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Astounding Langtang Valley Trek

- Duration: 8 Days Days
- Max Altitude: 3,900 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

The Langtang Valley Trek is a popular trekking route in Nepal that offers a combination of natural beauty, cultural exploration, and stunning mountain views.

Scenic Beauty:

The trek takes you through breathtaking landscapes of lush green forests, terraced fields, and picturesque valleys. You'll encounter stunning waterfalls, snow-capped peaks, and the magnificent Langtang River along the way. The trek also offers panoramic views of the Langtang Lirung (7,227m) and other surrounding peaks.

Langtang National Park:

The trek takes you through Langtang National Park, home to diverse flora and fauna. The park is known for its rich biodiversity, including rare species like red pandas, Himalayan black bears, and various bird species. You'll have the opportunity to witness the natural beauty and wildlife of the region.

Kyanjin Gompa:

The trek takes you to the charming village of Kyanjin Gompa, located at 3,870 meters—this region's significant cultural and spiritual site, housing an ancient Buddhist monastery. You can explore the monastery, interact with the monks, and soak in the serene atmosphere.

Tamang Culture and Hospitality:

The Langtang region is predominantly inhabited by the Tamang community, known for its rich cultural heritage and warm hospitality. You'll have the chance to visit traditional Tamang villages, experience their unique customs and traditions, and interact with friendly locals along the trekking route.

Cheese Factory:

Kyanjin Gumpa is famous for its cheese factory, where you can witness the traditional cheese-making process. You can taste and buy locally produced cheese, considered a region's specialty.

Off-the-Beaten-Path Experience:

While the Langtang Trek is relatively popular, it is less crowded than other treks like Everest Base Camp or Annapurna Circuit. The trail provides a sense of tranquility and allows you to enjoy the serenity of the natural surroundings.

Accessibility:

The Langtang Valley Trek is easily accessible from Kathmandu, making it a convenient choice for trekkers with limited time. The trek starts from Syabrubesi, a few hours' drive from the capital city.

Overview

Langtang Valley Trek

The Langtang Valley Trek presents a mesmerizing combination of natural splendor, cultural exploration, and majestic mountain views. It is an ideal choice for adventurers seeking an immersive and rewarding journey within a comparatively shorter duration, all while experiencing the distinctive culture and warmth of the Tamang community.

Langtang, nestled north of Kathmandu, has become a favorite spot among globetrotters and trekking connoisseurs. Enclosed within narrow mountain valleys at the foot of the imposing Himalayas, Langtang offers a breathtaking trekking path that leads you into a mystical world of age-old villages, untouched forests, and shimmering rivers, perfectly capturing the Langtang region's diverse topography.

The [Langtang Trek](#) commences from the quaint town of Sybrubensi and meanders along the river, eventually welcoming you to the breathtaking 'Valley of Glaciers, the Langtang Valley. As you traverse the region, you'll encounter sporadically placed Tamang villages, verdant forests, and captivating landscapes that testify to nature's unrivaled artistry.

Langtang Valley Trek Itinyneary

The 7-day [Langtang trek itinerary](#) in the tranquil simplicity of local Tibetan villages, extends a warm invitation to delve into the Tibetan Buddhist culture and lifestyle. The trekking journey offers the unique opportunity to pay homage to sacred Buddhist shrines like Langtang Gumpa, King Jing Gumpa, and Kyanjin Gumpa, revered by Buddhist pilgrims in the Langtang region for centuries.

In the following days, your trek will guide you past magnificent glaciers to the sacred Langshisha Kharka (4080m), a sight marked by countless poles adorned with vibrantly colored prayer flags.

Upon ascending to the top, you are rewarded with a panoramic spectacle of mountains like Langtang Ri, Langsisa, Ganjala Peak, and Shisapangma, the only peak in Tibet breaching the 8000m threshold. As you

witness the awe-inspiring sunset, indulge in the tranquility that the descending golden rays bring with them, painting the surrounding mountain peaks in hues of mellow gold.

In addition to the [Langtang Gosaikunda Trek](#), My Everest Trip orchestrates a variety of tours and excursions across the country. We boast a highly experienced and knowledgeable team of tour guides and Sherpas dedicated to offering you an enjoyable and comfortable trekking experience. Our past clients' glowing reviews reflect our commitment to excellent services, and we strive to make your travel experience as seamless as possible.

Langtang Valley Trek Cost

The cost of Langtang Valley Trek can vary based on several factors, including the duration of the trek, the type of accommodations, and the amenities you choose. On average, you can expect to spend between \$550 to \$900, which will cover permits, guides, meals, and lodging. If you are looking for a more economical experience, there are budget options available, while luxury packages offer enhanced services. Keep in mind that prices may fluctuate depending on individual preferences and seasonal considerations.

What is the best season for Langtang Trekking?

We recommend undertaking this exhilarating trek between March-May and September-November. Our friendly team will gladly assist you with inquiries regarding the [Langtang Trek](#), such as its cost or difficulty level. You can also explore our [Langtang Valley blog](#) for a firsthand account of what joining our trekking journey entails. "[Book with us and have a happy Trip.](#)"

Day 01

Drive from Kathmandu to Syabrubesi, Altitude: 1,600 meters, 7-8 hours

After breakfast in Kathmandu, we then drive north along the river bank. After a few hours of driving, we stopped for lunch and got to Syabrubesi by the evening. Syabrubesi, a small settlement before the hilltop, is very beautiful. It's also the starting point of the short Langtang Trek and [Langtang Gosaikunda Trek](#). The climate is windy yet enjoyable and offers fantastic views of Manaslu (8156m), Annapurna (8091m), and Ganesh Himal (7422m). We will stay overnight in Sybrubensi. This is your first experience with a tea house stay.

Day 02

Trek to Lama Hotel, Altitude: 2,470 meters , Walking time: 5-6 hours, Duration: 10.9kms

We first cross Bhote Koshi in the morning, which means 'Tibet River.' On the second day of the Langtang Lirung Trek, we pass through Rhododendron forests and walk up and downhill until we reach the suspension bridge over Bhote Koshi that leads to Thulo Syabru, where we cross the Langtang River. Then, we continued a steep trail above the river and walked towards Lama Hotel. Now, we start to see some glimpses of the Langtang Himalaya range. Here are some cozy small hotels around the villages.

Day 03

Trek to Langtang or Mundu, Altitude: 3,430 meters, Walking time: 4-5 hours, Duration: 14.8 km

The trail above the hotel now moves towards Ghora Tabela. After the high pasture, you reach Langtang village. We ascend uphill on the path to Langtang Valley, a valley that offers a picturesque view of Langtang Lirung (7227m). This was once the most significant settlement of the region and homed many Buddhist followers. But, the village was greatly destroyed by the 2015 earthquake. However, It's recovering now. After a visit to the Langtang Village, we climb to Mundu. The culture here is the same as the [Tamang Heritage trek](#) route.

Day 04

Trek to Kyangjin Gompa, Altitude: 3,870 meters, Walking time: 2-3 hours, Duration: 6.8 km

From Mundu, we continue to walk via the yak pasture of Langtang, Nepal. 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. Hiking beyond the beautiful streams and rivers, we reach the Kyangjin village, the major highlight of the short Langtang Trek. Here, we will visit the local cheese factory and a small monastery; it will be a beautiful journey.

Day 05

Trek to Tserko Ri and Back,Altitude: 5,000m

We wake up for the hike to Tserko Ri early in the morning. This hilltop is the trek's highest point and offers some of the most beautiful Himalayan vistas. After a brief time on Tserko Ri, we return to our hotel for breakfast. And then, we shall explore other areas of the village and give ourselves enough time to emerge into the local culture. Or you can keep this as a rest day while enjoying the views of Langtang Lirung. In Kyanjin village, we visit their traditional cheese factory and yak meadows before resting for the night.

Day 06

Trek to Lama hotel, Altitude: 3,430 meters, Walking time: 6 hours, Duration: 21.6 km

We start to hike toward the lower altitude, bringing our Langtang Trek Nepal towards the end. We leave Kyangjin after breakfast in the morning. Heading downwards, we walk via the thick forest of Rhododendron and Pine. We retrace our way to the Lama Hotel, walking through deep forests and abundant waterfalls. This gives you a chance to enjoy the view of the beautiful mountains you may have missed during your ascend. Walking over more Tamang villages, we get to Lama Hotel by night. From here, we might also head for [Langtang Helambu Trek](#).

Day 07

Trek to Syabrubesi, Altitude: 2,230 meters, Walking time: 6-7 hours, Duration: 13.1 km

Today, we have two options for the trek. We can retrace our initial route or take a rather interesting path via Rimche. On the way to Rimche, we visit the village of Sherpa Gaon and get to Syabru Besi by evening. Or, 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 our Langtang Trekking route ends here.

Day 08

Drive to Kathmandu, Altitude: 1400 meters, Driving time: 7 to 8 hours

This morning we will return to Kathmandu. The drive on the hillside road from Syabru Besi to Kathmandu is fun. You can explore the city and enjoy it before being treated to a traditional Nepali dinner which we will host for you in the evening, before your final night's stay in the hotel.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Sybrubensi - Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekks' Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking.
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter).
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

How Long is the Langtang Trek distance?

Kathmandu to Syabrubesi Distance

Syabrubesi to Kyanjin and back to Syabrubesi make up about 70 km of the total Langtang Trek distance. From Kyanjin, Tsorng Ri is about 10 km. Every day, you walk about 20 km.

Do we Need Langtang Trek permit ?

Langtang Trek Permit Cost

Two kinds of permits are needed for the Langtang trek. The first one is a TIMS card which should be issued in Kathmandu. This \$10 permit (\$20 for individual trekkers) can be given in Kathmandu. There is a check post for the TIMS card at Syabrubesi. The other permit is the Langtang National Park Entry Permit which costs \$30. This permit can be issued either in Kathmandu or while you are on the trekking trail.

What kind of culture can you see in Langtang Valley Trek?

Culture Of Tamang

The Langtang region also makes an ideal cultural trek route for Nepal—this major [Helambu](#) settlement is home to the Tamang People. People follow the Buddhist religion the Tibetan region has been influenced by. They have a unique custom where the women and men wear colorful dresses during festivals like Buddha Jayanti and Loshar. These Tamangs in the Langtang Valley also have their own language and speak Nepali. Only a few tea house owners can speak English.

Do you need to hire Langtang Trek Guide?

Legally, it's not compulsory to hire a Langtang Trek guide. However, hiring a guide is wise since the path is primarily forested, and no people can speak English. You will also need to book a hotel in Langtang in advance; having a guide is very helpful.

Is Langtang Trek Solo possible?

Yes, the Langtang trekking region is very safe for solo travelers. Guided by the Buddhist values of peace and calmness, Langtang Trek is appropriate for lone male and female travelers. However, since the forest in this trekking region is quickly thick, it's fair to travel by hiring a guide.

Final Words

Do you have any questions or concerns?

We will be happy to help. If you want to book your Langtang Valley Trek with MyEverestTrip, we will be pleased to help. Just let us know.

Additional Information

Langtang Trek Difficulty

The Langtang trek spans approximately 7 to 10 days, journeying through rugged mountain terrains. Yet, actual trekking days are limited to six. Departing from Lama Hotel, trekkers cover roughly 20 kilometers each day. Despite the considerable distance, the trek is more manageable due to the predominantly level path. The ascent to Tserko Ri constitutes the most challenging segment of the Langtang Trek. However, no specialized technical skills or mountain climbing expertise is required, making it accessible even to novices with no prior high-altitude trekking experience.



Langtang Valley is one of the most beautiful treks in Nepal. Also known as the Valley of Glaciers, Tamang culture and natural beauty with easy accessibility.

The primary challenge encountered during the [Langtang trek](#) lies in adjusting to the altitude. As we ascend to Tserko Ri, which towers at approximately 5000 meters above sea level, the drop in atmospheric pressure reduces oxygen availability by around a third. This can reduce oxygen levels in the bloodstream, potentially causing symptoms such as nausea and body pain. Maintaining a leisurely pace and staying well-hydrated can help ward off altitude sickness. The expert guidance from the MyEverestTrip team can prove invaluable during emergencies.

Best Time for Langtang Trek

Langtang Trek can be undertaken year-round. However, it witnesses a substantial influx of trekkers during the Autumn and Spring seasons. The consistently clear skies and low rainfall during Autumn enhance the visibility of the majestic mountain peaks throughout the day. Similarly, Spring brings warmer temperatures, and the forests of Nepal spring to life with the vibrant blossoms of wildflowers, lending an enchanting aura to the surroundings. These seasons also coincide with key agricultural activities and festivals.

Trekking during Summer, or the Monsoon season in Nepal, can pose significant challenges. Frequent rainfall, particularly in June and July, often obscures views of Langtang Lirung mountain. Additionally, the trails can become slippery, necessitating sturdy footwear to combat leeches. Winter trekking (January, February, and December) presents challenges with regions above Lama Hotel blanketed in snow. If winter trekking appeals to you, the reward lies in the unmatched vistas of the snow-covered mountains. Regardless of the season, the Langtang Trek in Nepal may present unpredictable challenges. Completion on off-seasons necessitates expert guidance.

Langtang Trek Accommodation

Langtang Trek is renowned for being a popular teahouse trekking trail in Nepal. This implies that trekkers can stay in quaint local dwellings at various points along the Langtang trek route. These accommodations often feature snug rooms around a dining hall warmed by a fireplace. Each room typically houses 2 to 3 small beds with a mattress and bedsheet. While blankets are provided, carrying your sleeping bag is advisable. Bathrooms are often shared and Indian-style. Services like Wi-Fi, showers, and electricity are available for a nominal additional cost.

Langtang Trek Packing List

Consider packing the following items for the Langtang Trek:

- Trekking clothes: Layered clothing, waterproof jackets and pants, thermal underwear, gloves, and a sun hat.
- Trekking gear: Sturdy boots, poles, a high-quality sleeping bag, and a headlamp.
- Personal items: Sunglasses, sunscreen, a water purifier, a first-aid kit, and toiletries.
- Documentation: Travel insurance and trekking permits.
- Snacks: Energy bars, nuts, or dried fruits.

The accommodations along the Langtang trail offer a variety of food options, including traditional Nepalese, Indian, and international cuisine. The average cost of meals is around 6 to 9 USD. It is customary to have breakfast and

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map

Taiwan

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