

Langtang Valley Trek with Heli Return

URL: <https://nepalalternativetreks.com/trip/langtang-valley-trek-with-heli-return/>

Weather

-10°C to 22°C

Duration

5 Days

Difficulty

Moderate

Accommodation

Teahouses, lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Private jeep from Kathmandu →
Syabrubesi and helicopter
flight from Kyanjin Gompa →
Kathmandu

Daily Activity

5-7 hours

Religion

Tibetan Buddhism

Ethnic People

Tamang

Region of Nepal

Langtang Region

Max Altitude

4,773 m (Kyanjin Ri) or 5,033
m (Tserko Ri)

Best Season

March to May, September to
November

Geographic Terrain

Mountain, Forest, Village, and
Glacier

Group Discounts Available

No. of Persons	Price per Person
Group Of 3 - 5	USD \$1,100.00
Group Of 6 - 10	USD \$1,070.00
Group Of 11 - 15	USD \$1,040.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Langtang Valley Trek with Heli Return Overview

The Langtang Valley Trek with Heli Return is a perfect option for travelers who want to experience the region's beauty in a shorter time. It is a perfect combination of adventure, comfort, and luxury in one of Nepal's most accessible trekking destinations. Often referred to as the **"Valley of Glaciers,"** the region offers amazing mountain views, alpine meadows, glacial rivers, and diverse wildlife within Langtang National Park.

Located just north of Kathmandu, Langtang Valley is one of the nearest Himalayan destinations from the city. Still, trekking both to and from the valley takes more than a week. The helicopter return solves these challenges. After trekking through Syabrubesi to reach Langtang Village and Kyanjin Gumpa, you can fly back to Kathmandu in **about 30 minutes** instead of spending another two to three days walking downhill. So, the Langtang trek with a helicopter return makes it possible to enjoy the main highlights of Langtang in a shorter **5-day** adventure rather than a **7-8-day** round trip.

The helicopter return to Langtang Valley is also suitable for many age groups, including families, older trekkers, and those with limited time or energy. Along the way, you'll walk through traditional Tamang villages via pine and rhododendron forests. One of the highlights of the trek is Kyanjin Gumpa (3,980 m). From Kyanjin Gumpa, you can take optional hikes to **Kyanjin Ri, Tserko Ri, Langshisha Kharka,** or **Langtang Glacier** for stunning views of **Langtang Lirung, Langtang Ri, Dorje Lakpa, Ganesh Himal,** and many other Himalayan peaks.

Mountain Views Throughout the Journey

On the Langtang Valley Helicopter Return trek, you'll witness numerous mountain peaks from both ground level and the air, offering different perspectives. During the trek, you experience how mountain views change their shape with each step you take. In the lower sections around Lama Hotel and Langtang Village, you'll catch your first views of mountain peaks. As you continue through Langtang Village and Mundu, the valley opens up with an impressive sight of Mount Gangchenpo.

By the time you reach Kyanjin Gumpa, Himalayan mountain peaks such as Langtang Lirung, Dorje Lakpa, and Langshisa Ri will surround you. Additionally, the hike to Kyanjin Ri lets you enjoy views of Langtang Lirung I, Langtang Lirung II, Nayakhanga, and Lirung Glacier. And, the hike to Tserko Ri offers 360-degree views of **Langtang Peak, Ganjala Peak, Gangchenpo, Nayakhanga, Langshisa, Dorje Lakpa,** and **Shishapangma** in Tibet.

During the helicopter flight back from Langtang Valley, you see familiar mountain peaks from a different angle. Instead of looking up, you fly alongside and above them. The views of **Langtang Lirung, Ganesh Himal,** and even **Shishapangma** are highlights of the helicopter ride back to Kathmandu from Kyanjin Ri.

Highlights of Langtang Valley Trek with Heli Return

- Witness Mount **Langtang Lirung, Dorje Lakpa, Ganesh Himal, Gang Chenpo,** and **Yala Peak** from both ground and aerial perspectives.
- Experience varied landscapes from subtropical, rhododendron, oak, and bamboo forests, open alpine

meadows, and glacial terrain within **Langtang National Park**.

