the day exploring Kyanjin Gumpa and the surrounding areas. We stayed the night near the Kyanjin Gumpa.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3870 meters

Day : Acclimatization and exploration of Tserko Ri

We spend the day acclimatizing to the high altitude and use the time to explore Tserko Ri, which stands at 5033 meters. From there, we can enjoy the views of Langtang Ri, Langtang Lirung, and Yala Peak. We return to Kyanjin Gumpa late in the afternoon and have time to explore the area further. We can also enjoy views of the Himalayas, glaciers, and grazing yaks.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5033 meters

Day : Trek from Kyanjin Gumpa to Lama Hotel

We start the day retracing the trail to Lama Hotel. We walk mostly downhill today and pass through Tamang villages. We stayed the night in the Lama Hotel.

Time:

6-7 hours

Accommodation

Hotel

Meals:

Breakfast, lunch and dinner

Day 8 hours: Trek from Lama hotel to Syabrubesi

Today, we begin the trek climbing up to the Rimche village, from where we descend the banks of Langtang Khola. The trail today is mostly easy till Bamboo. Cross another bridge, we come by the Pahare Hotel and a waterfall to reach Syabrubesi. We descend further to reach Syabru Besi, where we stay the night.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Day 8 hours: Drive to Kathmandu

We have breakfast and start the drive to Kathmandu. We take the same road back to Kathmandu. We have plenty of time to rest today. Naata Trek and Tours will host a THANK YOU farewell dinner in the evening.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day : Final departure

Our trip ends today, and an airport representative from Naata Trek and Tours will escort you to the international airport.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast and Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4

trekkers: 1 assistant guide)

- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu.
- Excess baggage charges.
- Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain. (due to any reason) than the scheduled itinerary
- Travel and rescue insurance.
- Personal expenses. (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section.

Additional Trip Information

Best Time for Langtang Trek

Autumn and spring are the best times to do Langtang Valley Trek for 11 days. The weather is steady, and the temperatures are proper for trekking during these seasons.

Autumn (September-November)

Autumn is the peak time for trekking in Langtang. The weather remains consistent, with little precipitation. The breathtaking mountain vistas and clear blue sky will mesmerize you. Daytime temperatures vary from around **10 to 15 degrees** Celsius. The clearest views of the mountains, along with limited rain, will make the hike a wonderful experience. Pre-booking food and accommodations facilities is essential since the routes may become busy.

Spring (March-May)

Spring is another peak season for an 11-day Langtang Valley Trek. *Daytime temperatures carry between 10 and 20 degrees Celsius.* In the spring, the whole area looks stunning. The hills are covered with rhododendron trees. Warm weather at lower elevations will make the trek enjoyable and comfortable.

You can easily trek the terrain with little rain or snow.

Trekking can be done all year, although it is more difficult in the offseason. *It is damp and humid during the summer/monsoon season.* The trails will be slippery, and landslides are likely in the region. The cold temperatures and heavy snowfall make winter challenging to trek. Off-season treks are great for trekkers who like to go in a peaceful, serene environment.

Langtang Valley Trek Difficulty

The Langtang Valley Trek is a moderate trekking adventure that involves several hours of hiking for many days. This trekking does not need prior experience; anyone of any age may complete it if they are mentally and physically prepared.

This 11-day Langtang Valley Trek is less strenuous than Nepal's other well-known treks, such as the [Everest Base Camp Trek](#), Annapurna Base Camp Trek, Annapurna Circuit Trek, and Manaslu Trek. There are no technical paths, and the trail consists of climbing up and down hills along a rugged trail through narrow and steep mountains. Various teahouses and lodges on the trekking trail allow convenient access to accommodation and food.

This trek requires essential physical fitness and a curiosity to explore new places. It is necessary to exercise regularly before your adventure to make it simpler. *You can also go for a day trek and do some uphill and downhill climbing.* It will help you prepare for the various terrains of the hiking trail.

Altitude sickness is the most common problem when traveling at high altitudes. It may happen to anybody, no matter their age or physical condition. Altitude sickness is still possible even while the Langtang Trek does not reach the same extreme height as the Everest ascent. Unpredictable weather and temperature conditions make this trek more challenging. It would help to learn about the destination's weather conditions before traveling for the finest experience.

