

Short Langtang Valley Trek - 6 Days

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

Weather -10°C to 22°C	Duration 6 Days	Difficulty Moderate
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Overland
Daily Activity Approx. 4- 8 hours	Religion Buddhism	Ethnic People Tamang
Region of Nepal Langtang Region, Rasuwa district	Max Altitude 4,773 m / 15,659 ft (Kyanjin Ri) & 5,033 m / 16,512 ft (Tserko Ri)	Per Person Cost USD 400
Best Season Sept, Oct, Nov, Mar, Apr, May	Geographic Terrain Mountain, Forest, Village	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$400.00
Group Of 5 - 8	USD \$380.00
Group Of 9 - 12	USD \$360.00
Group Of 13 - 16	USD \$340.00

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.

Short Langtang Valley Trek Overview

The 6-day Short Langtang Valley Trek in Nepal packs the best of the Langtang region into 6 efficient

days, starting and ending in Kathmandu. The trek follows the classic Langtang Valley route from Syabrubesi through forests, Tamang villages, yak pastures, Langtang river, and glacial landscapes and reaches the Kyanjin Gumpa (3,980 m / 13,058 ft), where the trek ends.

Unlike many short Langtang trekking packages that simply trek to Kyanjin Gumpa and return on the same route, this itinerary includes a sunset hike to Kyanjin Ri, a full day excursion to Tserko Ri, Langshisha Kharka, or Langtang Glacier, and a return through Sherpa Gaun. These additions mean trekkers get to enjoy wider Himalayan panoramas and experience more of the region without significantly extending the overall trek.

Furthermore, throughout the journey, trekkers can see views of Langtang Lirung (7,234 m / 23,734 ft), Gangchempo (6,378 m / 20,925 ft), Dorje Lakpa (6,966 m / 22,854 ft), Yala Peak (5,520 m / 18,110 ft), Naya Kanga (5,844 m / 19,160 ft), Langshisha Ri (6,427 m / 21,086 ft), and several other snow-covered peaks that surround the valley. The landscapes also change from forested river valleys to rugged alpine terrain as you gain altitude.

The trek also offers a unique cultural experience. The Langtang region is also known for its rich Tamang culture, which has strong Tibetan influences. Traditional villages, Buddhist monasteries, prayer flags, mani walls, and local teahouses provide opportunities to experience everyday mountain life while learning about the area's unique heritage.

Today, the Langtang Valley has fully re-established itself as one of Nepal's premier trekking destinations. With road access to Syabrubesi improving in recent years, better teahouse facilities after 2025, better mobile connectivity, and upgraded accommodation facilities, the trekking experience has significantly improved. At the same time, Langtang remains quieter than popular routes such as Everest Base Camp Trek and Annapurna Base Camp, offering a more peaceful trekking experience.

This short Langtang Valley trek is ideal for beginners with good fitness levels, experienced trekkers looking for a shorter Himalayan escape, photographers, nature lovers, and travelers who want to explore one of Nepal's most beautiful mountain valleys without committing to a longer expedition.

Short Langtang Valley Trek Highlights

- Explore the beautiful Langtang Valley within Langtang National Park.
- Trek through dense bamboo, oak, pine, and rhododendron forest.
- Visit traditional Tamang settlements influenced by Tibetan culture and Buddhism.
- Reach Kyanjin Gumpa, a village surrounded by glaciers and 360-degree snow peaks, in just 3 trekking days from Syabrubesi.
- Enjoy a spectacular sunset hike to Kyanjin Ri with panoramic Himalayan views.
- Choose between Tserko Ri, Langshisha Kharka, or Langtang Glacier during the exploration day on day 4.
- Witness mountain vistas of Langtang Lirung, Gangchempo, Dorje Lakpa, Naya Kanga, Yala Peak, and Langshisha Ri.
- Stay in locally operated teahouses and experience authentic mountain hospitality.
- Return via Sherpa Gaun instead of retracing the same trail.
- Observe yak grazing pastures, glacial rivers, waterfalls, and alpine landscapes.

Weather

Weather Variation and Best Time for Langtang Valley Short Trek

Best Time for the Short Langtang Valley Trek

The Short Langtang Valley Trek can be done throughout much of the year, but spring and autumn are generally considered the best seasons. These months offer the most reliable weather, clear mountain views, and comfortable trekking conditions.

Spring (March to May):

Spring is one of the most popular times to visit Langtang Valley. The hillsides and forests come alive with blooming rhododendrons, wildflowers, and fresh greenery. With clear weather, one can see views of Langtang Lirung and surrounding peaks clearly. Also, you will benefit from longer daylight hours for trekking and photography. Daytime temperatures are pleasant too.

Autumn (September to November):

Autumn is widely regarded as the best overall season for the Langtang Valley Trek. After the monsoon rains clear the atmosphere, the mountains appear especially sharp and the weather is usually stable. Trails are dry, visibility is outstanding, and temperatures remain comfortable. You will get excellent photography opportunities.

Winter (December to February):

Winter brings colder temperatures, particularly at higher elevations such as Kyanjin Gompa, where nighttime temperatures often fall below freezing. However, the season rewards trekkers with peaceful trails, snow-covered landscapes, and clear skies during stable weather periods.

Monsoon (June to August):

The monsoon season is the least popular time for trekking in Langtang. Frequent rain can make trails muddy and slippery, while clouds often limit mountain views. Leeches are also common in the lower forest sections. Road travel to Syabrubesi may occasionally be affected by landslides or delays. That said, the valley becomes exceptionally green and sees far fewer visitors. Experienced trekkers with flexible schedules can still enjoy the region during this period.

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

Difficulty

Difficulty of Short Langtang Valley Trek

The Short Langtang Valley Trek is graded as moderate. You don't need prior high-altitude trekking experience, but you should be reasonably fit and comfortable walking 4-8 hours a day. Several elements combine to make the Short Langtang Valley Trek moderately challenging rather than easy. First, you gain significant altitude in a relatively short time, sleeping above 3,400 m in Langtang Village and 3,900 m in Kyanjin Gumpa. Even though the itinerary is paced sensibly, the thinner air at these elevations means you'll breathe harder on climbs, and some trekkers may feel mild altitude symptoms if they rush.

Second, the terrain includes long uphill stretches, stone steps, and occasional rocky or muddy sections, especially between Bamboo, Lama Hotel, and Ghodatabela. Daily walking times of 4-8 hours are common, which can feel demanding if you're not used to multiple consecutive days of trekking. Weather adds another layer. In colder months, icy patches and wind at higher points like Kyanjin Ri or Tserko Ri make the days more taxing, while in warmer, wetter periods, humidity and slippery trails increase fatigue.

6 Days Short Langtang Valley Trek Itinerary

Day 1: Drive from Kathmandu to Syabrubesi, trek to Bamboo

You leave Kathmandu early in the morning and drive to Syabrubesi, the trailhead for the short Langtang valley trek route. The road has improved compared to a few years ago, but you should still expect some bumpy sections. The drive takes about 6 hours, but can take longer, depending on traffic and weather.

Once in Syabrubesi, and you have a quick lunch, the trek begins along the Langtang Khola. You will cross suspension bridges and walk through mixed forest to reach Bamboo, where you stay in a local teahouse. Today's walk will be a gentle warm-up for the days ahead. The trail has a few short climbs and descents.

Destination:

160 km Drive (6 hours)

Accommodation

Tibet Guest House

Altitude:

1,850 m / 6,069 ft

Meals

Lunch, Dinner

Day 2: Trek from Bamboo to Langtang Village

Today, you will follow the short Langtang valley trekking trail through dense forest. You start to gain height as you pass Lama Hotel and Riverside. The path goes upward above the river with a mix of stone steps and natural trail, and you'll notice the vegetation changing from thick forest to more open terrain

as you approach Ghodatabela. The valley opens up, and the mountains start to appear closer.

After Ghodatabela, you will continue through scattered settlements and yak pastures to reach the new Langtang Village, located 500 m east of the Old Langtang village. The elevation gain is significant on this day, so your guide will encourage you to walk at a slow, steady pace. You stay in a comfortable teahouse in Langtang Village, named Sun Rise Guest House.

Destination:	Accommodation	Altitude:
15 km Uphill hike (7-8 hours)	Sun Rise Guest House	3,430 m / 11,253 ft

Meals

Breakfast, Lunch, Dinner

Day 3: Trek from Langtang Village to Kyanjin Gumpa and sunset hike to Kyanjin Ri

The walk from Langtang Village to Kyanjin Gumpa is one of the most beautiful sections of this short Langtang valley trek route. The route follows the upper Langtang Valley with spectacular mountain scenery on both sides. The trail is also gentler than the previous day and follows the widening valley past mani walls, chortens, and prayer flags. In about 3 hours, you will reach Kyanjin Gumpa, which will be your base for high-altitude exploration.

After lunch and a short rest, you can go on a sunset hike to Kyanjin Ri (4,773 m / 15,659 ft), if weather and your energy levels allow. This steep but non-technical climb takes about 3-5 hours both ways. From above, you will see panoramic evening views over the whole Langtang valley. Overnight in Kyanjin Gumpa.

Destination:	Accommodation	Altitude:
8 km Uphill hike to Kyanjin (3 hours) + 4-6 km Uphill hike to Kyanjin Ri (3-5 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, Langshisha Kharka, or Langtang Glacier

This is your main exploration and acclimatization day in the upper Langtang valley. Most trekkers on the short Langtang valley trekking trail either hike to Tserko Ri (5,033 m / 16,512 ft) for a big summit-style view or choose a slightly easier but longer walk towards Langshisha Kharka or Langtang Glacier. Tserko Ri involves a steep climb all the way and usually a very early start (around 4:30 to 5:00 a.m.), taking 7-8 hours round trip. Whereas, Langshisha Kharka or glacier routes are more of a gradual valley walk with incredible mountains and fewer people around.

It doesn't matter which alternative you pick; you'll return to Kyanjin Gumpa in the evening for your stay. Your guide will choose the most suitable program based on your fitness, the weather, and how well you have been coping with altitude. In the afternoon, you may visit the monastery, see the tiny cheese workshop, or just chill in the teahouse and take in the scenery. Overnight at Kyanjin Gumpa.

Accommodation

Norling Hotel or Holi Land
Guest House

Altitude:

3,980 m / 13,058 ft

Meals

Breakfast, Lunch, Dinner

Day 5: Trek from Kyanjin Gomba to Sherpa Gaun

After several days gaining altitude, you start your descent along the same valley, retracing your steps past Langtang Village and Ghodatabela. But here's the twist. Instead of stopping at the usual Lama Hotel, the short Langtang valley trek route continues further down, then branches towards Sherpa Gaun, a quieter village with a more traditional feel and fewer trekkers. The walk is mostly downhill, but still demanding on knees and ankles, so trekking poles are very useful.

Sherpa Gaun offers beautiful views back towards the Langtang range and a peaceful place to spend your final night on the trail. Once in Sherpa Gaun, you can relax at a local teahouse, enjoy a warm meal, and reflect on the journey through Langtang Valley. Evenings here are often relaxed, with fewer groups and more chance to talk with your guide and hosts about life in the Langtang region.

Destination:

18 km Downhill hike (6-8
hours)

Accommodation

Hello Trekkers Hotel

Altitude:

2,563 m / 8,409 ft

Meals

Breakfast, Lunch, Dinner

Day 6: Trek from Sherpa Gaun to Syabrubesi, drive back to Kathmandu

Today's trek takes you to Syabrubesi, from where you drive back to Kathmandu. Your last trekking day follows forested and terraced trails down towards the road, eventually joining the main path near Syabrubesi. The walk is all descending, the same as the previous day, so it feels like a gentle cool-down after the higher days around Kyanjin. This final stretch completes your short trek to Langtang Valley, bringing you back to the starting point of the route.

From Syabrubesi, you board a vehicle and drive back to Kathmandu, which normally takes 6 hours. You'll arrive in the late afternoon or evening and transfer to your hotel, with the option to plan extra side trips in Nepal or extend your holiday. This marks the end of your 6 days Langtang Valley Short Trek.

Destination:

160 km Drive (6 hours) 11 km
Downhill hike (4-6 hours)

Accommodation

Not included

Altitude:

1,295 m / 4,273 ft

Meals

Breakfast, Lunch

What's Included

- Tribhuvan International Airport pick-up and transfer service
- Lodge accommodation on a twin-sharing basis during the trek
- Three meals a day (Breakfast, Lunch, and Dinner) throughout the trek
- One experienced, government-licensed, first-aid trained, English-speaking trekking guide
- Required porter service (1 porter for 2 trekkers)
- Guide and porter salary, insurance, accommodation, meals, transportation, and equipment
- Ground transportation as mentioned in the itinerary
- Langtang National Park Entry Permit and all necessary trekking documentation.
- Daily oxygen saturation monitoring during the trek
- Trekking route map
- First aid kit and water purification tablets
- Fresh seasonal fruits during the trek
- Company T-shirt
- Trek completion certificate
- Emergency rescue coordination and assistance if required
- Government taxes and service charges
- Public Liability Insurance

What's Not Included

- Hotel accommodation and meals in Kathmandu
- International flight tickets
- Nepal Tourist Visa fees
- Personal travel and medical insurance.
- Personal trekking equipment and gear
- Hot and cold beverages such as tea, coffee, soft drinks, energy drinks, and bottled water
- Hot showers, Wi-Fi charges, mobile charging fees, and laundry services
- Personal expenses and shopping
- Tips for guides and porters (highly recommended).
- Any expenses arising from natural disasters, weather conditions, strikes, flight delays, or circumstances beyond our control

Trekking Gear List

Packing List for Short Langtang Valley Trek

Clothing:

- Moisture-wicking base layers
- Trekking shirts
- Fleece jacket
- Down jacket

- Waterproof jacket
- Trekking pants
- Thermal layers
- Warm hat
- Sun hat
- Gloves

Footwear:

- Comfortable trekking boots
- Camp shoes or sandals
- Hiking socks

Trekking Gear:

- Daypack (25-35L)
- Duffel bag (if using porter service)
- Trekking poles
- Water bottle
- Headlamp
- Sunglasses

Personal Items:

- Sunscreen
- Lip balm
- Toiletries
- Personal medications
- Wet wipes
- Passport copies
- Travel insurance documents

Optional Items:

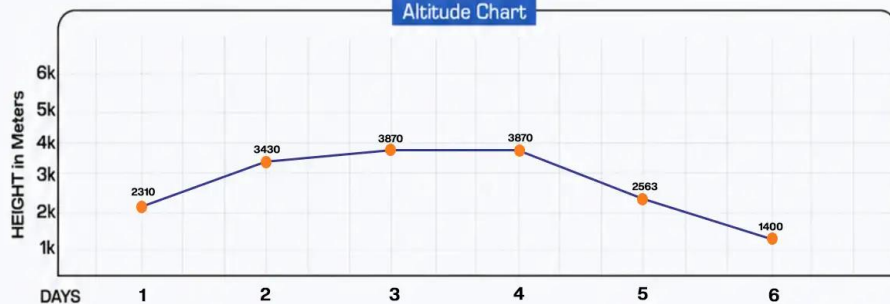
- Camera
- Binoculars
- Power bank
- Snacks and energy bars

