Langtang Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Easy

Trip Style: Trekking and Tour

Transport: Private Vehicle / Tourist Bus

Food: Breakfast+Lunch+Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: Min. 1 pax

Max Elevation: 5,023m

Langtang Valley Trek Overview

Langtang Valley Trek is one of the most beautiful and rewarding treks in Nepal. It is a short and beautiful journey in the Himalayas. The trek to the beautiful Langtang Valley is easily accessible from Kathmandu and takes you deep into the Langtang National Park. The trek starts after a drive of around seven to eight hours. Even though it is close to the city, the trek feels peaceful and wild.

The trek is not too hard and is considered a good choice for beginners. You do not need past trekking experience but physical fitness is recommended. It is an ideal trek for those looking for a short but adventurous journey. Whether you are a first-time trekker or a seasoned hiker, this trek will leave you with unforgettable memories.

The path takes you inside Langtang National Park. It is a clean and green area. You may also spot a red panda if you are lucky. The mountains stand tall in the sky. The trek reaches Langtang Valley at 4,000m, but those who want to go higher can climb Kyanjin Ri at 5,000m

for a stunning sunrise view.

One of the highlights of the trek is Kyanjin Gompa, a Buddhist monastery surrounded by snow-capped peaks. The monastery is an important spiritual site for the locals. Another interesting stop is the local cheese factory, where trekkers can taste fresh yak cheese.

The Langtang region is home to the Tamang people, whose culture and traditions have been influenced by Tibet. The Himalayan views on this trek are breathtaking. You will see Langtang Lirung (7,245m), Dorje Lakpa (6,990m), and Langtang Ri (6,370m). The landscape is diverse, from green forests to high-altitude glaciers.

Despite its beauty, the Langtang region suffered a heartbreaking tragedy during the devastating earthquake in 2015. Langtang Village was completely destroyed. However, the locals have rebuilt the area, and new teahouses and lodges now welcome trekkers, sharing their rich cultural heritage

Langtang Valley Trek is a perfect alternative to the crowded Everest and Annapurna treks. It is a chance to experience authentic mountain life, warm local hospitality, and stunning Himalayan scenery in a less commercialized environment. If you want to explore the Himalayas in a short time, this trek is perfect. It gives you mountains, forests, culture, and peace. All in one journey. It is also good if you want to learn about local life.

Why Choose Nepal Hiking Trek for the Langtang Valley Trek?

Choosing the right trekking company is important for a safe and enjoyable journey. Nepal Hiking Trek is a trusted travel and tourism company with over 13 years of experience in trekking. The team has expert local guides who know the Langtang region well. They take care of your safety, pace, and acclimatization. They also share stories about mountains, culture, and history to make the trek more interesting.

The company offers flexible and customizable trekking packages to match your time, budget, and preferences. They provide top-quality service at a fair price. The package includes permits, transportation, food, and accommodation with no hidden costs. The tea houses

along the Langtang trek route are clean and comfortable with warm blankets and good meals. Nepal Hiking Trek is a local company that supports local communities and businesses. Many trekkers recommend them for their friendly service and expert guides. They make sure you have a safe, comfortable, and memorable adventure in Langtang Valley.

Highlights

- The Langtang trek starts with a 7 to 8-hour drive from Kathmandu. No need for flights.
- See Langtang Lirung, Langtang Ri, Langsisa, and Ganjala Peak covered in snow.
- Unlike Everest and Annapurna, the Langtang trek is peaceful and less commercialized.
- Walk through Tamang villages and experience Buddhist traditions.
- Visit Kyanjin Gompa and Langtang Gompa, important religious sites.
- Climb Kyanjin Ri (4,773m) and Tserko Ri (5,000m) for panoramic Himalayan views.
- Trek through diverse landscapes of forests, rivers, valleys, and glaciers.
- Langtang National Park is home to red pandas, snow leopards, monkeys, and Himalayan deer.
- Visit a local cheese factory in Kyanjin Gompa and taste fresh yak cheese.
- Stay in cozy tea houses run by friendly locals.
- Nepal's first Himalayan National Park, rich in flora and fauna.
- A perfect alternative to crowded trekking routes, offering an authentic experience.

Day to Day Itinerary

Day 01: Drive from Kathmandu to Syabrubesi (1,550m / 5,085ft) – 7-8 hours

Day 02: Hike from Syabrubesi to Lama Hotel (2,380m) – 6 Hours

Day 03: Hike from Lama Hotel to Langtang Village (3,430m) – 6 to 7 Hours

Day 04: Hike from Langtang Village to Kyanjin Gompa (3,870m) – 3 to 4 Hours

Day 05: Option to Climb Tserko Ri (5,033m), Trek Back to Lama Hotel (8-9 Hours)

Day 06: Hike from Lama Hotel Back to Syabrubesi (1,550m) – 4 to 5 Hours

Day 07: Drive from Syabrubesi Back to Kathmandu (1,400m) – 6 to 7 Hours

Cost Includes

- Teahouse accommodations on the trek.
- Land transportation by private Jeep.
- Full board meals during the trek (breakfast, lunch, and dinner).
- Seasonal fruits during the trek.
- Expert, experienced, friendly guide and porter, as well as their food, accommodation, salary, equipment, and insurance.
- A duffle bag for the trek duration.
- First Aid Kit included Oxi-meters
- Trekking permits and TIMS (please bring a passport copy and photos).
- Government tax, farewell dinner.

Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks and personal equipment