

# Langtang Valley Trekking - 8 Days

URL: <https://nepalalternativetreks.com/trip/8-days-langtang-valley-trekking/>

<b>Duration</b> 8	<b>Per Person Cost</b> USD 450	<b>Difficulty</b> moderate
<b>Weather</b> -10°C to 22°C	<b>Accommodation</b> Lodges/Hotels/Resorts	<b>Meals</b> Breakfast, Lunch, Dinner
<b>Religion</b> Buddhism	<b>Transportation</b> Overland	<b>Max Altitude</b> 3900m
<b>Region of Nepal</b> Langtang Region, Rasuwa	<b>Ethnic People</b> Tamang	<b>Daily Activity</b> Approx. 5 - 6 hours
<b>Best Seasons</b> Sept, Oct, Nov, March, April May	<b>Geographic Terrain</b> &Mountain, Forest, Village	

## Trip Highlights:

- Explore the Langtang Valley and Langtang National Park
- Panorama of the mountains in Langtang, Ganesh, and Gauri Shankar Himal ranges
- Taste the yak cheese at the local cheese factory in Kyanjin Gompa.
- Observe the remote Himalayan lifestyle of the Tamang People.
- Ascend the Kyanjin Ri, which is the trek's highest point.
- Taste the unique Nepali and Tibetan dishes.
- Experience the culture and social norms of Tamang and Tibetan communities.
- Opportunity to enjoy Himalayan wildlife, including rare species like red panda.

## Weather

## The best time to visit

The best times to go to 8 Days Langtang Valley Trekking are spring and autumn. During this time of the year, the climate, temperature, and weather are stable and suitable for Nepal. Besides, if you travel here during this time of the year, you will thoroughly enjoy the beauty of the surroundings. Likewise, at this time, you will also get a Panoramic view of the mountains in Langtang, Ganesh, and Gauri Shankar Himal ranges. Therefore, if you travel here during this time, then it can double the fun and experience. However, this trek also can be done during the monsoon season.

### January

-5°C to 10°C

### February

-3°C to 12°C

### March

0°C to 15°C

### April

5°C to 16°C

### May

10°C to 20°C

### June

12°C to 22°C

### July

12°C to 22°C

### August

12°C to 21°C

### September

10°C to 20°C

### October

5°C to 18°C

### November

0°C to 15°C

### December

-3°C to 12°C

## Trip Overview

### Overview

8 Days Langtang Valley Trekking starts in Kathmandu, where you take a vehicle and drive towards the northern region. After you leave the valley, the drive heads along the Trishuli River and reaches Syabru Besi. Your trek officially starts from Syabru Besi, where you start hiking towards the due east. You will follow the Langtang River and reach the Lama Hotel. Then, the trail heads north as you enter the deep parts of the Langtang National Park. Next, the trek takes you past Ghoda Tabela and settles at the Langtang Village.

The next destination on the trek is Kyanjin Gumpa. It is one of the oldest monasteries in the valley and houses numerous artifacts and monuments dedicated to Tibetan heritage. You also hike to the nearby Tserko Ri (4984m) peak as you explore the village. The top offers a panoramic view of the Langtang, Phurbi Ghyachu, and Rolwaling ranges. Next, you begin the return trip to Lama Hotel. On the way, you trek past several Tamang villages, where you can observe and experience unique Tibetan Buddhist culture. Finally, the last part of the trail takes you to Syabru before getting the ride back to Kathmandu.

# Langtang Valley Trek Route

8 Days Langtang Valley Trekking is one of the nearest trekking destinations to Kathmandu Valley. Your actual hike begins from Syabru Besi. You need to get a bus or a jeep ride to reach Syabru. It is a 4-5 hour journey from Kathmandu. Your trip to Syabru is a mixture of pitch and off-road. Upon reaching the Besi, you will hike up toward the Langtang Valley. The hike will be for 6-7 hours per day.

Between the treks, you will be greeted with numerous beautiful views of the Langtang Himalayas' mountainous peaks. This region is home to endangered species like the Red Panda and Snow Leopard. You might encounter them in your trekking route. The route offers narrow trails, which might be challenging in several regions. Besides that, the trails are comfortable enough for everyone despite being steep. The hike to Kyanjin Ri is another challenging hike in this trek. It is the highest point on this trek, offering panoramic views of the Langtang mountains.