Langtang Valley Short Trek Map

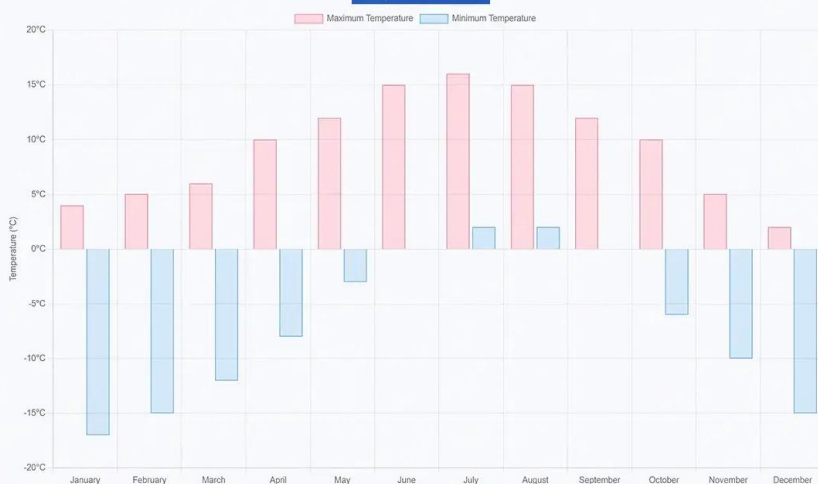
Short Langtang Valley trek 6 Days



Altitude Chart



Temperature Chart



Additional Trip Information

Accommodation and Food During the Langtang Valley Short Trekking

Accommodation during the Short Langtang Valley Trek is provided in teahouses and mountain lodges run by local families in villages like Bamboo, Langtang, Kyanjin Gumpa, and Sherpa Gaun. Rooms are twin-share with beds, foam mattresses, and blankets. You will get private attached bathrooms in some places, but in others you will have to share toilets, depending on the lodge's facilities. That said, many lodges now offer attached bathrooms and improved facilities due to recent tourism infrastructure upgrades. Also, hot showers are usually available in all villages.

Likewise, the teahouses in the Langtang Valley Trek offer a surprisingly diverse menu, from traditional Nepali meals to Western cuisine. You will eat freshly prepared meals right after you order. You can expect a mix of traditional Nepali meals like dal bhat (*rice, lentil soup, vegetables*) and familiar options such as soups, fried rice, noodles, pasta, omelets, pancakes, pies, Mo:Mo, and chapatis. Vegetarian choices are easy to find. You will dine in a common warm dining room, often warmed by a central stove in the evenings. Also, safe drinking water is available throughout the trail. To reduce plastic waste, we recommend carrying a reusable water bottle and using purification tablets or water filtration systems.

Short Langtang Valley Trek Route

The 6-day Langtang Valley Short Trek itinerary provides you with the full Langtang Valley experience in a limited time. The path traces one of Nepal's most scenic glacial valleys inside Langtang National Park. The journey begins with a drive from Kathmandu to Syabrubesi (*the common trek starting point in the Langtang region*). Next, you walk along the Langtang Khola upstream until you reach Bamboo, and after passing Lama Hotel and Ghodatabela, you arrive at Langtang Village. This part of the trail predominantly features walking through the forest and a river gorge, with the altitude steadily increasing.

After Langtang Village, the valley expands, and the environment turns more like an alpine one as you head to Kyanjin Gumpa, *the place where you stay overnight at the highest elevation*. Then you spend an acclimatization day at Kyanjin Gumpa. During this rest day, your main side trips can be to Tserko Ri, Langshisha Kharka, or Langtang Glacier, while you enjoy the liberty of wide views of the Langtang range.

While returning from Kyanjin Gumpa, you follow the same path back to Ghodatabela and Lama Hotel. But instead of going back to the busier lower villages, you descend to Sherpa Gaun, then do the loop back to Syabrubesi and drive to Kathmandu. This short Langtang valley trekking trail keeps your walking days manageable and avoids any unnecessary extra nights. That said, you will still be able to see the main highlights of Langtang Valley during the Langtang Valley Trek. The Langtang Valley Trek distance covered in this short route is 60 km (trekking only).

Short Langtang Valley Trek Cost

How much you'll spend on the Short Langtang Valley Trek is greatly influenced by the number of people in your group, the quality of service (*standard or more personal*), and whether you prefer a local bus or a private jeep for the Kathmandu to Syabrubesi transfers.

In general, a small private group of 1-4 people pays a slightly higher price per person than larger groups

because the fixed costs, such as guides, permits, and transportation, are shared among fewer people. As your group size increases, the per-person trek cost decreases, making this short Langtang Valley trek route very appealing for friends or families traveling together.

