

Langtang Valley Trek - 11 Days

LANGTANG VALLEY TREK: SHORT & SCENIC TREK IN NEPAL

The **Langtang Valley Trek** is one of Nepal's premier trekking destinations, following the [Everest Base Camp](#), [Annapurna Circuit](#), and [Manaslu Circuit treks](#). It is renowned for its breathtaking mountain scenery, rich Tamang culture, impressive mountain vistas, and magnificent glaciers, along with a diverse array of flora and fauna. The Langtang Valley Trek is relatively isolated, which allows trekkers to experience tranquility, stunning views, cultural depth, and picturesque landscapes featuring lush green valleys and glacier-capped mountains. This trek is suitable for both novice and experienced trekkers due to its moderate difficulty level, making it an excellent choice for beginners embarking on their first Himalayan adventure. Did you know that the Langtang Valley Trek allows you to reach glaciers within just three days? Yes, it is the only destination where you can access glaciers with a three-day trek starting from Syabrubesi, the gateway to the magnificent Langtang Valley. The Langtang Valley Trek is a highlight of Langtang National Park, the oldest Himalayan national park in Nepal, established in 1976 AD. This national park is home to rare wildlife, including red pandas, mountain goats, yaks, leopards, and more. The trek begins in Kathmandu with a scenic drive to Syabrubesi, leading you to Kyangjin Gompa via Bamboo, Rimche, Lama Hotel, Riverside, Ghodatabela, Thamsyang, Gompa Danda, Langtang Valley, and Mundu village. Kyanjing Gompa features the last tea house on the Langtang Trek and offers access to Yala Peak, Kyanjing Ri, Tserku Ri, and other hikes for adventure enthusiasts. Book the **11-Day Langtang Valley Trek** with **Sherpa Nomad Trek Pvt. Ltd.**, which provides an excellent package that allows ample time to enjoy the stunning natural views, offers flexibility, and minimizes the risk of Acute Mountain Sickness (AMS). Sherpa Nomad Trek is the top local company for the Langtang Valley Trek.

HIGHLIGHTS OF THE LANGTANG VALLEY TREK

- The Langtang Valley trek is regarded as the finest short, easy, and picturesque trek in Nepal.
- This trekking destination is conveniently located close to Kathmandu.
- In just a few days, you can discover and reach the glaciers by trekking from Syabrubesi.
- It is considered the best winter trek in Nepal, offering experiences reminiscent of Autumn and Spring.
- Langtang Trek is best for families with kids, first-time trekkers, and short holiday seekers.
- Immerse yourself in Tibetan Buddhism and explore the Tamang cultural villages, which are home to the indigenous group.
- Experience the breathtaking beauty of one of the world's most stunning Himalayan valleys.
- The trek features ancient monasteries, captivating landscapes, and diverse flora and fauna.
- Marvel at the impressive Langtang glacier during your journey.
- Explore charming villages such as Lama Hotel, Ghodatabela, Langtang Valley, and Kyanjing Gumpa.
- Don't miss the opportunity to visit Kyanjing Gumpa and the local cheese factory, as well as hike to Kyanjing Ri (4300m) and Tesko Ri (5000m).

ITINERARY OVERVIEW

The Langtang Valley Trek itinerary offers comprehensive details about the daily program, including elevation, distance, scenic views, accommodation options, trail conditions, dining locations, and a day-by-day schedule. Sherpa Nomad Trek Pvt. Ltd has created an 11-day itinerary that provides maximum flexibility for easy-going clients, making it ideal for those who wish to immerse themselves in the cultural and natural richness of the region. Review the detailed itinerary for the Langtang Valley trek and feel free to contact Sherpa Nomad Trek Pvt. Ltd for a premium experience on the Langtang Valley Trek.

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Welcome to Nepal, a nation rich in cultural and natural diversity, where Buddhist and Hindu saints have chosen to meditate. It is renowned for its peace, harmony, vibrant festivals, culture, Art, Architecture and history. Home to the world's highest mountains, Nepal boasts eight of the fourteen peaks exceeding 8000 meters, ranging from an elevation of 60 meters to the towering 8848.86 meters at the summit of Mount Everest. Nepal is abundant in kindness and happiness. We encourage you to visit Nepal, an underrated holiday destination.

