

Langtang Valley Trek

Trip code	HHN- LA-7
Package name	Langtang Valley Trek
Duration	7
Max. elevation	4900 m
Level	MODERATE
Transportation	Land
Accomodation	Local Lodges
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu-Syabrubesi- Langtang Village-Kyanjin Gompa- Syabrubesi- Kathmandu
Cost	USD 0 per person

Highlights

- **Closest Himalayan Trek to Kathmandu**– A stunning alpine trek just a day's drive from Kathmandu, offering a high-intensity but quick Himalayan experience.
- **Rich Tamang Culture & Heritage**– Explore ancient monasteries, villages, and Tibetan-influenced Tamang culture of the Langtang Valley.
- **Awe-inspiring Landscapes & Glacial Scenery**– Trek through stunning woods, precipitous alpine meadows, and breathtaking glacial valleys with Langtang Lirung (7,227m) panorama.
- **Kyanjin Gompa & Cheese Factory**– Visit the sacred Kyanjin Gompa monastery and taste yak cheese freshly produced at one of the world's highest-altitude cheese factories.
- **Panoramic view of Kyanjin Ri (4,773m) or Tserko Ri (5,000m)**– Treks to these stunning vantage points for 360° view of snow-covered peaks and the Tibetan plateau.

Overview

Langtang Valley Trek Overview

Embark onto the Langtang Valley Trekking Trail; Explore the Glacier Valley near

Kathmandu

Langtang Valley Trek: A Holiday to Treasure

Langtang Valley Trek is a magically moderate adventure trek into Langtang valley, with its breathtaking mountain views and varied landscapes and cultural treasures. The "Valley of Glaciers" of Langtang treks you through lush forests, scenic Tamang villages, and high-altitude alpine meadows with panoramic views of **Langtang Lirung (7,227m)**. The Langtang Valley Trek, starting from Syabrubesi and ending at Kyanjin Gumpa or back to Syabrubesi, is ideal for travelers who seek a blend of adventure and cultural exploration in Nepal near Kathmandu valley. A section of **Langtang National Park**, the trek provides wide range of vegetation, wildlife, and vibrant Tamang culture, leading to Langtang Valley Trekking as a Himalayan experience to treasure for Once-in- a Lifetime.

What are the highlights of Langtang Valley Trek?

The Langtang trek includes stunning mountain vistas, including Langtang Lirung (7,227m), Ganchenpo (6,387m), and Dorje Lakpa (6,966m). The Langtang trek passes through Langtang National Park, which has red pandas, Himalayan tahr, and several bird species. There is Tamang culture, ancient monasteries like Kyanjin Gumpa, and glacial landscapes to complement the experience along the Langtang Valley Trekking Trail. Trekkers can also explore Kyanjin Ri (4,773m) or Tserko Ri (5,000m) for the breathtaking mountain views. The Langtang trekking experience is unique because of its high biodiversity, stunning landscapes, and cultural exposure.

Where does Langtang Valley Trek start and end?

Langtang Valley Trek begins at Syabrubesi (1,503m), which is road-accessible from Kathmandu. The trek follows the Langtang River and goes through Lama Hotel (2,480m) and Langtang Village (3,430m) before the final destination Kyanjin Gumpa (3,870m), the final village of the Langtang trek. It is likely that most trekkers hike to Kyanjin Ri (4,773m) or Tserko Ri (5,000m) for great views from Kyanjin Gumpa and hike back down to Syabrubesi to conclude the trek.