Here at Nepal Alternative Treks, the cost of the Langtang Valley Short Trek is:

Group size	Price per person
1-4	USD 400
5-8	USD 380
9-12	USD 360
13-16	USD 340

Your short 6 days Langtang Valley Trek package price covers the guide and porter services, all your meals and lodging during the trek, required permits, ground transportation per the itinerary, and other government taxes. You should *budget extra cash for hotel and food in Kathmandu, your personal equipment, travel insurance, drinks and snacks, and tips for the crew*. Still, the cost of the Langtang Valley Trek is much less than many Everest or Annapurna treks of similar duration.

What Permits Are Required for the Short Langtang Trek?

You need to obtain a **Langtang National Park Entry Permit** for the Short Langtang Valley Trek. Since the trekking path passes through Langtang National Park, all trekkers must obtain a national park entry permit mandatorily. This permit is checked at official checkpoints on the way to Syabrubesi and along the trekking route. Thus, carry it with you on every trekking day. Most trekkers prefer having their trek agency handle all permits in advance to avoid the hassle of waiting in line at the Kathmandu or Dhunche offices.

The price of the Langtang National Park Entry Permit is:

- **Nepalese:** NPR100 per person per entry
- **SAARC:** NPR 1,500 per person per entry
- **Foreigners:** NPR 3,000 per person per entry
- **Discount for children:** Under 10 years free

Furthermore, depending on the latest trekking rules and trekking arrangement, you may need to obtain a **TIMS** (Trekking Information Management System) card. As of 2026, it's not mandatory to obtain it. And trekking with a licensed guide ensures that your documents are in order and that you stay up to date on the latest local regulations and checkpoint procedures along the short Langtang Valley trekking trail.

3 Major Attractions During the Short Langtang Valley Trek

3 major attractions during the short Langtang Valley Trek include Langtang National Park, Kyanjin Gumpa, and traditional Tamang villages.

Langtang National Park

Langtang National Park, founded in 1976, is Nepal's first Himalayan national park. It spans 1,700 square kilometers and conserves a wide variety of ecosystems, from subtropical forests to alpine grasslands to

even icy landscapes. From the very first trekking day, you walk inside Langtang National Park.

The lower parts of the park are covered by thick forests with rhododendron, oak, and pine trees, and you frequently encounter langur monkeys. In fact, the park is home to various animals, including red pandas, Himalayan black bears, musk deer, Himalayan tahr, and over 250 species of birds. Bird watching is a major attraction here, and you will probably see different species of birds and occasionally even Himalayan tahr on the steep slopes.

As you go higher, the scenery changes to yak pastures and large glacial valleys. It gives you a tangible feeling of the transition from the low hills right up into the heart of the Himalayas within a few days. Besides natural resources, the park preserves important cultural elements as well. There are mani walls, chortens, and prayer flags all over the park that demonstrate the strong Buddhist influence in the area.

Kyanjin Gompa

Kyanjin Gompa is actually the main attraction and highest sleeping point of the Short Langtang Valley Trek. Located at 3,980 m, this small village is surrounded by stunning peaks like Langtang Lirung and Yala Peak. It also serves as the gateway for you to climb Kyanjin Ri or visit Tserko Ri and Langshisha Kharka. Besides this, the local monastery and a traditional cheese-making factory also add importance to the settlement.

Early mornings at Kyanjin Gompa begin with sunlight touching the glaciers and peaks just outside your lodge window. And as you stay for two nights here on this short 6 days Langtang Valley Trek itinerary, you have time to explore side trails, taste yak cheese, and just sit with a hot drink watching clouds rolling over the mountains.

Traditional Tamang Villages

As you walk towards Kyanjin Gompa, the route takes you through villages where communities of Tamang and Sherpa have lived for generations. For example, Langtang Village and Sherpa Gaun are places where you can witness traditional stone houses, terraced fields, and small monasteries, which remain at the heart of local life. You will see many small details like carved wooden windows, prayer wheels placed at the entrance of houses, and fields of potatoes or buckwheat.

Most of the lodges are family-operated, so quite often you will be having your meals in the same room where owners and their children spend their evenings. This gives the trek a more intimate and personal touch compared to some more popular and commercial routes. Plus, staying in these villages not only keeps the local economy running but is also a crucial way to help the community, which is still suffering very badly from the devastating 2015 earthquake and its aftermath in the form of the quiet years.