Upon your arrival, a representative from Sherpa Nomad Trek Pvt. Ltd. will be waiting for you at the arrival gate, holding a sign with the company name and your name to assist you in locating our team. After meeting with our team, you will be welcomed in traditional Nepali style with a flower garland and transported to the luxurious **Hotel Ramada Encore** in Thamel. After checking in, you can visit our office in the evening to finalize your trip, and during your free time, feel free to explore Thamel, a vibrant city where you can find the whole world. Enjoy an overnight stay in Kathmandu

before your trek begins.

Day 2: Scenic Jeep Drive from Kathmandu to Syabrubesi (1500m): 122km , 5-6 hours

Today marks the beginning of the adventure to the Langtang Valley trek, starting from Kathmandu Valley. Enjoy a hearty breakfast, and after that, meet our guide and team at 8:00 AM. The team will embark on a scenic drive from Kathmandu to Syabrubesi (1500m), located 122 km away, which takes approximately 5-6 hours. Leaving the Kathmandu Valley behind, we will head towards Nuwakot. The drive offers stunning views of beautiful villages, rice terraces, rivers, waterfalls, jungles, cliffs, and mountains. Eventually, we will reach Dhunche, the headquarters of the Rasuwa district. Here, we will need to obtain the necessary permits before proceeding to Syabrubesi, a picturesque village known for its hot springs, monasteries, mountain views, and as a trade hub between Kathmandu and China. After checking into the hotel, you will have free time to explore the village before spending the night in Syabrubesi.

Day 3: Syabrubesi to Sherpa Village (2500m): 6-7 hours Trek

Day 4: Sherpa Village to Thagsyap (3190m): 6- 7 hours Trek

Day 5: Thangsyap to Langtang Valley (3340m): 2-3 hours : Rest Day

Day 6: Langtang Valley to Kyanjing Gompa (3870m): 3 hours trek and Kyanjing Ri (4300m) hike : 4 hours

Day 7: Kyanjing Gompa to Tserko Ri (5000m) hike and back to Kyanjing Gompa : 6-7 hours

Day 8: Kyanjing Gompa to Lama Hotel (2400m): 6-7 hours

Day 9: Lama Hotel to Syabrubeshi (1500m): 5-6 hours

Day 10: Syabrubeshi to Kathmandu by Private Jeep :122km, 5-6 hours

Day 11: Departure

PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- 8 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities
- Kathmandu to Syabrubesi by comfortable private Jeep
- After the trip is complete, you will be back in Kathmandu by Private Jeep
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, Battery charge in the Mountain

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2 nights/3 Days: USD180 per person
- Everest Flight Tour: 2-3 hours: 220\$ per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses

EQUIPMENT & GEAR

Backpack

- 20-30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2-3 moisture-wicking T-shirts
- 1-2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2-3 pairs of quick-dry underwear
- 2-3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes for hiking to Kyanjing Ri (4300m) and Tesko Ri (5000m)

ADDITIONAL INFORMATION

What is the Langtang Valley Trek?

The Langtang Valley Trek is one of the premier trekking routes situated in Langtang National Park, which is home to unique wildlife and the Tamang Communities, an indigenous group in Nepal. This moderately challenging trek is located just 122 km from Kathmandu and is among the most frequented trekking paths, leading you to the Kyanjin Gumpa and the glacier valley beneath the Langtang Range. It can also be combined with the [Tamang Heritage Trek](#), [Gosaikunda Trek](#), Yala Peak Climbing, Ganjala Pass Trek, and others. The Langtang Valley Trek stands as a significant trekking route in the Himalayas of Nepal, alongside the Everest Base Camp Trek, Annapurna Base Camp Trek, Annapurna Circuit Trek, and Manaslu Circuit Trek. The term 'Langtang' originates from the local language, where 'Lang' translates to Yak and 'Tang' means to follow, indicating the trail that follows the Yak. It is said that this breathtaking valley was discovered with the help of Yaks. The Langtang Trek is ideal for both beginner and experienced trekkers, offering a variety of options from trekking to peak climbing.

Why Langtang Valley Trek?