Read Our other Blog Posts Related to Langtang Valley Trek:

- [1. Is Langtang Valley Trek Worth it?](#)
- [2. How Difficult is Langtang Valley Trek?](#)
- [3. Kathmandu to Syabrubesi by Bus or Jeep](#)
- [4. Langtang Valley Trek in Winter](#)
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- [6. Langtang Valley in March](#)
- [7. Langtang Valley Trek in April](#)
- [8. Langtang Valley Trek in May](#)
- [9. Guide is Mandatory for Langtang Region Trekking](#)
- [10. How Long is the Langtang Valley Trek?](#)
- [11. How much does it cost to do Langtang Trek?](#)
- [12. 50 Facts You May Not know About Langtang Valley Trek](#)
- [13. 10 best stops in Langtang Valley Trek](#)

What kind of accommodations and food are offered in the Langtang Valley trek?

Langtang Valley Trekking provides tea house accommodation with basic yet comfortable facilities. Twin beds, blankets, and common dining areas are features of the rooms. In Langtang Village and Kyanjin Gumpa, trekkers can enjoy very comfortable accommodation with moder luxuries these days. If the trekker are seeking luxury accommodation in Langtang Valley trek, one can get it in Langtang Village and Kyajing Gumpa. For this, trekkers going for Langtang Valley Trek needs to inform their local trekking agencies or they can also ask their guide to arrange luxury accommodation in Langtang Valley Trek.

Dal bhat (rice and lentils), Tibetan bread, momos, noodles, soups, and pancakes are some of the foods provided in the lodges. Tea, coffee, and energy-providing snacks are provided at most halts. The food being plain, however, is healthy and provides adequate energy for trekking. Yak cheese are very special and also you can enjoy buckwheat thorn juice is very popular and fresh here in Langtang Valley.

When is the best time for Langtang Valley Trek?

The best time of the year for Langtang trekking is spring (March-May) and autumn (September-November). Spring has flowers of rhododendrons and favorable weather, and autumn has clear skies and breathtaking mountain views. Winter (December-February) is possible but extremely cold, and monsoon (June-August) has heavy rain and slippery trails, and trekking becomes difficult.

If you are a solitary lover, you can do Langtang Valley trek in winter days.

How difficult is Langtang Valley Trek, and what is the highest altitude?

Langtang Valley Trek is a moderately difficult graded trek and is suitable for trekkers with average physical fitness. The trails include gentle ascents, suspension bridges, and stone paths. The maximum altitude achieved is Tserko Ri (5,000m), which has stunning views. The trek has 5-7 hours of walking each day but no technical climbing, and hence it is a good experience for both new and experienced trekkers. The Langtang Valley Trekking trail is entired based in Langtang National Park.

How can I get to Syabrubesi from Kathmandu?

Syabrubesi is the entrance to the Langtang valley that is about 122 km from the capital city, Kathmandu, and is covered by road. It takes approximately 6-9 hours on vehicular traffic, depending on the vehicle condition and the road condition

One of the less expensive methods of getting to Syabrubesi is taking the local bus from Machhapokhari Bus Park in Kathmandu. The buses depart early, between 6:00 AM to 8:00 AM, and cost between NPR 800–1,200 per person. The ride can be rough with unsealed roads, but it is an affordable option for trekkers.

By Jeep

Shared jeeps provide a more luxurious option to get Syabrubesi from Kathmandu, cutting down the travel time to around 6–7 hours. The fare is between NPR 1,500–2,500 per seat. Private jeeps can also be hired for NPR 15,000–20,000, suitable for groups who want convenience.

By Motorcycle or Private Vehicle

Thrill-seeking travelers can travel by motorcycle or private vehicle to get Syabrubesi from Kathmandu, but the unpaved and winding road demands caution. Fuel and rental fees differ according to the vehicle you choose to ride.

If you hire private vehicle for Syabrubesi from Kathmandu, it costs Rs.12000-14000 one way.

How is the Drinking Water facility in Langtang Valley Trek?

Drinking water is easily available in the Langtang Valley Trek, but trekkers should concern themselves with the quality of the water. Boiled or filtered water is available from most of the teahouses along the Langtang Trekking route for a small fee. Bottled water is available in Syabrubesi (1,470m), Lama Hotel (2,480m), Langtang Village (3,430m), and Kyanjin Gumpa (3,870m), but the price increases with altitude. A bottle of water costs Rs.300-400 on the Langtang Valley Trekking trail. In order to reduce cost and plastic waste, trekkers should carry a refillable water bottle and use water purification tablets or a portable filter.