## 8 Days Langtang Valley Trekking Day-to-day-Itinerary

### Day 1: Drive to Syabrubensi

Early in the morning, we board a bus or local sharing jeep and start our drive towards Syabru Besi. As we drive from Kathmandu, we are accompanied by beautiful views of hills and green forests. From Kathmandu, we drive to Syabru Besi. In the evening, you can explore Syabru Besi's surroundings. Overnight in Syabru Besi.

**Destination:**

160km/05 hrs.

Drive to Syabrubensi

(Av.06 hours)

**Accommodation**

Hotel Old Namaste or Similar(1680m./5544ft.)

category

**Altitude:****Meals**

Lunch, Dinner

### Day 2: Trek to Lama Hotel

After breakfast, we start our trek to Lama Hotel. Today, we trek through the dense subtropical forest. Most of the trek is through forests. After trekking for a few hours, we reach Bamboo, a popular trekking stop. We continue trekking to Lama Hotel and trek uphill through the bamboo forest until we reach Lama Hotel, overnight in Lama Hotel.

**Destination:**

14km Hill hike

(Av.05 hours)

**Accommodation**

Hotel Sherpa or Friendly Guest(2470m./8151ft.)

House

**Altitude:**

## Meals

Breakfast, Lunch, Dinner

### Day 3: Trek to Langtang Village

After breakfast in the Lama Hotel, we will trek to Langtang village today. We start the trek with a slightly steep route, gradually becoming steeper and tougher. The trail heads through the dense forests as the beautiful view of the Langtang range starts appearing in front of us. We then trek through meadows and cross several bridges to reach Langtang village. We can see the blend of Tibetan and Nepali culture in this village. You will pass by Riverside Lodge, Ghoda Tabela, Thangsyapu, and Chyamki villages, then finally reach Langtang village. Overnight in Langtang.

**Destination:**

16km Uphill hike  
(Av.06 hours)

**Accommodation**

Sun Rise Guest House or  
Similar category

**Altitude:**

(3430m./11319ft.)

## Meals

Breakfast, Lunch, Dinner

### Day 4: Trek to Kyanjin Gumpa

Today, we will be trekking to the most important places in the Langtang region - Kyanjin. After breakfast in Langtang Village, we will trek through a small village with stone walls and prayer flags as we ascend the gentle steep up to Kyanjin. Passing Mundu on the way, we will walk to Kyanjin. We get enough time to roam around the village after reaching there. Overnight in Kyanjin.

**Destination:**

8km Uphill hike  
(Av.03 hours)

**Accommodation**

Norling Guest House or Holy  
Land Guest House

**Altitude:**

(3980m./13134ft.)

## Meals

Breakfast, Lunch, Dinner

### Day 5: Explore Around

We allocate a full day to explore the Kyanjin village and Langtang area. In Kyanjin, we explore the nearby Kyanjin Gumpa. You can hike to the nearby Tserko Ri (4884m) and enjoy the beautiful view of the valley, including the mountains surrounding it, like Mt. Langtang (7227m) and its ranges. You can also interact with the locals and understand their lifestyle. You can also hike to Langshisha Kharka and visit the local cheese factory. Overnight in Kyanjin.

**Destination:**

Excursion around

**Accommodation**Norling Guest House or Holy(3980m./13134ft.)  
Land Guest House**Altitude:****Meals**

Breakfast, Lunch, Dinner

**Day 6: Trek down to Lama Hotel**

After breakfast, we start our journey towards the Lama Hotel. Then, we retrace the same route we trekked before. Today's trek is relatively more straightforward than the earlier days. We trek down through the rhododendron forests, enjoying the beautiful scenes. We come across small Tamang settlements as we descend to Lama Hotel. On the way, we can stop at various places such as Yamphu, Singdum, Mundum, Langtang, Chyamki, Thangsyapu, Ghoda Tabela, and Gumnachowk and take photographs before reaching Lama Hotel, overnight in Lama Hotel.

