

Langtang Valley Trek

Duration: 10 Days Days

Max Altitude: 3,900 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Autumn, Spring

Trip Highlights

- A wonderful drive from Kathmandu to Syabrubesi, with breathtaking views of beautiful landscapes.
- Experience the amazing culture of the Tibetan Buddhist life.
- Receive blessings from the old Buddhist shrines, such as Langtang Gompa and Kang Jing Gompa.
- Enjoy a spectacular walk through the rhododendron forests.
- Visit Langtang valley, also known as the 'valley of glaciers.'
- Embark on a scenic climb to Chorko-Ri.
- Panoramic views of mountains such as Langtang Ri, Langsisa and Ganjala Peak.

Trip Overview

Langtang Valley, located north of Kathmandu Valley, has become a popular destination for travel and trekking enthusiasts from all around the world. It sits between narrow mountain valleys right at the base of the Himalayas. The trekking route will take you to a surreal world of traditional villages, virgin forests and crystal clear rivers, as you experience the landscape of The Langtang region.

The Langtang Valley trek starts from Sybrubensi and follows trails along the Langtang River until you enter the Langtang Valley, which is also known as the 'Valley of Glaciers'. The trail passes through scattered Tamang villages, verdant forests and alluring landscapes. You will enjoy a scenic climb to Chorko-Ri as well as a spectacular walk through the rhododendron forests, before you reach the Langtang village.

The trek will take you through beautiful local Tibetan villages, which will invite you to experience the Tibetan Buddhist culture and way of life. Here you will also get the opportunity to visit shrines such as Langtang Gompa, King Jing

Gompa – and Kyanjin Gompa, which has been held in high regard with Buddhist pilgrims around the Langtang region for centuries.

After visiting ancient Buddhist monasteries and passing through spectacular glaciers, you will be led to Langshisha Kharka (4080m), an area marked by a number of poles crisscrossed with multi-colored prayer flags. Upon reaching the very top you will be rewarded with a 360-degree panoramic view of mountains such as Langtang Ri, Langsisa, Ganjala Peak – and Shisapangma, the only 8000m peak in Tibet. Here you will witness a breathtaking sunset and relax as you watch the golden light descend behind the mountain peaks that surround you.

As well as its Langtang Gosaikunda trek, My Everest Trip operates various tours and treks around the country. We have an outstanding team of knowledgeable tour guides and aptly experienced sherpas to give you an enjoyable and comfortable trekking experience. We take pride in the reviews given by our previous clients regarding our excellent services and we vouch to make your travel stress-free.

We recommend that you enjoy this trek between March and May or September and November. For more information regarding trek details such as the Langtang Valley trek cost or Langtang Valley trek difficulty, please feel free to contact our friendly team. Or if you would like to hear more about what it is like to join our trekking journey, you can read our Langtang Valley blog below.

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,310m/4,298ft), Meals provided: Dinner

Upon arrival in Kathmandu airport, you will be greeted by our friendly representatives and be taken straight to your hotel. Overnight at the hotel.

Day 02: Drive to Sybrubensi (1,450m/4,756ft) | 6 Hrs, Meals provided: Breakfast, lunch, and dinner

Today, we drive to Sybrubensi which is the start point for the trek to Langtang Valley. The climate is windy yet enjoyable and offers amazing views of Manaslu (8156m), Annapurna (8091m) and Ganesh Himal (7422m). We will stay overnight in Sybrubensi.

Day 03: Trek to Lama Hotel (Changtang) (2,480m/8,134ft) | 6 Hrs, Meals provided: Breakfast, lunch, and dinner

Today we pass through rhododendron forests and walk both up and down hill, until we reach the suspension bridge over Bhoté Koshi that leads to Thulo Syabru, where we cross the Langtang River. The trail then leads us to the Lama Hotel where we will stay for the night.

Day 04: Trek to Langtang village (3,541m/11,614ft) | 7 Hrs, Meals provided: Breakfast, lunch, and dinner

We start by ascending uphill on the trail to Langtang Valley, a valley which offers a picturesque view of Langtang Lirung (7227m). After this we will walk through the forest to reach Ghoda Tabela, where yaks and wild goats graze on the

large meadows. We pass through several Tamang villages and Buddhist monasteries, en route to Langtang village and have a chance to explore the valley where we will stay overnight.

Day 05: Trek to Kyanjin Gomba (3,900m/12,791ft)| 4 Hrs, O/N at Tea House, Meals provided: Breakfast, lunch, and dinner

Today we will leave the valley and climb uphill to Sindum and Yamphu. We will then walk to Laja Khola, a viewpoint which gives us an amazing view of Kyanjin Gomba as well as the icefall from Lirung and Kinshung. We then continue walking on to Kyanjin Gomba, which holds a long history of Buddhism in the Langtang region. We will then stay overnight in Kyanjin village.

Day 06: Day trip to Tserko Ri (5,184m/17,003ft)|6 Hrs, Meals provided: Breakfast, lunch, and dinner

Today is a rest day for you to rest and recuperate. The morning will be spent hiking up to Tserko Ri for an extraordinary view of the sunrise. Then we will hike back to the Kyanjin village to visit their traditional cheese factory and yak meadows, before resting for the night.

Day 07: Trek to Lama Hotel (2,480m/8,134ft)|7 Hrs, Meals provided: Breakfast, lunch, and dinner

After having breakfast, we retrace our way to the Lama Hotel, walking through deep forests and abundant waterfalls. This gives you the chance to enjoy the view of the beautiful mountains you may have missed during your ascend, before staying overnight in the Lama Hotel.

Day 08: Trek to Sybrubensi (1,450m/4,756ft)|5 Hrs, Meals provided: Breakfast, lunch, and dinner

On the final day of our trek, we walk through oak and rhododendron forests and head back to Sybrubensi, where we bid goodbye to the Himalayan wilderness. Feel free to stroll around the local market before sending the night in Sybrubensi.

Day 09: Return Kathmandu |8 Hrs, Meals provided: Breakfast, lunch, and dinner

This morning we will return back to Kathmandu. You can explore the city and enjoy before being treated to a traditional Nepali dinner which we will host for you in the evening, before your final night stay in the hotel.

Day 10: Departure

After breakfast, our friendly team will drop you at the airport and bid you farewell – with plenty of time before your flight, and plenty of memories of our wonderful adventure.

What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3 star hotel in Kathmandu Bed and Breakfast plan
- Meals on full board (breakfast, lunch and dinner) in whole trekking
- Kathmandu – Sybrubensi – Kathmandu By local bus / Jeep up to your request
- Trekking map

- An experienced government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipments, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipments

Trip Map



Contact Us

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