The Langtang Valley trek is a remarkably beautiful, narrow valley filled with a variety of natural and cultural diversity. It is an ideal trek for adventure seekers and nature enthusiasts. Langtang Valley serves as a fantastic trekking option for beginners, families with children, novice trekkers, and seasoned hikers looking for a shorter trek in Nepal. It provides a wonderful chance to engage with the region's natural beauty and cultural heritage. Although the trek is relatively straightforward, it still offers exciting challenges, especially the ascents to Kyanjing Ri (4300m) and Tserko Ri (5000m) for those seeking adventure. This breathtaking landscape, characterized by lush green valleys, rugged Himalayan terrain, glaciers, waterfalls, and magnificent mountain views, is a must-visit. The trek can be completed in a duration of 5 to 15 days, depending on the chosen routes and individual fitness levels.

How Difficult is the Langtang Valley Trek?

The Langtang Valley Trek is a trek of moderate difficulty that is accessible to all fitness levels. It starts in Syanbrubesi (1500m), and on the first day, you will reach Lama Hotel (2460m). In the subsequent days, you will make your way to Langtang Valley (3460m) and Kyanjing Gompa (3870m). Each day, you will gain an elevation of 500m to 900m while navigating easy yet rugged terrain. You will need to walk approximately 5-7 hours daily, which requires a reasonable level of fitness, including physical endurance and mental resilience, but prior mountaineering experience is not a prerequisite. Because this trek is at a lower elevation, there is less risk of Acute Mountain Sickness (AMS). It is important to drink enough water, walk at a leisurely pace, and avoid unnecessary stress. Sherpa Nomad Trek Pvr. Ltd. provides experienced guides who will help ensure your safety and allow for flexibility based on your pace and interests.

What is the best time for the Langtang Valley Trek?

The optimal time for the Langtang Valley trek aligns with other trekking routes in Nepal, specifically during autumn and spring. The peak trekking seasons are autumn (September to November) and spring (March to May). Autumn is characterized as the post-rainy and pre-winter period, offering mild temperatures and reduced precipitation, along with lush greenery, cascading waterfalls, and

rice terraces. The stable weather conditions and pleasant temperatures, combined with the celebration of major festivals, allow trekkers to immerse themselves in the rich local culture, making autumn the best trekking season in Nepal. Spring, occurring between winter and the rainy season, is also a fantastic time to explore the Himalayas and is regarded as the second most popular season for the Langtang Valley trek. During this season, the weather is typically clear, temperatures are warm, and the skies are blue. Days are longer, forests are adorned with rhododendron blooms, and the trails are less crowded compared to autumn. The winter season (December to February) is another option for the Langtang Valley trek, as it presents fewer risks from avalanches, snow, and extreme cold. The weather is generally clear, allowing trekkers to enjoy views of snow-capped mountains and experience tranquil trails with minimal foot traffic. The rainy season is not recommended due to wet, slippery trails and poor visibility. In summary, selecting the right time is crucial for an optimal trekking experience.

Why Choose Sherpa Nomad Trek for the Langtang Valley Trek?

Sherpa Nomad Trek Pvt. Ltd is recognized as the leading local trekking company in Nepal, serving as the upgraded premier sister company of [Himalayan Trekking Path Pvt. Ltd](#). Established in 2026, our goal is to provide premium trekking and adventure packages tailored for those seeking comfort and high-level service. We pride ourselves on being the best team for the Langtang Valley, prioritizing the safety, security, and satisfaction of our clients. With years of experience, we are excited to offer you the ideal Langtang Valley trek package designed for your convenience. We assure you that our level of service is unmatched by any domestic or international travel company. Our offerings include luxury accommodations in Kathmandu, experienced guides, porter support, private transportation, Wi-Fi, hot showers, snacks, fruits, energy bars, meals, permits, and the finest tea houses in the mountains. We guarantee an authentic trekking experience coupled with impeccable hospitality at Sherpa Nomad Trek Pvt. Ltd.

Can I do the Langtang Valley Trek in Winter?

Yes, you can do it. The Langtang Valley Trek is a viable option during winter, making it one of the premier winter trekking destinations in Nepal, alongside the [Ghorepani Poon Hill Trek](#) and the [Tsum Valley Trek](#). Its advantageous location is not significantly affected by snow, avalanches, or trail blockages due to snow. Traveling in winter offers the benefits of a tranquil trail, excellent services, and opportunities to explore local villages. You will also have the chance to witness more snow-capped peaks and beautiful glaciers, ensuring a remarkable experience on the Langtang Valley Trek during this season.

What Time shall we start trekking every day?