- Cross numerous suspension bridges over the Langtang Khola and Bhote Koshi River.
- Experience the **Tamang culture** and their warm hospitality, along with exploring **Tibetan-Buddhist heritage** throughout the valley.
- Visit one of the region's important Buddhist sites, **Kyanjin Gompa**, and observe local prayer rituals.
- An amazing **helicopter flight from Kyanjin Gompa** back to Kathmandu with a bird's eye view of the entire Langtang valley.
- Take an optional hike to some of the well-known vantage points, including **Tserko Ri, La, Langshisha Kharka**, or **Langtang Glacier**.
- Conclude the Langtang Trek in comfort with extraordinary memories.

Weather

Spring (March to May) and autumn (September to November) are the best times for the Langtang Valley Trek with Helicopter Return. During the seasons, the days are pleasant, the skies are clear, and the weather is stable, which makes them known as a peak trekking time. Monsoon from June to August brings heavy rain, high humidity, leeches, and cloudy skies, which make the time unsuitable for the adventure. Winter (December-February) is cold and dry, with clear skies and freezing nights.

January

-15°C to 10°C

February

-10°C to 10°C

March

-3°C to 15°C

April

2°C to 18°C

May

10°C to 25°C

June

10°C to 25°C

July

10°C to 25°C

August

12°C to 25°C

September

12°C to 25°C

October

5°C to 15°C

November

-5°C to 20°C

December

-10°C to 15°C

Difficulty

Langtang Valley Trek with Heli Return is a moderately challenging trek. The trek is challenging because of several factors. First, the trek involves walking for **4 days** simultaneously, with steep uphill and downhill sections. Also, you must be able to walk for **5-7 hours**. The trails are rough, uneven, and difficult. Also, the high altitude can make breathing harder and may increase the risk of altitude sickness. Therefore, good physical fitness and proper acclimatization are important to complete the trek comfortably.

Still, the Langtang Valley Trek with Helicopter Return is less challenging than the standard **Langtang Valley Trek** because it reduces the multi-day return walk. Instead of trekking all the way back to Syabrubesi, you take a helicopter flight from **Kyanjin Gompa**. This reduces the physical challenge, saves

time, and eases the strain on your leg and knees.

Langtang Valley Trek with Heli Return Itinerary

Day 1: Drive to Syabrubesi by Jeep - Trek to Bamboo (1,850 m)

Your adventure begins with a scenic drive from Kathmandu to Syabrubesi, passing the Trishuli River, terraced hills, and towns like Galchhi, Trishuli Bazaar, and Betrawati. Along the way, enjoy distant views of the Ganesh Himal and Manaslu ranges before reaching Syabrubesi, the gateway to Langtang Valley.

After a short rest, start your trek by crossing the Bhote Koshi River and following a forested trail to Pairo, where you can take a break and visit the nearby natural hot spring. Continue uphill through the forest to Bamboo, where you'll spend the night.

Destination:

Drive: 160 km (5-6 hours)
Trek: 8 km (3-4 hours)

Accommodation

Tibet Guest House

Altitude:

1,850 m / 6,069 ft

Meals

Breakfast, Lunch, Dinner

Day 2: Trek to Langtang Village (3,430 m)

Have your breakfast, enjoying the fresh air and dense surroundings with the sound of nature. After breakfast, pack your backpack and leave the Bamboo village for the day's trek. The trail from Bamboo to Rimche is a steep uphill climb through thick bamboo and rhododendron forests. After 20 minutes' walk from Rimche, you'll reach Lama Hotel, a popular overnight stop with around two dozen houses and several teahouses.

After Lama Hotel, the trek takes you through rhododendron forests before reaching a peaceful spot known as Riverside. This small stop has a single teahouse beside the Langtang Khola. Also, it is a great place to rest and enjoy the sound of the river before the next uphill climb begins.

The hike from Riverside to Ghoda Tabela takes about 2 hours. At over 3,000 m, Ghoda Tabela offers your first stunning views of Langtang Lirung. A short distance ahead of the village is an army checkpoint where you must show your Langtang National Park permit. About 30 to 40 minutes after the checkpoint, you'll reach Thangshyap, a good place to stop for lunch or tea.

The final walk to Langtang village crosses through the massive landslide scar that destroyed the original Langtang village during the 2015 earthquake. After crossing it, you'll arrive at the rebuilt village where you'll stay overnight.

Destination:

15 km (7-8 hours)

Accommodation

Sun Rise Guest House

Altitude:

3,430 m / 11,253 ft

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Kyanjin Gomba (3,980 m) - Sunset hike to Kyanjin Ri

Today marks one of the most memorable days in the Langtang Valley with a Helicopter Trek. As usual, the day begins with a warm breakfast at your accommodation point. After leaving Langtang Village, the path climbs past the local school and a chorten, then continues on a gentle walk towards Mundu. Along the way, you'll pass several long mani walls and chortens, a glimpse of the area's Buddhist culture.