The main sources of drinking water are natural streams and rivers, such as the Langtang Khola, which follows the Langtang Valley Trekking trail. However, untreated water from these sources may contain bacteria and parasites, so it needs to be purified before drinking. Tap water is also available free in certain teahouses, though purification is still necessary.

Hydration is necessary at the higher elevations to prevent altitude sickness, and trekkers need to consume at least 3–4 liters of water every day. Refilling points at teahouses make hydration easy. However, at the higher elevation teahouses such as Kyanjin Gumpa, water sources may freeze in the winter months, and one needs to be prepared in advance. Bringing an insulated bottle will keep water from freezing in colder climates while ascending higher elevations like Kyajing Gumpa, Kyanji Ri and Tserko Ri.

How is the connectivity facility in Langtang Valley Trek?

Connectivity along the Langtang Valley Trek is weak, and trekkers should not anticipate reliable phone or internet connectivity throughout the Langtang trek. Ncell and Nepal Telecom (NTC) mobile networks provide 4G coverage at Syabrubesi, the trek starting point. However, as trekkers ascend to Lama Hotel (2,480m), the network coverage deteriorates, and there is little or no signal for phone calls or mobile data. Teahouses at Lama Hotel do not have WiFi, and communication turns out to be difficult.

There is WiFi in most of the teahouses in Langtang Village (3,430m) and Kyanjin Gumpa (3,870m) for a fee, but it is of poor quality and not reliable due to high altitude and remote location. Nepal Telecom SIM card may also have better coverage in certain areas compared to Ncell, but signals are based on weather and terrain. Satellite phones can be utilized for communication in case of emergency during the Langtang Valley Trek.

Trekkers who need connectivity for work or updates during Langtang Trek should give prior notification of limited connectivity to contacts. Being connected is optimally done through the use of a local SIM card with pre-paid data for areas covered. In the event of an emergency, a satellite communications device should be carried or teahouse landlines used where possible.

Is altitude sickness a problem in Langtang Valley Trek?

Altitude sickness is a possibility on the Langtang Valley Trek, especially as trekkers ascend above 3,000 meters. The trek starts from Syabrubesi (1,470m), where there is no altitude concern, but AMS symptoms can occur above Lama Hotel (2,480m), especially in Langtang Village (3,430m) and Kyanjin Gomba (3,870m).

Headache, nausea, dizziness, fatigue, and insomnia are a few of the common symptoms of AMS. If not treated, AMS can lead to more severe conditions like High Altitude Pulmonary Edema (HAPE) or High Altitude Cerebral Edema (HACE), which are fatal. Trekkers can prevent altitude sickness by practicing good acclimatization practices, such as climbing gradually, hydrating well, and avoiding alcohol during Langtang Valley Trek. An extra acclimatization day in Kyanjin Gomba is recommended before going to higher places like Kyanjin Ri (4,773m) or Tserko Ri (5,000m).

Carry first aid kit with basic medicines and you are also suggested to carry DIAMOX in case you have acute mountain sickness while ascending above Langtang Village to Kyajin Gumba, Kyajin Ri and Tserko ri.

If symptoms persist, the ideal treatment is to go down to a lower altitude at the earliest. Taking Diamox (Acetazolamide) can be helpful in the prevention of AMS, but it should only be taken on medical advice. Trekkers should also be aware that rescue facilities, such as helicopter rescue, are available but are very expensive, so one should carry proper travel insurance for their Langtang Valley Trek.

What are required permits for Langtang Valley Trek?