Typically, the weather is ideal in the early morning, allowing the trek to commence shortly after breakfast. Breakfast is served at 7:00 AM every morning, with trekking starting between 7:30 AM and 8:00 AM. Similar to other treks in Nepal, such as the Langtang Valley Trek, you can begin your journey between 7:30 AM and 8:00 AM. After trekking for three hours, you will take a break for lunch, and by around 3:00 to 4:00 PM, you will arrive at the campsite where you will spend the night.

Where shall we stay during the Trek?

The Langtang Valley trek package ensures the utmost comfort and cozy accommodations throughout your journey, except for your night at the Lama Hotel. We strive to provide the finest lodging options available in the region for each night of your stay. You will be staying in local lodges, so you need not worry about accommodation arrangements. Once your booking is confirmed, we will begin securing your accommodations to ensure they are as comfortable and pleasant as possible. Please be aware that this route offers only basic lodging options, but we will book the best available accommodations for you.

Do we need to take away Lunch Every Day?

No, it does not require packing a lunch or opting for takeaway meals. The Langtang Valley trek is well-established, similar to the Everest, Annapurna, and Manaslu treks. It provides lunch camps

every day, just three hours after breakfast, alleviating the stress of managing lunch. You will enjoy lunch in the middle of the day at a scenic spot. You can select from the lunch menu and savor the meals you prefer.

What is the cost of the Langtang Valley Trek?

The price for the Langtang Valley trek ranges from USD 400 to USD 1500 per person, depending on the service level, group size, season, and package chosen. For optimal service, consider Sherpa Nomad Trek Pvt. Ltd, a local company that offers a premium trek package for the Langtang Valley trek. Our 11-day Langtang Valley Trek package is designed for those who seek a comfortable pace and prefer flexibility. We provide top-notch service, including luxury accommodation in Kathmandu, excellent lodging in the mountains, mountain meals, a Sherpa guide, a porter, private transportation, and all services outlined in the cost inclusions and exclusions. The price varies based on group size: for a solo traveler, the cost is USD 900; for groups of 2-6 people, it is USD 800 per person; and for groups of 7-10, the cost is USD 700 per person. Our company focuses on providing private services to ensure maximum comfort, safety, and security. Below is the outlined cost for the luxury Langtang Valley trek for 2026-2027.

- Solo travelers can enjoy the Langtang Valley trek for USD 900.
- For groups of 2-6, the cost is USD 800 per person.
- For groups of 7-10, the cost will be USD 700 per person.

Please note that once you book the trek with us, you will never have to worry about safety, security, care, hospitality, or authenticity. We handle all the details to provide you with the best possible service.

Is it possible to book the Langtang Valley trek at a low price?

Yes, it is indeed feasible. If this package does not meet your needs, you may send us your preferences. Our team will address your requirements promptly. Additionally, you have the option of the [Langtang Valley Trek](#) offered by **Himalayan Trekking Path Pvt. Ltd.**, which is managed by

the same team. Once we receive your requirements, we will provide you with a genuine cost that aligns with your needs. Book the Langtang Valley trek with the local team to enjoy an authentic travel experience tailored to your budget, duration, and comfort preferences.



FREQUENTLY ASKED QUESTIONS

1. What is Langtang Valley Trek?

The Langtang Valley Trek is a popular route, appreciated by both beginner and seasoned trekkers. This beautiful and enchanting trek is located in Langtang National Park, Nepal. It is appropriate for people of all ages and fitness levels, making it a perfect option for a brief trekking adventure; however, a moderate level of fitness is necessary. Did you know? Langtang is the third most frequented trek, after Everest and Annapurna. This trek provides thrilling hikes to Kynjing Ri at 4300m and Tserku Ri at 5000m. The duration of the trek can range from 5 to 15 days, depending on the chosen starting and ending points. Are you planning your first trek in Nepal? You might want to consider the Langtang Valley trek.

2. Is the Langtang Valley Trek possible now after the flood?

Yes, you can undertake the Langtang Valley Trek following the floods. Currently, travel is possible via Helambu or Dhunche, but the route from Syabrubesi is closed due to the ongoing situation. Nevertheless, you can enjoy the Langtang Valley trek by taking a scenic drive from Kathmandu to Dhunche, then trekking to Thulo Syabru, continuing to Lama Hotel, Langtang, and Kyanjing Gumpa. After completing your trek, you will return to Kathmandu via the same route. If you have a long time and prefer Gosaikunda, then follow the Helambu trek route to do the Langtang Valley trek.