As you continue walking through the Mundu village, you soon reach Sindhum. It has a few teahouses and even a small coffee shop with an espresso machine. Beyond Sindhum, the trail follows a narrow path along the hillside, through thorny bushes and large rocks, and past nearby yak pastures.

The route continues through small settlements like Yamphu and Chhyona alongside the Langtang Khola. As you continue trekking and the altitude increases, the views become even more impressive, with the views of the Langtang range and Jugal Himal, glaciers, and grazing yaks surrounding you.

The trail eventually opens up, and Kyanjin Gomba comes into view. In the village, peaks like Langtang Lirung, Gangchenpo, Kimshung, and Ganjala Chuli will surround you. Have lunch at the Kyanjin Gomba and rest for a while. Then, hike to Kyanjin Ri for sunset view. From the top of Kyanjin Ri, you can witness Langtang Lirung, Langtang Glacier, Gangchenpo, Kimshung, Dorje Lakpa, and even Shishapangma, all looking amazing in gold and pink hues at sunset. After enjoying the view, you'll descend to Kyanjin Gomba for an overnight stay.

Destination:	Accommodation	Altitude:
8 km (3 hours)	Norling Hotel or Holi Land Guest House	3,980 m / 13,058 ft

Meals

Breakfast, Lunch, Dinner

Day 4: Day excursion to Tserko Ri or Langshisha Kharka, or Langtang Glacier

The fourth day is an exploration day on the journey to Langtang valley with a heli return. On this day, you have the option to explore numerous viewpoints, including Tserko Ri, Langsisha Kharka, and Langtang Glacier. Among the three options, you have to choose one. Have your breakfast, then head to your preferred destination.

Destination:	Accommodation	Altitude:
Depends on the chosen destination	Norling Hotel or Holi Land Guest House	3,980 m / 13,058 ft

Meals

Breakfast, Lunch, Dinner

Tserko Ri (5,033 m)

Distance: 10-12 km round trip

Duration: 7-9 hours

Elevation gain: 1,100-1,500 m from Kyanjin Gompa

Tserko Ri is the highlight of the Langtang Trek and the highest point that most trekkers reach, as it doesn't require any technical climbing equipment. The hike takes you down from Kyanjin Gompa to a small glacial stream before the main climb begins. Keep an eye out for the yellow trail markers and signs, which may also spell the destination as "Chergori."

From there, the route follows a long, steady climb over rocky terrain. About two-thirds of the way up, you'll reach a false summit where many tired trekkers think they've reached the top and decide to turn back. However, the real summit is a little farther ahead.

From the summit of Tserko, views of the north face of Langtang Lirung and its glacier are amazing. To the right are Changbu and Yubra peaks. Likewise, Yala Peak can be seen to the northeast, and Tserko Peak rises above it.

Langshisha Kharka (4,050-4,125 m)

Distance: 14 km round trip

Duration: 5-8 hours

Elevation gain: 180-300 m

Langshisha Kharka is the least-visited of the three options and an ideal option if you want beautiful mountain scenery without a steep climb. For the hike, you'll head east while following the Langtang Khola upstream. The walk is easy, with only gentle ups and downs. It first reaches Numthang, and about another hour later, you'll reach Langshisha Kharka.

The area also has cultural importance for the local community. If you visit during the festive season, you may be lucky enough to witness the Langshisha Mela, a traditional festival celebrated by the people of Langtang.

Langtang Glacier

Distance: 2-4 km (round trip)

(8-10 km round trip if combined with the walk along the moraine toward Langtang Lirung Base Camp)

Duration: 1.5-3 hours (5-6 hours if extended)

Elevation gain: 100-300 m

Just a short walk from Kyanjin Gompa, you'll find one of the Langtang Valley's most impressive glacial landscapes. This easy access to glaciers is one of the reasons the region is often called the "Valley of Glaciers."

Day 5: Fly to Kathmandu (1,295 m) by helicopter

The fifth day is the highlight of the entire trek. You'll wake up with a sense of achievement after the hike of the day before. Today, you'll return from the valley through a helicopter ride. Instead of hiking back down through Lama Hotel and Bamboo over several days, you'll fly back to Kathmandu. Kyanjin Gumpa has a helipad, and the flight to Kathmandu is one of the shortest ways to return from the valley.

After breakfast at your accommodation point in Kyanjin Gumpa, you'll walk towards Kyanjin Gumpa with your backpacks. As the helicopter takes off, you'll begin to see the area through a bird's gaze that you have trekked for days. The flight offers a stunning aerial view throughout the journey.

During the flight, you can enjoy views of Langtang Lirung (7,227 m), Dorje Lakpa (6,966 m), and Ganesh Himal (7,422 m). On clear days, you can even catch a glimpse of the Tibetan Plateau in the distance. After a while, you notice a change in the scenery. The mountain views give way to hills, then slowly to big buildings, letting you know you are flying above Kathmandu. As you land at Kathmandu's helipad, your 5-day Langtang Valley Trek with Helicopter return adventure concludes.

Destination:	Altitude:	Meals
Flight (30 minutes)	1,295 m / 4,273 ft	Breakfast

What's Included

- Tribhuvan International Airport pick-up and transfer to your hotel in Kathmandu.
- Lodge accommodation (sharing basis) during the trip.
- All meals (breakfast, lunch, and dinner) during the trek.
- One highly experienced, first aid-trained, fluent English-speaking, government-authorized trekking guide and the required porters (one porter for two persons).
- Guide's and porter's food, accommodation, salary, insurance, transportation, and equipment.
- Overland transportation as mentioned in the itinerary.
- **Helicopter flight from Kyanjin/Langtang to Kathmandu.**
- **Langtang National Park permit** and necessary documents.
- A trekking map, daily oxygen saturation check-up, beanie, first aid kit, water purification tablets, fresh seasonal fruits, trekking completion certificate, company T-shirt, etc.
- Government taxes and service charges.
- Assistance for emergency rescue evacuation.
- Public liability insurance.

What's not Included

- **Hotel accommodation and meals in Kathmandu.**
- Hard and soft drinks such as tea, coffee, Coke, Fanta, bottled water, hot water, beer, as well as hot showers, device charging, laundry, phone bills, and bar bills.
- **Personal travel insurance.**
- International flight tickets.
- Nepal tourist visa fee.

- **Tips for guides and porters** (highly recommended).

Trekking Gear List

Packing List

Documents and Money

- Passport + 2-3 passport-sized photos
- Langtang National Park Entry Permit
- Travel insurance details
- Cash in NPR (no ATMs along the trail)

Upper Body

- 2-3 moisture-wicking base layer tops
- 1 fleece or light insulating layer
- 1 down jacket
- 1 waterproof/windproof jacket
- 1-2 casual T-shirts for lower altitude

Lower Body

- 2 pairs of trekking pants
- 1 pair of waterproof/windproof pants
- Quick-dry underwear

Footwear

- Waterproof trekking boots
- Sandals for evenings
- 3-4 pairs of trekking socks + 1-2 pairs of thermal socks

Head, Hands, and Others

- Warm beanie/hat
- Sun hat or cap
- Buff/neck gaiter
- Warm gloves
- Sunglasses (UV protection, high-altitude rated)

Sleep and Comfort

- Sleeping bag rated to at least -10°C to -15°C
- Sleeping bag liner

Gear

- 20-30 L daypack
- Duffel bag
- Trekking poles
- Headlamp + spare batteries
- Reusable water bottle + water purification tablets

Health and Hygiene

- First-aid kit
- Hand sanitizer and wet wipes
- Toothbrush, toothpaste, and biodegradable soap
- Toilet paper
- Sunscreen (high SPF) and lip balm with SPF
- Insect repellent

Electronics

- Phone + camera
- Power bank
- Universal adapter

Helicopter Day Specifics

- Keep your duffel bag under 10-15 kg, including your daypack. The pilots may weigh your bags at Kyanjin Gompa.
- Wear your bulkiest items on the flight rather than packing them to save duffel weight.
- Keep valuables, your camera, and documents in a small bag you carry with you.