For Langtang Valley Trek, there are two mandatory permits that are needed by trekkers:

Langtang National Park Entry Permit – Fee: NPR 3,000 per person for foreigners, NPR 1,500 for SAARC nationals, and NPR 100 for Nepali nationals.

TIMS Card (Trekking Information Management System) – Cost: NPR 2,000 per person for independent trekkers and NPR 1,000 for guide-supported trekkers.

These are available for purchase by trekkers at Kathmandu before the trek. Langtang National Park Entry Permit is available at Nepal Tourism Board (NTB) Office, Kathmandu, or Dhunche entry point. The TIMS Card can be obtained from TAAN (Trekking Agencies Association of Nepal) Office or NTB Office, Kathmandu.

The best way to acquire these permits is by visiting the NTB office in Kathmandu or via local travel or trekking companies located in Kathmandu, Thamel, as it guarantees preparation in advance prior to visiting the trail. One has to carry a copy of the passport and passport photographs. If one treks with a registered agency or guide, they normally take care of the permits.

There are a few permit checkpoints along the Langtang Valley Trek, mainly in Dhunche (entry point to Langtang National Park), Syabrubesi, and Ghoda Tabela. These checkpoints verify permits to ensure trekkers are safe and in compliance with regulations during their Langtang Valley Trek.

How difficult is Langtang Valley Trek?

The Langtang Valley Trek is a moderately challenging trek requiring a good amount of physical fitness, but less strenuous than the Everest Base Camp or Annapurna Circuit treks. The trek starts

at Syabrubesi (1,503m/4,931ft) and reaches its summit at Tserko Ri (4,984m/16,350ft), offering wide views of the Langtang Himalayan range. The round-trip journey is approximately 70-80 km (43-50 miles), and it usually takes 6-8 days to complete.

Trekkers walk 5-7 hours daily, 8-12 km (5-7 miles) daily in Langtang Valley Trek. The trek is a mix of gradual slopes, steep uphill climbs, and some rocky trails. The lower section is through dense forests, suspension bridges, and Tamang villages, and the upper section is through alpine meadows and glacial landscapes. Some sections can be challenging, especially the steep climb to Kyanjin Gumpa (3,870m/12,697ft) and the optional trek to Tserko Ri, which requires endurance and acclimatization.

This Langtang Valley trek is also suitable for novice trekkers with good physical fitness. However, acclimatization is necessary as high-altitude trekking can cause altitude sickness at altitudes over 3,500m. Prior hiking experience is desirable but not necessary for Langtang trek.

Preparation Tips:

Cardio Conditioning – Run, cycle, or swim for endurance.

Strength Conditioning – Leg muscles and core strength are the focus areas.

Altitude Conditioning – If possible, trek high altitudes before the trek.

Hydration & Nutrition – Consume plenty of water and have a well-balanced diet.

Gear & Clothing – Invest in good quality trekking boots, warm apparel, and rain attire.

With proper planning, even beginners can easily complete this fulfilling trek.

Trip Itinerary

Day :

Inclusions

What is included?

- All Arrival and Departure Transfer from airport to airport.
- Twin sharing room on best tourist standard hotels in Kathmandu(For single supplement at extra cost).
- Transportation on best comfortable Bus service Kathmandu-Syabrubensi-Kathmandu.
- Twin sharing accommodation on best available mountain lodges/Guesthouse.
- Service of English speaking guide with two clients one porters.
- Wages, meals, medical allowance of guides and porters.
- Providing Haven Holidays T-shirt or Cap and If clients need Duffel bags.
- Applicable Trekking Permits Like, TIMS and Langtang National Park permit.
- Comprehensive Medicines carried by our trekking staff for prevention sick.
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.

- Expenses of personal nature and tipping for trekking staffs, like Guide, Assistance guide and porters.
- Personal trekking gear.
- Emergency Evacuation if required by any means of transportation we can arrange.
- Personal medical kit, as advised by your doctors.
- Early return from the trek due to personal reasons, no refund will be entertained on breaking the journey.
- Arrange Private vehicle if clients needed.