**Destination:**18km Hill hike  
(Av.07 hours)**Accommodation**Hotel Sherpa or Friendly Guest(2470m./8151ft.)  
House**Altitude:****Meals**

Breakfast, Lunch, Dinner

**Day 7: Trek to Syabrubensi**

On the last day of our trek, we will leave behind the beautiful Langtang region and trek down to Syabru Besi. After breakfast, we start the trek with a gradual ascend to Sherpa Gaon. We will hike through the rhododendron forest, enjoying the views of the Langtang range and Gosaikunda Lakes. We descend to Khanjim and then continue to trek to Syabru Besi. The next day, we will drive back to Kathmandu from Syabru Besi. Overnight in Syabru Besi.

**Destination:**06 hours /14km Hill hike  
(Av.06 hours )**Accommodation**Hotel Old Namaste or Similar(1600m./5280ft.)  
category**Altitude:****Meals**

Breakfast, Lunch, Dinner

**Day 8: Drive to Kathmandu**

After breakfast, we head towards the bus stop to board the bus or local sharing jeep to Kathmandu. We drive back to Pashang Lhamu Highway through the terraced fields and small settlements. After a while,

we will drive along the Trishuli River with a beautiful view of green hills. A short drive of about 5-6 hours brings us to Kathmandu. You will be transferred to the hotel in Kathmandu. Overnight in Kathmandu.

**Destination:**

160km Drive to Kathmandu  
(Av.06 hours)

**Altitude:**

( 1295m./4273ft.)

**Meals**

Breakfast, Lunch

## Trip Includes

- Tribhuwan International Airport transfer ( Airport - Hotel - Airport) in Kathmandu .
- Lodge ( Twin share basis ) accommodation during the trekking.
- All meals ( Breakfast, Lunch, Dinner ) during trekking.
- Langtang National Park fee and necessary permits .
- One experienced, well trained, fluent English speaking, friendly, specialized in Langtang region and government authorized trekking guide including required porters (one porter for two persons ).
- Guide and porter’s food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in the itinerary.
- A trekking map, duffle bag, first aid medical kit, water purification, Oxygen saturation check up everyday, company t-shirt and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge etc.
- Public Liability Insurance.

## What’s Not Included

- Hotel accommodation and meals in Kathmandu
- Hard and soft table drinks such as tea/coffee, coke, fanta, alcoholic drinks, hot water, hot shower, mineral water, desert, bar bill, laundry and phone bill etc during trekking.
- Personal Travel insurance.
- Tips for guide and porters.( Highly suggested )

## Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 1	USD \$750.00 PP USD \$550.00PP

<b>No. of Persons</b>	<b>Price per Person</b>
Group Of 2 - 4	USD <del>\$650.00</del> PP USD \$450.00PP
Group Of 5 - 8	USD <del>\$630.00</del> PP USD \$430.00PP
Group Of 9 - 12	USD <del>\$610.00</del> PP USD \$410.00PP
Group Of 13 - 16	USD <del>\$590.00</del> PP USD \$390.00PP
Group Of 17 - 20	USD <del>\$570.00</del> PP USD \$370.00PP
Group Of 21 - 25	USD <del>\$550.00</del> PP USD \$350.00PP

## **Route Map**

08 Days

# Langtang Valley Trekking Route Map



**NEPAL ALTERNATIVE**  
TREKKING COMPANY

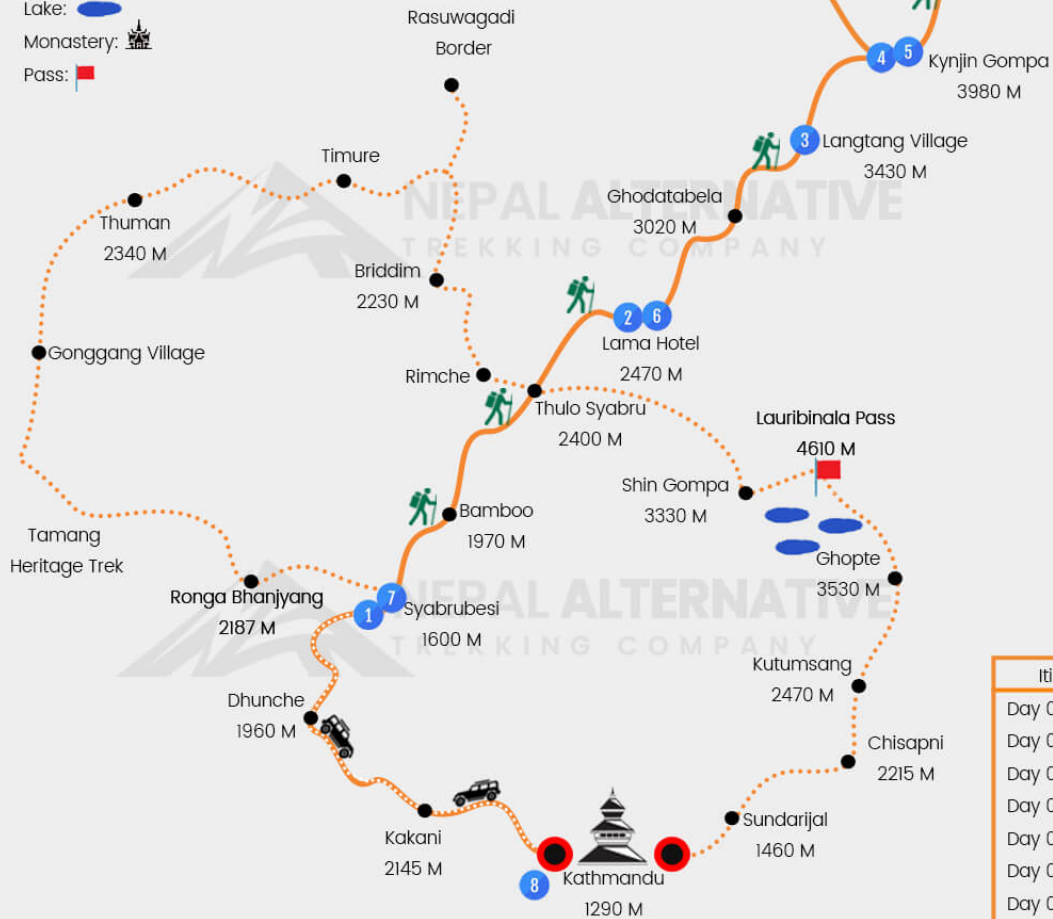
## Legend

- Difficulty Level: Easy
- Main Hiking Route: —
- Secondary Route: - - -
- View Point:
- Mountain:
- Lake:
- Monastery:
- Pass:

Langtang II  
6596 M

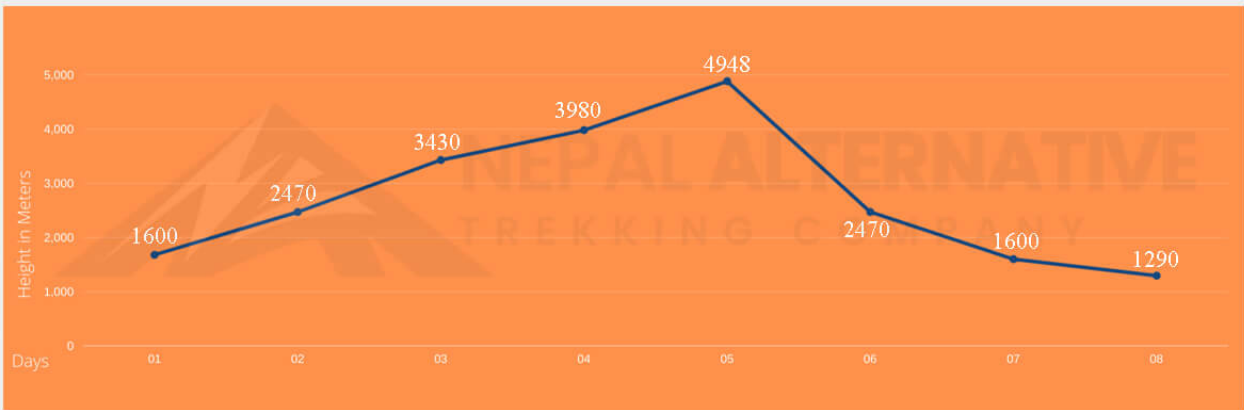
Langtang Lirung  
7227 M

Yala Peak  
5500 M



Itinerary Highlight	
Day 01:	Syabrubesi
Day 02:	Lama Hotel
Day 03:	Langtang Village
Day 04:	Kyanjin Gompa
Day 05:	Kyanjin Gompa
Day 06:	Lama Hotel
Day 07:	Thulosyabru
Day 08:	Kathmandu