Permits Required on The Trek

You must have a couple of permits for the Langtang Valley Trek to ensure your trip goes smoothly. These permits include the Langtang National Park Entry Permit and the TIMS card. *The Langtang National Park Entry Permit is crucial because it allows you to enter the protected park area.* This permit helps fund conservation efforts to keep the park beautiful and preserved.

The TIMS (Trekking Information Management System) card is designed to keep trekkers safe and informed. It provides essential information for your trek and is used to track trekkers in the region. You can get these permits in Kathmandu or at the starting point of the trek.

Accommodation and Food on The Langtang Valley trek

Langtang Valley Trek is well-known for its guesthouse accommodations. It is one of the main highlights of this trek. You'll spend the night in a local's home and experience a genuine mountain lifestyle. Compared to other famous treks in Nepal, the lodgings are relatively modest. You can have a single room or shared room with two beds.

Meals will be provided according to the guesthouse menus. *Most Nepali and Tibetan foods are available, particularly at the higher-altitude settlements along the trek.* Meals often include dal bhat, Tibetan bread,

chapati, vegetables, curries, porridge, soup, momo, thukpa, thenduk, noodles, mashed potatoes, sandwiches, oatmeal, toast, eggs, and so on. Boiled drinking water is accessible everywhere.

Travel Insurance for the Langtang Valley Trek

Travel insurance is essential for your Langtang Valley Trek. This insurance covers you if anything unexpected happens, like accidents, illness, or trip cancellations. When trekking in remote areas like Langtang Valley, medical help can be complex to reach and expensive. *With travel insurance, you can get medical treatment and even helicopter evacuation if needed without worrying about the costs.*

Before starting your trek, you should ensure your insurance covers high-altitude trekking, as Langtang Valley sits above **4,000 meters**. You should check if it includes coverage for emergency evacuation, as reaching medical facilities quickly is crucial in case of severe altitude sickness or injuries.

Langtang Valley Trek Packing List

It would be best if you carried all the necessary trekking equipment.

Clothes

- Woolen shirts
- Thermal layers
- Thick sweater
- Waterproof and windproof jacket
- Fleece jacket
- Half-sleeve t-shirt
- Full-sleeve t-shirt
- tracksuit
- Trousers

Head Gear

- Hat, beanie, or cap
- Headscarf
- Woolen hat

Hand and footwear

- Liner gloves
- Woolen or windproof gloves
- Lightweight socks
- Woolen socks
- Sandals
- Trekking boot
- Comfortable sport shoes

Other necessity

- Towel
- Sunscreen
- Sunglasses
- Trekking poles
- Moisturizer
- Crampons
- Daypack
- Water bottle and purifier
- First aid kit
- Headlamp
- Power bank
- Plastic bag

Frequently Asked Questions

How many days do you need for Langtang?

Langtang Valley trek can be completed in 5-7 days on average. The duration can vary depending on your starting point, itinerary, and trekking pace.

What is the difficulty level of the Langtang trek?

The Langtang trek is generally considered moderate in difficulty. It involves hiking through various terrain, including forested trails, rugged paths, and steep ascents. Altitude gains are gradual compared to higher altitude treks in Nepal.

How much does it cost for a Langtang Trek?

The Langtang trek cost can vary depending on several factors, such as the trekking season, duration, services included, and your personal preferences. As of recent estimates, a basic 7 to 10-day Langtang trek package typically ranges from \$600 to \$1200 per person.

Do I need guide and porter for Langtang Valley Trek?

You must hire an experienced guide and porter for Langtang Valley Trek. The Nepal Government and Nepal Tourism Board have stopped people to trek independently, so you must hire a guide and porter. Trekking guides ensure your hike is safe and you learn about the area.

Is Langtang Trek worth it?

The Langtang Trek is worth it for those seeking a beautiful Himalayan trekking experience without the extreme altitudes of other popular trekking routes in Nepal, like Everest Base Camp Trek or the Annapurna Circuit. You can reach Langtang village and see the breathtaking Langtang Himalayas throughout the trek.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal