

## Langtang Valley Trek - 13 Days

The Langtang Valley Trek is somehow an excellent destination for trekking expeditions that provide adventures, beautiful views and exploration of the culture. Located at northern part of Nepal, near Tibetan border, the Langtang Valley is known as the "Valley of Glaciers". As a 13 Days Langtang Valley Trek, this is your chance to capture a glance of natural beauty that is exclusive to Nepal while interacting with its warm culturally rich people.

Unlike other destinations that include Everest and Annapurna with primarily busiest trekking trails the Langtang trek is comparatively quieter and less busy. The trails through forests that accompany beautiful alpine meadows alternating on both sides with harsh terrains of the mountain range will make you immediately feel that unique serenity that is in the Himalayas.

The Langtang Region trekking in Nepal offers stunning mountain views, diverse landscapes, and unique cultural experiences. Langtang region trekking is associated with Langtang National park. Trekkers typically start from Syabrubesi and follow trails that lead through picturesque villages like [Lama Hotel](#), Langtang Village, and Kyanjin Gumpa. The trek can range from 7 to 14 days depending on the specific route chosen and side trips taken. It's a fantastic option for those seeking a less crowded alternative to popular routes like [Everest Base Camp](#) and [Annapurna Circuit](#).

### WHY CONSIDER A LANGTANG TREK?

The trek to Langtang Valley is often dubbed the perfect alternative to the busier Everest and [Annapurna regions](#). With a distance of about 65-70 miles (round trip), this trek offers an accessible yet rewarding challenge. The Langtang Valley Trek difficulty is moderate, making it suitable for those with basic trekking experience.

### WHAT TO EXPECT ON THE LANGTANG VALLEY TREK

**Scenic Beauty:** From cascading waterfalls to towering peaks, every step feels like walking through a postcard.

**Local Hospitality:** Interact with the warm Tamang and Tibetan communities, who welcome you into their homes and traditions.

**Wildlife Encounters:** Spot exotic species like red pandas, Himalayan pheasants, and more.

**Acclimatization-Friendly Trails:** Gradual ascents ensure your safety and comfort.

### BEST SEASON TO TREK LANGTANG VALLEY

The ideal time for the Langtang Valley Trek is during **spring (March to May)** and **autumn (September to November)**.

**Spring:** The trails come alive with blooming rhododendrons and lush greenery, paired with pleasant weather and clear skies.

**Autumn:** Crisp, cool air, and stunning visibility make this season perfect for capturing the majestic Himalayan views.

Both seasons avoid the extreme cold of winter and the heavy rains of the monsoon, ensuring a comfortable and safe trekking experience.

## What Makes the Langtang Trek Special?

### 1. Tranquility and Solitude

The peaceful atmosphere of the Langtang Trek is one of the biggest pulls. The Langtang Valley never gets as crowded as other trekking routes in Nepal, which makes it much easier to bond with nature and feel the serenity of the mountains.

### 2. Authentic Local Experiences

Tamang and Tibetan communities, along with other locals, live within the surroundings of this area, showcasing their lifestyle; in addition to their cultural costumes, every element-right from traditional architecture down to their warmth in receiving foreigners-enhances your experience. It allows trek participants the opportunity to test fresh yak cheese that was homemade, or take part in any local festival celebrations, a unique opportunity here compared with similar treks.

### 3. A Photographer's Paradise

For photography enthusiasts, the Langtang Valley is a dream come true. The interplay of light on snow-capped peaks, cascading waterfalls, colorful prayer flags, and ancient stone houses creates countless opportunities for stunning photographs.

**[Contact us now](#) to reserve your spot or customize the itinerary and get more information on this epic journey into the heart of the Himalayas.**

## PRICE INCLUDES

- Accommodation in the mountains (dinner, breakfast and lunch)
- 3 nights in Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off, Kathmandu - Sybru beshi & Dunche to Kathmandu
- Trekking permit in the national park and TIMS Card
- One Experience trek leader, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 guests)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your own use)
- All government and local taxes.
- Nepalese team insurance
- Welcome dinner & Farewell dinner

## PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month (For this trek 15 days of visa is enough)
- Sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- insurance(It's mandatory when you need immediate evacuations or rescue ).
- International flight

## ITINERARY IN DETAIL

### Day 1: Day 1 Arrival in Kathmandu

Upon arrival in Kathmandu you will sort out your visa and immigration papers and one of our team representatives will be there to collect your baggage and navigate you to the hotel.

Normally you will arrive in the evening and when you get refreshed then you can hike a little around your hotel, you will see colorful Kathmandu. Depending on your arrival your free time will be set out.

### Day 2: Day 2 Drive to Shyapru bhesi ( 1450m )

Early in the morning we will drive to Shyapru bhesi by bus. Shyapru bhesi is the entrance for Langtang National Park and a small town for the Langtang region.

Driving time : Approximately 6 hours

Distance : 137 km

### Day 3: Day 3 Trek to Lama Hotel ( 2480m ) 5-6 hours

After crossing a Bhoti Koshi river, we arrive in a small village and we pass by the left side of the Langtang Khola. We walk for two hours on a Nepalese flat (succession of ups and downs) in an often humid subtropical forest, and in which it is sometimes possible to observe monkeys.

We lunch at silent Bombo village (1970m) at the side of the river. Then, it is by a fairly steep climb of one hour that we reach the village of Rimche (2400m). Half an hour further, we reach Lama Hotel (2480m), a small hamlet located in the middle of the forest.

### Day 4: Day 4 Trek to Langtang

We will embark towards an important village of this region, which region is named by that village (Langtang).

We walk in the forest, the valley widens, dominated by Lantang Lirung (7225m). An hour and a half later we arrive at Ghodabela (2972m), **lunch break at Thayangsyap** (3140m). We start to see **Tserko-Ri** (4984m). (The path climbs gently and in two hours we reach the village of Langtang (3410m) whose inhabitants are mainly of Tibetan origin. On the horizon we see the snow-covered slopes of Ganchenpo (6387m). The village was completely destroyed during the 2015 earthquake following an avalanche (rock, snow, ice).

The new village is rebuilt slightly higher in the valley. We can still see the traces of the earthquake.

### Day 5: Day 5 Trek to Kyangjin Gumpa (3860m)

We start to climb on a pretty steep slope towards where we can see long manies with lots of mantras written in the stones. We pass through some beautiful villages of Mundu and Singdum then the relatively easy climb continues to the

Yamphu, which we cross just before arriving at Kyanjin Gomba (3860m) at the foot of the Langtang Lirung glacier. We stay near to Buddhist monastery. Kyanjin Gomba mainly serves as summer pasture for herds of yaks. We can visit the cheese factory and monastery as well. We arrive for the lunch break at Kyanjin Gomba.

### **Day 6: Day 6 Hike to Kyangjn Ri 4350m and hike back to Kyangjin Gomba**

During this day we will climb up to Kyangjin Ri 4350m. From the summit we will see breathtaking views of Langtang valley and the surrounding peaks: Langtang Lirung (7225m), Yansa Tsenji (6575m), Ganchenpo (6387m). We descend to the camp for the lunch and after lunch free time to visit the cheese factory and monastery.

### **Day 7: Day 7 Trek back to Lama Hotel 2480m**

We will trek back the same way we go up and we follow the Langtang river with beautiful coniferous forest and stop at Lama hotel for a overnight.

### **Day 8: Day 8 Trek to Thulo Shyapru (2240m ) 5 hrs to 5:30 hours**

We continue to descent towards the village of Thulo Syabru, a pretty and large village in the region which is located in the ridge with a Buddhist monastery. We follow the path that we climbed on the first day of trekking towards Bomboo and Pairo. After 3 hours of walking, we change the path and go up to our Thulo Syabru evening camp. We cross the suspension bridge to arrive at the pretty village.

### **Day 9: Day 9 Trek to Shing Gomba (3580m) 5 hrs to 5:30 hours**

We leave the charming village of Syabru to head towards Singh Gomba. As this hike progresses, we discover some typical houses, potato crops as well as pleasant tea rooms upon arrival at Dursagang Danda. We continue our hike through a forest of rhododendrons and big pines trees, before arriving at the top of the ridge where we discover an old chörten. We then enter the second valley and arrive at our lodge for the night. The small Buddhist monastery of Singh Gomba is 100 meters down the path on the left. We can visit cheese factory.

### **Day 10: Day 10 Trek to Dunche (2010m) 5-6 hours**

We follow the steep path down till Dunche which is Central market for Langtang region and people are come here to shopping and other official works.

### **Day 11: Day 11 Drive back to Kathmandu (1350)**

Drive to kathmandu around 5-6 hours by private jeeps or bus.

### **Day 12: Day 12 Free day in Kathmandu**

Free day in Kathmandu allowing you to visit the main sites of the city: Durbar Square, Sawayambunathn, Bodnath or Pashupatinath. You can also explore the streets of Bhaktapur, an ancient medieval Newari city or the ancient royal city of Patan

### **Day 13: Day 13 Depart to your Home Country**

Leisure time depending on your departure flight. Our team member will drop you to airport.