## Altitude Chart



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[Download Route Map](#)



# **Additional Trip Information**

## **Travel insurance**

Travel insurance is very important for any trekking over 4000m. You must have your travel insurance with you. So, ensure your travel insurance company covers all your safety measures. Ensure that the insurance company provides you with every facility because it has a lot of benefits during the trek. Therefore, make sure your travel insurance covers your injury, medical expenses, repatriation expenses, rescue mission, loss of property, etc. Most importantly, make sure your travel insurance does not expire.

## **Fitness and experience requirements**

Langtang Valley Trek is an 8-day long trek. So, you need to be both physically and mentally fit. In addition, it would be great if you had previous hiking or trekking experience. So, we recommend you go on a few short hikes or treks before this trek. Moreover, if you decide to do this trek despite your lack of experience, we highly recommend hiring an experienced guide. Furthermore, you should not have any heart and blood-related diseases. Consult your doctor before leaving for the trek if you've any health issues. Most importantly, you should be very passionate about the trek.

## **Safety and security**

Langtang Valley Trek is a moderate-level trek, but it can be difficult for new trekkers. So, the safety and security of the trekkers are essential factors for our company. Similarly, we take complete care of our consumers and their property. Similarly, our trip constantly operates, monitoring every area of our travel. So, you should not worry about your belongings while traveling with us. Likewise, our accommodation facility is very safe, so you can enjoy yourself fully.

## **Food and Accommodation**

You should not expect the standard quality of food and accommodation in this trek. Since the region lies in a remote part of the country and has no roadways, you can assume it to be basic. Tea houses and guest houses are the common accommodation options for this trek. The locals mostly run these, providing normal rooms with basic amenities. Your room may or may not have an attached bathroom. Finding a single room is rare, and you must share it most often. A big dining hall will mostly be where you can sit and communicate with the locals after dinner.

Dal Bhaat will be your go-to food option during this trek. You will be provided with three meals per day. Your food options will be limited as you ascend higher, but you will have options for your meal. The breakfast options include Tibetan bread, bread toast, eggs, tea or coffee, and cereals. The foods for your lunch and dinner will mostly be similar. The options include Dal Bhaat, Pasta, Noodles, Soup, Macaroni, Pizza, Potato wedges, etc.

## **Typical Day in Langtang Valley Trek**

Your day will begin with breakfast at your accommodation. After breakfast, our guide will briefly brief you about our hike for the day. You will start your hike after the break. In general, your daily hike will be

around 6-8 hours. Your lunch will be in a tea house in between your hike. There will be a resting period after your lunch, depending on the distance to be covered. You will be stopping at several scenic spots along the way. Finally, your dinner will be at the place where you will be staying.

## **What are Permits Required for Langtang valley Trek**

A trekker's Information Management System (TIMS) card is a mandatory permit for trekking in Nepal. It stores data and information in record books, which helps ensure trekkers' safety and security. There are two types of TIMS cards: green and Blue. If you're trekking in a group, you will get a Blue card, but if you're trekking Solo, you will get a Green card. The cost for a Blue card is Rs 1000, and the cost for a Green card is Rs 2000. For SAARC nationals, it's Rs 300 and 600, respectively.

The Langtang Valley Trek means the Trek to the Langtang National Park. So, you will need an additional permit for Langtang National Park. This will cost you Rs 3000. Besides that, you should pay for the Shivapuri National Park if you choose to hike via the Helambu trail.

For all these permits, you can contact your touring companies. They can get you with ease. If your travel plan doesn't cover this permit, you can get it from the Nepal Tourism Board Office or any Trekking agencies in Nepal. Moreover, these permits are also available at the National Park entrance point.

## **Gear List**

Gears required for the trek vary upon destination and season. A comprehensive list of gear for all activities is listed on our dedicated page of [Trekking Gear List](#)

## **Frequently Asked Questions**

### **How long is the hike to Langtang Valley?**

The hike to Langtang Valley usually takes about 7 to 10 days. This includes time for walking from the starting point, usually Syabrubesi, to the valley and back, with stops along the way to rest and enjoy the scenery. The trek covers around 70 to 80 kilometers, depending on the exact route and your pace.

### **How difficult is Langtang Valley trek?**

The Langtang Valley trek is considered moderate in difficulty. It involves some uphill and downhill walking on trails that can be rough and steep in places. Most people with a basic fitness level can manage it, but it's important to be prepared for long days of hiking and varying weather conditions.

### **How many died in Langtang Valley?**

In the Langtang Valley, around 310 people died during the April 2015 earthquake. The disaster caused a massive landslide that buried many buildings and trekkers in the area. The Langtang village was heavily

damaged, and it took significant effort to rebuild and recover from the disaster.

## **Is Langtang trek worth it?**

Yes, the Langtang trek is worth it. This trek takes you through beautiful forests, traditional villages, and offers stunning views of the Langtang mountain range. It's a shorter trek compared to others in Nepal, making it a great option if you have limited time.

## **Which month is best for Langtang Trek?**

The best months for the Langtang Trek are September, October, and November. During these months, the weather is clear, the views of the mountains are stunning, and the temperatures are comfortable for trekking. The spring months of March, April, and May are also great, with beautiful blooming rhododendrons along the trail.

## **How much does the Langtang trek cost?**

The cost of the Langtang trek can range from around \$500 to \$1,000 per person, depending on how you choose to do it. This price usually includes permits, guide and porter fees, accommodation, and meals during the trek. If you go with a trekking company, the cost might be higher but includes more services, like transportation and better accommodations.

## **Do I need a guide for Langtang Trek?**

For the Langtang Trek, having a guide is not strictly necessary, but it is highly recommended. A guide can help you navigate the trails, ensure your safety, and enhance your experience with local knowledge. They can also assist with language barriers and help you deal with unexpected situations.

## **Can you see Everest from Langtang Valley?**

No, you can't see Mount Everest from Langtang Valley. The Langtang Valley trek takes you through a different part of the Himalayas, and Everest is too far away to be visible from there. However, Langtang Valley offers stunning views of other high peaks like Langtang Lirung and Ganesh Himal.

## **Where to start Langtang Valley Trek?**

The Langtang Valley Trek usually starts from Syabrubesi. This small town is about a 7-8 hour drive from Kathmandu. From Syabrubesi, you'll begin your trek into the Langtang Valley, where you'll enjoy beautiful landscapes and traditional village life.

## **What is the difference between Annapurna and Langtang trek?**

The Annapurna Trek and the Langtang Trek are different in several ways. The Annapurna Trek is longer and offers a variety of landscapes, including high mountain views, diverse cultures, and lush forests. Meanwhile, the Langtang Trek is shorter and focuses on a single valley, providing stunning views of the Langtang mountains.

## **What is the maximum altitude for Langtang Trek?**

The maximum altitude for the Langtang trek is around 4,773 at Kyanjin Ri. This peak offers stunning panoramic views of the Langtang Valley, the Langtang Lirung, and other surrounding mountains. Most trekkers reach this altitude at the trek's highest point, which is often included in the trek's itinerary.

## **What are the unique features of Langtang National Park?**

Langtang National Park has a wide variety of plants, with 14 different types of vegetation in 18 ecosystems. These range from tropical forests below 1,000 meters (3,300 feet) in altitude to alpine scrub and areas with ice that never melts.

## **What mountains can you see from Langtang Valley?**

From Langtang Valley, you can see several stunning mountains. The most popular is Langtang Lirung, which towers over the valley. You can see other peaks like Ganesh Himal, which is to the west, and several smaller but beautiful peaks like Dorje Lakpa.

## **What is the history of the Langtang Valley?**

Langtang Village is believed to have been first settled by Tibetan people around the 15th century. According to local legends, a Buddhist Lama was chasing a lost yak when he discovered the fertile valley. The village depended on farming for survival.

## **Is Langtang a glacier?**

Langtang itself is not a glacier, but it is a valley that has several glaciers within it. The most famous is the Langtang Glacier, a small glacier in Nepal, found in the Langtang region of the Himalayan mountains. It is 18 km long and covers an area of 46.5 sq km.

## **Address**

### **Nepal Alternative Treks & Expedition**

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