Comparing Popular Langtang Valley Trek Variants

The Langtang Valley offers several trekking options depending on your available time, fitness level, and travel goals. The 6-Day Short Langtang Valley Trek is the most time-efficient option. It targets the major attractions of the Langtang valley. On this itinerary, you go along the standard way to Kyanjin Gompa, and the next day, you take side trips to Kyanjin Ri or Tserko Ri viewpoint. It is a suitable plan for those who do not have much time but still want to enjoy the region's natural beauty and Tamang culture.

The 8 Days Langtang Valley Trek is almost the same itinerary as the short one, but with a rest day or slower ascent schedule included. It is often considered the best option for first-time Himalayan trekkers who want to enjoy the journey without feeling rushed.

The Langtang Gosaikunda Trek combines the Langtang Valley with the sacred alpine lakes of Gosaikunda. The route goes to higher elevations, passes a high pass, and the terrain becomes rougher. So, you should be physically prepared and ready for longer trekking days.

The Helambu Gosaikunda Langtang Trek is the longest journey. It connects Langtang Valley, Gosaikunda Lakes, and the Helambu region into a single journey. This long trek is suitable for experienced trekkers with more time available.

Feature	Short Langtang Valley Trek	Langtang Valley Trek	Langtang Gosaikunda Trek	Helambu Gosaikunda Langtang Trek
Duration	6 days	8 days	11 days	13 days
Max altitude	4,773 m (Kyanjin Ri) / 5,033 m (Tserko Ri)	4,773 m (Kyanjin Ri) / 5,033 m (Tserko Ri)	4,609 m	4,700 m
Difficulty	Moderate	Moderate	Moderate to challenging	Moderate
Best for	1-week Nepal trips, first-time trekkers, short holidays	Trekkers wanting a slower pace and extra acclimatization days	Trekkers seeking lakes, passes, and more varied landscapes	Experienced trekkers wanting a long traverse through three regions
Cost	Lowest in Langtang region	Slightly higher	Higher	Highest
Beginner friendly	Yes, with basic fitness	Yes, highly recommended	Suitable for fit beginners and intermediate trekkers	Better suited to experienced trekkers

Frequently Asked Questions

Is the Short Langtang Valley Trek Suitable for Beginners?

Yes, the Short Langtang Valley Trek is a beginner-friendly trek in Nepal. The trek follows well-established teahouse trails and does not require any climbing skills or mountaineering equipment. Trekkers with a decent fitness level can manage the route comfortably.

Can I Do the Langtang Valley Trek in 6 Days?

Yes, you can do the Langtang Valley Trek in 6 days. The Short Langtang Valley Trek 6 days is designed

for those who have limited time yet want to enjoy the major aspects of the Langtang area through trekking. This itinerary includes Kyanjin Gumpa, Kyanjin Ri, and upper Langtang Valley, while keeping a manageable pace.

How to Prepare for the Short Langtang Valley Trek?

Preparation should focus on improving cardiovascular fitness and endurance. Regular walking, hiking, cycling, and stair climbing exercises are excellent ways to prepare. It is also important to break in your trekking boots before arriving in Nepal.

Is Tserko Ri Included on the 6 Days Langtang Valley Trek?

Yes. Day 4 includes an optional excursion to Tserko Ri (5,033 m), depending on weather conditions, fitness level, and individual preferences. Trekkers may also choose Langshisha Kharka or Langtang Glacier as alternative exploration options.

Can You Extend the Short Langtang Valley Trek and Customize the Itinerary?

Yes, definitely. We can make changes to your itinerary to make it longer by adding one or more of the attractions like Gosaikunda Trek, Helambu, and Tamang Heritage Trail.

Is there an Age Limit for the Short Langtang Valley Trek?

There is no strict age limit. The reason being children with hiking experience, energetic adults, and senior trekkers in good health and fitness have managed to complete the trek. For older trekkers, we recommend consulting a healthcare professional before traveling and considering additional acclimatization days if necessary.

Can I Trek Alone in Langtang?

Yes, you can trek alone in Langtang Valley without hiring an experienced trek guide. In fact, solo trekking is becoming increasingly popular these days.

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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