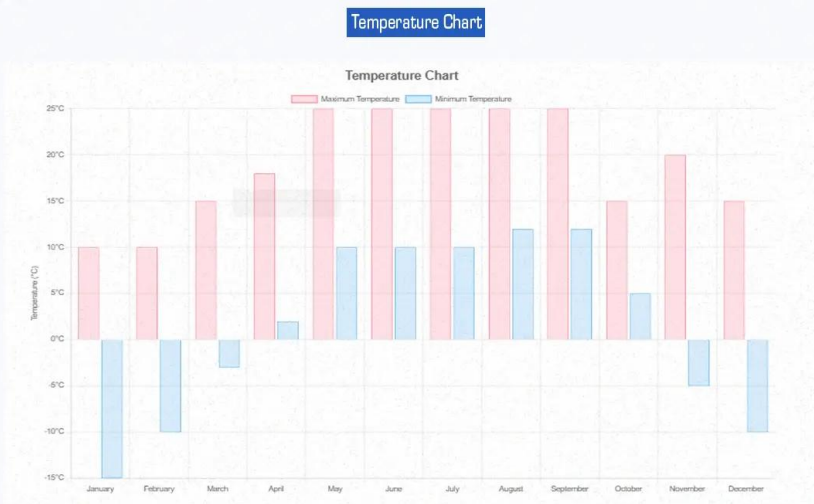
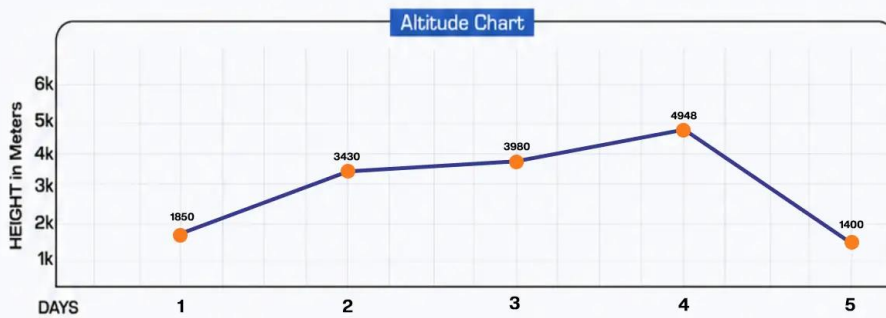
Route Map

Langtang Valley Trek with Heli Return

Difficulty level: **Moderate**
Trekking Route: Secondary Route:
Flight: Lake: Pass:
Base Camp: Monastery: Airport:



Itinerary Highlights	
Day 1:	Bamboo
Day 2:	Langtang Valley
Day 3:	Kyanjin Gumpa
Day 4:	Tsergo Ri
Day 5:	Kathmandu



Additional Trip Information

Langtang Valley Trek with Heli Return Cost

The Langtang Valley Trek with Heli Return costs between USD 1,040 and USD 1,100 per person, depending on group size. If you're traveling with fewer people, you'll get a smaller discount, and if you're traveling with more people, you'll get a better group discount. For groups of up to **5 people**, the trek costs **USD 1,100** per person. For groups of 6 to 10 people, the cost is USD 1,070 per person. For groups of 11 to 15 people, the cost is USD 1,040 per person.

Furthermore, other factors, such as trek duration, itinerary customization, accommodation standard, and services included in the package, can affect the trek's overall cost.

Altitude and Acclimatization During the Langtang Valley Trek

The journey to Langtang Valley Trek begins in Syabrubesi (1,460 m), which is at a similar elevation to Kathmandu, so there's usually no need to acclimatize before starting. From there, you'll slowly gain elevation, staying overnight at the villages of **Bamboo (1,850 m)**, **Langtang Village (3,430 m)**, and finally at the highest overnight point, **Kyanjin Gompa (3,980 m)**. By the second night, you'll be sleeping above 3,000 m, and you'll remain at high elevation for several days. Thus, altitude sickness is a real concern during the Langtang Trek.

To reduce the risk of altitude-related issues, acclimatization is a common approach. It helps your body adjust to the altitude slowly. The day follows the golden rule of the Himalayas, "climb high, sleep low." On the Langtang Trek with Heli Return journey, trekkers spend an acclimatization day at Kyanjin Gompa. To follow the golden rule, hike up to **Tserko Ri**, **Langshisha Kharka**, or **Langtang Glacier**, then return to **Kyanjin Gompa** for the night.

However, the acclimatization day isn't fixed; trekkers can include it in their itinerary whenever they feel the need. Besides, walking slowly, drinking plenty of water, and avoiding overexertion are some of the best ways to reduce the risk of altitude sickness.

Why Langtang Is One of Nepal's Best Short Himalayan Treks

Everest Base Camp is the iconic bucket-list trek, and the Annapurna Circuit is the classic long-distance adventure. But, Langtang Trek is different; it is an ideal journey for travelers who want to experience Himalayan landscapes, authentic local culture, and the satisfaction of reaching high altitude all in less than a week. It is also an excellent option for budget-conscious trekkers seeking a genuine Himalayan trekking experience. Here's why Langtang is one of Nepal's best short Himalayan treks:

A short trek with big rewards

The Langtang Valley Trek takes 7-10 days, which is shorter than most of the well-known trekking destinations. Its biggest advantage is its easy access. You can reach the trek's starting point in 7-8 hours from Kathmandu, so there's no need for domestic flights or worrying about flight delays. So, even being one of the shortest and having the easiest access, the Langtang Valley Trek doesn't compromise on natural beauty and cultural experiences. You'll witness mountain views as you do in other long treks and

enjoy the same changing landscapes found on Nepal’s longer treks.

Incredible mountain views

As mentioned above, the Langtang Trek might be short in duration, but it doesn’t compromise on scenery. From **Kyanjin Gompa**, **Kyanjin Ri**, and optional hikes to Tserko Ri, you’ll enjoy views of mountain peaks, including **Langtang Lirung**, **Dorje Lakpa**, **Ganesh Himal**, and **Shishapangma** in Tibet.

Moderate difficulty

The route to the Langtang Valley Trek is a moderately difficult adventure in Nepal. The trail involves steep climbing on the first few days, but overall it’s less demanding than many of Nepal’s longer, high-altitude treks. So, it’s ideal for people who want a memorable Himalayan experience without taking on an extremely difficult route.

A Peaceful Trekking Experience

Langtang is much less crowded than the Everest and Annapurna regions. The trail passes through traditional Tamang villages, where you’ll stay in family-run teahouses and experience local culture in more peaceful surroundings. Also, you’ll walk through areas where you only hear the sounds of nature, not the noise of fellow trekkers. Thus, the trek is perfect for those seeking a peaceful walk with fewer crowds and noise.

Great Value for Money

Langtang Valley is one of the most affordable treks in Nepal, mainly because it doesn’t involve any domestic flights and is short in duration. It costs 20-30% less than Everest Base Camp or Annapurna Base Camp while still offering stunning mountain scenery and an unforgettable trekking experience. So, the Langtang Trek is often known as the adventure that provides great value for money.

Comparing the Standard Langtang Trek and the Heli Return Experience

Both the Standard and Heli Return trek to Langtang Valley follow the same route to **Kyanjin Gompa**. You’ll walk through Syabrubesi, Lama Hotel, and Langtang Village, enjoying the same mountain views, landscapes, and local culture on the way up. The major difference is how you return.

On the standard trek, you’ll hike back along the same trail over the next two to three days, passing through the same forests and villages before reaching Syabrubesi. With the helicopter return, you skip the return hike altogether. Instead, you fly directly from Kyanjin Gompa to Kathmandu.

Factors	Standard Langtang Valley Trek	Langtang Valley Trek with Heli Return
Duration	7-10 days	5 days
Return journey	2-3 days walking back through Lama Hotel to Syabrubesi	30-minute helicopter flight from Kyanjin Gompa to Kathmandu
Physical Challenge	Higher as the descent journey adds strain on the knees	Lower as it skips the descent walk

Cost	USD 390 to 450	USD 1,040 to 1,100
Scenery	Progressive, close-up mountain views throughout the trek; the same landscape is seen twice	Close-up mountain views on the way up, plus the same scenery from an aerial perspective during the helicopter flight back
Comfort	Basic teahouse lodging throughout	The same teahouse lodging on the way up, followed by a comfortable helicopter return
Best suited for	Budget-conscious trekkers and those who want the full on-foot experience	Time-limited travelers, families, seniors, or anyone wanting a memorable, less challenging ending

Who Is This Trek Best Suited For?

The Langtang Valley Trek with a helicopter return is best suited for travelers who want the full trekking experience but prefer a quicker and more comfortable way back to Kathmandu. As the trek combines the adventure of trekking with the convenience of a helicopter flight, it is an ideal option for those who value both time and comfort.

Travelers with Limited Time

If you only have about a week for your Nepal trip, this Langtang Valley Trek with Heli Return is best suited for you. As the trek doesn't need a downhill walk from Kyanjin Gomba to Syabrubesi, it cuts 3 days of walking. So, if you're on a busy schedule, this itinerary fits you.

Families

The Langtang Valley with a helicopter return journey works well for families with different fitness levels. The trek lets everyone enjoy a moderate walk within Langtang National Park and hike to Kyanjin Gomba. The helicopter ride back eliminates the need for several more days of walking and reduces strain on older trekkers with knee problems. Thus, it is especially suitable for families traveling with children or older relatives.

First-time Himalayan Trekkers

If you want to begin a Himalayan trek, the Langtang Valley Helicopter Trek suits you well. Langtang is lower than Everest Base Camp and the [Annapurna Circuit](#), so the trek's altitude is generally easier to manage for beginners. Skipping the long return hike also makes the overall experience less physically challenging for first-time trekkers.

Travelers Who Enjoy Extra Comfort

The Langtang Helicopter Trek suits travelers who prefer extra comfort even in the Himalayas. The trek provides you with a real taste of the Himalayan walk but ends the journey with a flight instead of a long walk back.

Accommodation and Meals

Accommodation in Langtang Valley

The Langtang Valley Trek is a teahouse trek, which means you'll stay in simple, family-run lodges in the villages of Bamboo, Lama Hotel, Langtang Village, and Kyanjin Gumpa. As they are family-run lodges, the rooms are basic but comfortable for a night after a long day of walking. They have two single beds, a mattress, a pillow, and a blanket.

Most teahouses have shared bathrooms. In the lower villages, you'll find Western-style toilets, while higher up, squat toilets are common. At places like Kyanjin Gumpa, the toilets may be in a separate building outside. Hot showers are available at many teahouses for an extra charge. Electricity and Wi-Fi are available in many villages, but the connection may be slow or unreliable at higher elevations, and charging your electronic devices costs extra. During the busy spring and autumn trekking seasons, teahouses can fill up quickly, so if you are planning the trek in peak season, consider booking in advance.

Meals in Langtang Valley

Throughout the Langtang Valley Trek, meals are served in the teahouses. Menus remain similar at most teahouses during the trek. Simple, freshly prepared food provides plenty of energy for long days of walking.

- **Breakfast Options:** Tibetan bread, chapati with jam or honey, pancakes, porridge, muesli, eggs, soup, tea, or coffee.
- **Lunch and Dinner Options:** Dal bhat (a traditional Nepali dish of rice, lentil soup, vegetables, and sometimes curry), momos (dumplings), thukpa (Tibetan noodle soup), fried rice, noodles, and pasta.

Teahouses serve tea, coffee, hot chocolate, and soft drinks. While alcoholic drinks are also available in some places, it's best to avoid both alcohol and caffeine, as both contribute to dehydration. When it comes to drinking water, carry a refillable water bottle and water purification tablets, refilling them as needed instead of buying bottled water.

While staying in **Kyanjin Gumpa**, don't miss the chance to try the area's famous yak cheese, made at the local cheese factory.

What Makes This Langtang Valley Heli Trek Different?

The Langtang Heli Trek offers the best of both worlds: foot and air, which makes it different from other treks in Langtang Valley.

The Langtang Trek with a helicopter flight back is not a shorter or simplified version of the Langtang Valley Trek. You follow the same trail, visit the same villages, and enjoy the same mountain views as the standard trek. But when it's time to descend back, you take a helicopter ride to return to Kathmandu. This is the major factor that makes this Langtang trek itinerary different.

Additionally, the helicopter ride is more than just a faster way back. It gives you a perspective that trekkers taking the standard trek don't get. During the trek, you experience the major highlights one by one. From the air, you can see the entire Langtang Valley, glaciers, rivers, and mountain peaks all at once below you.

Cultural Heritage of the Langtang Region

The Langtang Valley is known as the home of the Tamang people, an indigenous community with strong cultural and historical ties to Tibet. Many people in the upper valley also identify themselves as Langtangpa, meaning people of Langtang. They speak a Tibetan-related dialect and consider Langtang Lirung, the region's highest mountain, to be their sacred guardian peak.

Tibetan Buddhism shapes the region's overall culture. As you walk the trail, you'll pass colorful prayer flags, mani walls with Buddhist prayers, prayer wheels, and chortens (stupas). The spiritual heart of the valley is Kyanjin Gumpa, a Buddhist monastery located at **3,980 m**. The monastery was damaged in the 2015 earthquake but was rebuilt and reopened in 2018, a symbol of the **community's strength**.

The Tamang people of the Langtang region continue to celebrate their traditions throughout the year. **Lhosar** (Tamang New Year) is the region's biggest festival, celebrated with music, traditional dances, colorful clothing, family gatherings, and prayers at monasteries. The festival falls in late January or early February. Similarly, Dhukpa Chheju and Buddha Jayanti are other major festivals celebrated in the region.

Langtang Valley Trek With Helicopter Return Permits

The Langtang National Park Entry Permit is the only permit required for the Langtang Valley Trek with Helicopter Return journey. Previously, the TIMS (Trekking Information Management System) card was required, but it is currently no longer required. The required permit is the same for the standard Langtang Valley Trek, and no separate permit is required for the helicopter return adventure.

The Langtang National Park Entry Permit is mandatory, as it is checked at various checkpoints, including **Dhunche** and **Syabrubesi**. The permit is available from the Department of National Parks and Wildlife Conservation (DNPWC) counter at the Nepal Tourism Board in Bhrikutimandap or at the checkpoint in Dhunche near the trailhead. The permit is valid for a single, continuous entry and is non-transferable.

The cost of the Langtang National Park Entry Permit is:

Nationality	Cost (Per Person)
SAARC Nationals	NPR 1,500
Foreigners	NPR 3,000

Frequently Asked Questions

Is the Langtang Valley Trek suitable for beginners?

Yes, the Langtang Valley Trek is suitable for beginners who have a reasonable level of fitness. It is a moderate trek with average altitude, good accommodation points, and no technical climbing required. Still, proper preparation, a steady pace, and acclimatization are required for the trek.

What is the best season for the Langtang Valley trek with a heli return?

Autumn (September to November) and Spring (March to May) are the best seasons for the Langtang Valley Trek with a Heli Return. The seasons are the peak trekking time due to ideal trekking and helicopter flying conditions.

How long is the Langtang to Kathmandu by helicopter ride?

It takes about 30 minutes to fly from Langtang to Kathmandu. Still, the exact time depends on weather conditions and any scheduled stops. It offers a fast and stunning alternative to the multi-day trek back, with amazing aerial views.

How many days do I need for the Langtang Valley trek with a heli return?

You need just 5 days for the Langtang Valley Trek with a Heli return. However, the duration may vary depending on your itinerary plan, need for acclimatization, and whether any additional side trips are included.

What's special about the Langtang trek with helicopter return?

The specialty about the Langtang trek is the combination of the trek and the helicopter flight. It saves several days of walking, provides aerial views of the mountains, and is ideal for travelers with limited time or those seeking a more comfortable trekking experience.

Which is the highest point of the Langtang Valley Trek?

Generally, Kyanjin Ri at 4,773 m is the highest point of the Langtang valley Trek for every Langtang trekker. However, the valley has several other hiking points, including Tserko Ri (4,984 m) and Langshisha Kharka (4,050-4,125 m). So, the specific highest point depends on the chosen optional hike.

How hard is the Langtang Valley trek compared to the Everest Base Camp or Annapurna?

The Langtang Valley Trek is generally easier than the [Everest Base Camp Trek](#) and the [Annapurna Base Camp Trek](#). The trek involves lower altitudes, shorter trekking days, and fewer steep climbs, which makes it less challenging than those of well-known treks.

Why is the heli return so much more expensive than trekking both ways?

The heli return from Langtang is more expensive than trekking both ways because it covers the high operating costs of flying, including fuel, maintenance, experienced pilots, and limited passenger capacity.

Which helipad do we leave from?

The Langtang Trek with helicopter return itinerary departs from the Kyanjin Gomba Helipad, the main helicopter landing site in the Langtang Valley. But the exact departure point varies depending on weather conditions and your tour operator's itinerary.

Do I need altitude sickness medication (Diamox) for Langtang?

No, you don't need altitude sickness medication like Diamox (acetazolamide) for the Langtang Trek, but it can help reduce the risk related to acute mountain sickness for some trekkers. Also, if you have concerns or a history of altitude sickness, consult your doctor before your trip to determine whether Diamox is appropriate for you.

What's included/excluded in a typical Langtang + heli package?

International airport pick up, accommodation and meals during the trek, trekking guide, porter, permit, helicopter, government tax, and some refundable trekking items are included in the Langtang + heli package. Besides, meals and accommodation in Kathmandu, hard and soft drinks, travel insurance, international flight ticket, and Nepal tourist visa are not included in the package.

What is the cancellation and refund policy if the helicopter can't fly?

If the helicopter cannot fly due to bad weather or any other unavoidable circumstances, the next flight will be arranged, or an alternative return by trekking will be provided. But refund and cancellation policies vary by operator, so it's important to review the booking terms before your trip.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back

the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the

company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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