## FAQ

### 1. How difficult is the Langtang Valley Trek?

The trek is classified as moderate, suitable for individuals with a basic level of fitness. Daily trekking hours range from 5 to 7, with gradual altitude gains. Proper acclimatization is included to ensure safety and comfort.

### 2. How long is the Langtang Valley Trek?

The Langtang Valley Trek typically takes 13-15 days to complete, depending on the itinerary and pace. This duration includes time for acclimatization, exploration of key sites like Kyanjin Gumpa, and travel to and from the trailhead.

### 3. Why is the Langtang Valley Trek popular?

The Langtang Valley Trek is famous for its accessibility from Kathmandu, stunning mountain scenery, and cultural immersion. Trekkers can enjoy panoramic views of the Langtang range, visit ancient monasteries, and experience the warm hospitality of the Tamang people. The trek is also less crowded than other trekking routes in Nepal, offering a more peaceful experience.

### 4. Is the Langtang Valley Trek suitable for beginners?

Yes, the Langtang Valley Trek suits beginners in good physical condition. The trek is relatively short and not as high-altitude as some other treks in Nepal, making it an excellent choice for those new to trekking. However, beginners should still prepare adequately and be mindful of the altitude.

### 5. What is the best time to trek the Langtang Valley?

The best time to trek the Langtang Valley is **spring (March to May)** and **autumn (September to November)**. These seasons offer the most favorable weather, with clear skies and moderate temperatures, ensuring the best mountain views and comfortable trekking conditions.

### 6. Is the Langtang Valley Trek safe?

Yes, the Langtang Valley Trek is generally safe for trekkers. The region is well-established, with a network of tea houses and marked trails. However, it's essential to trek with a guide, especially for those unfamiliar with the area, and to take precautions against altitude sickness and sudden weather changes.

### 7. Is Langtang Valley Trek worth it?

The Langtang Valley Trek is worth it for those seeking a blend of stunning Himalayan scenery, rich cultural experiences, and a peaceful trekking environment. Offering breathtaking views of the Langtang range, opportunities to immerse in the traditional Tamang culture, and the advantage of being less crowded than more popular treks, it's an excellent choice. Additionally, its proximity to Kathmandu makes it accessible, and trekking through the diverse landscapes of Langtang National Park adds to the trek's appeal. Whether you're a beginner or an experienced

trekker, the Langtang Valley Trek provides a rewarding and memorable adventure.

### **8. Is prior trekking experience necessary?**

Some prior experience is desired, but it is not required; however, some enthusiasm, reasonable physical fitness, and preparation will improve the trekking experience. The trails cover are well-maintained and leads so one can easily and safely embark in them regardless of their hiking experience.

### **9. What makes the Langtang Valley Trek different from other treks in Nepal?**

The Langtang Valley Trek offers a quieter, more intimate experience compared to the bustling Everest and Annapurna regions. It combines moderate trekking challenges with rich cultural encounters and diverse natural beauty, all within a relatively short timeframe.

### **10. What is the maximum altitude of the trek?**

The highest point of the trek is **Tserko Ri**, standing at **5,000 meters (16,404 feet)**. The main trail culminates at **Kyanjin Gompa**, which is at an altitude of **3,870 meters (12,696 feet)**.

### **11. How far is the Langtang Valley Trek?**

The total trekking distance is approximately **65-70 miles (105-115 kilometers)**, depending on the side trails and viewpoints you choose to explore.

### **12. Are there any age restrictions on the Langtang Valley trek?**

There are no strict age restrictions, but trekkers should be in good health. Families with children and older individuals with adequate fitness levels have successfully completed the trek.

### **13. What permits are required for the trek?**

You'll need a **Langtang National Park Entry Permit** and a **TIMS (Trekking Information Management System) card**. Both can be arranged in Kathmandu before your trek.

### **14. What kind of accommodation is available on the trek?**

Teahouses are the most common type of accommodation. They offer basic amenities such as a bed, meals, and shared bathrooms. Facilities improve slightly at lower altitudes.

### **15. Can I do the Langtang Valley trek solo?**

Yes, the trek can be done solo, but hiring a guide or porter is highly recommended for safety, navigation, and enhanced cultural experiences.

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## 16. What should I pack for the Langtang Valley Trek?

Essentials include sturdy trekking boots, warm clothing, a sleeping bag, a rain jacket, sunscreen, and a first-aid kit. Packing light while being prepared for varying weather is key.

## 17. Is the Langtang Valley Trek safe?

Yes, the trek is considered safe, especially with proper acclimatization and a knowledgeable guide. The trails are well-marked, and locals are incredibly welcoming to trekkers.

