



Langtang Valley Trek

The closest big-mountain trek to Kathmandu. Just a day's drive north, the Langtang valley climbs from bamboo forest where red pandas live to the yak pastures and glaciers around Kyanjin Gumpa. Meet the Tamang people, taste fresh yak cheese, and climb Kyanjin Ri (4,773 m) for views of Langtang Lirung and the peaks along the Tibetan border. Quieter than Everest and Annapurna, and perfect if you have one week.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
8 days	Moderate	4,773 m	1-12

HIGHLIGHTS

- Climb Kyanjin Ri (4,773 m) for glacier views
- Kyanjin Gumpa and its yak cheese factory
- Tamang culture and heritage
- Langtang National Park wildlife, including red panda habitat
- No flights needed: starts with a drive from Kathmandu
- Quieter trails than the Everest and Annapurna regions



AT A GLANCE

1. Teahouse in Syabrubesi	1 night	4. Teahouse in Kyanjin Gumpa	2 nights
2. Teahouse in Lama Hotel	1 night	5. Teahouse in Lama Hotel	1 night
3. Teahouse in Langtang	1 night	6. Teahouse in Syabrubesi	1 night

Highest night: 3,870 m

DAY BY DAY

- 1

Drive Kathmandu to Syabrubesi (1,460 m)

We pick you up from your hotel for a 7–8 hour drive through the hills to Syabrubesi, the trailhead on the Bhote Koshi river.

1,460 m · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Syabrubesi
- 2

Trek to Lama Hotel (2,470 m)

Follow the Langtang Khola through subtropical forest, home to langur monkeys and red pandas, to the riverside lodges of Lama Hotel.

2,470 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lama Hotel

3

Trek to Langtang village (3,430 m)

The forest thins as the valley opens up. Pass Ghoda Tabela and reach the rebuilt village of Langtang, with prayer walls and yak herds.

3,430 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Langtang

4

Trek to Kyanjin Gomba (3,870 m)

A short, beautiful walk past mani walls and chortens to Kyanjin Gomba. Visit the monastery and the cheese factory, and rest for the afternoon.

3,870 m · 3 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Kyanjin Gomba

5

Hike Kyanjin Ri (4,773 m)

Climb Kyanjin Ri for a stunning panorama of Langtang Lirung, Gangchhenpo and the glaciers of the upper valley, then return to Kyanjin. Strong hikers can choose Tserko Ri (4,984 m) instead.

4,773 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Kyanjin Gomba

6

Trek to Lama Hotel (2,470 m)

Descend the valley back to Lama Hotel.

2,470 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lama Hotel

7

Trek to Syabrubesi (1,460 m)

Walk down through the forest back to Syabrubesi. Celebrate the end of the trek with your crew.

1,460 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Syabrubesi

8

Drive back to Kathmandu

Drive back to Kathmandu and transfer to your hotel. Farewell dinner in the evening.

1,400 m · Meals: Breakfast, Dinner

WHAT'S INCLUDED

Included

- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Langtang National Park entry permit. It is included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

Is Langtang safe after the 2015 earthquake?

Yes. The villages and lodges have been rebuilt, and the trail is well maintained. Staying in Langtang directly supports the families who rebuilt their homes.

Can I combine Langtang with Gosaikunda?

Yes. Add 4–5 days to continue over the sacred Gosaikunda lakes and Laurebina pass. Ask us for a tailor-made itinerary.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/langtang-valley-trek

Questions? hello@tripnep.io