Trip Info

Booking Terms and Conditions

Booking

To book this trip, you have to find the book on button and click it. After that, you will see a form where you will fill up all the required information for the trip including the departure date you want and click the button submit. Now you have completed the form and we will reply to your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Cancellation and Refund

You can cancel your Langtang Valley Trek if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payments to other operating sections. Therefore, the other operating departments like transportation, food and accommodation, and trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer

Though you cannot get a refund after you cancel your planned trip, you can postpone it for the future and you can do it whenever you have a favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want other people who are closer to you to do this trip, you can do the transfer or offer this Langtang Valley trek as a gift. But for this, we require valid and reliable evidence like email addresses, other contacts and all required contracts we made previously.

Training for High Altitude

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the trip in the Himalayas. For this, you are required to do short hikes and joggings, aerobics, regular exercises, walking up and downs with a small backpack, joining a gym for cardio and other exercises and primarily, jogging, cycling, futsal football and short hikes/treks in the hill. You can practice both slow jogging and quick running which will help you a lot in the mountain to adjust to the new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board the trip to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have a balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum 8 hours with little backpack for the trek you want.

If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek.

Prepare for the 4000m altitude Langtang Valley Trek in whatever way you can.

Preparations for the Langtang Valley Trek

If you prepare the Langtang Valley trek very well in a finely organized way, it is said, half of the trek is already accomplished. Therefore, one requires preparing the trip with all requires things to carry and keeping oneself fit and fine.

Best Ways for Preparing the Trek

- Do regular exercises basically related to Cardio
- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears
- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for the trip
- Prepare all required medicines you must take on the trip regularly if you are doing it
- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don't try to be prodigal, just enough
- Prepare travel insurance and confirm that your trip is booked and reserved

- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways transportation and confirm it so that it will be easier for you to return homeward

Arrival

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the on-arrival visa instantly if you have not applied for Nepal visa for Nepal through the consulate center or Nepal Embassies near you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all the required documents for the visa.

Tourist Visa Nepal

A tourist Visa is on arrival visa in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. It's a quick and not a delayed process. TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, You can expect some queues during peak Tourist season (Autumn-Sep-Nov). If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. We recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining a tourist-visa-Nepal on arrival. The choice is yours.

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just 30 minutes drive.

Get checked in the hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Orientation

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know the trip you are undertaking from the next day or the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.

If you have any queries, you can put them in this orientation meeting before you depart for your Langtang Valley Trek.

Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Those who approach for last minute booking with us; must pay a 10% additional cost of the total trip cost mentioned on our website.

You can book the trip you like on our website even a day before the trip begins.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh hour. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips.

Don't hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some little additional cost which we will settle in mutual understanding.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or other several places of Kathmandu, trekking beginning points as well. You can find several money exchange counters in different corners of Thamel city. If you are in a rush and cannot do this, you can pay USD, AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc.

You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, and Namche if you are going to EBC. You can ask to exchange your currency with Nepal with local lodges/restaurants/hotels/ guesthouses too. But, you need to have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal.

Haven Holidays Team

Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle the sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.

The Haven Holidays Team will assist you in every step of your trip to make it memorable and more convenient.

Luggage and Storage

If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the labor rule that a porter can only maximum of 20kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Two people one porter put 10kg of stuff by each individual.

If you think you don't need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Take the luggage tag while storing the unnecessary luggage.

Meals on Langtang Valley Trek

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have extra tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? Glutton Free? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time, you have to consider it very calmly. You will enjoy freshly cooked meals in the mountain

during the trip days with local ingredient

Langtang Valley Trek Starts

The Trip commences from Kathmandu with a drive to Morning having breakfast, transfer by standard Bus(coach) for an overland journey. An exciting drive leads beyond Kathmandu Valley towards the North Mid-Western highway/ Pashang Lhmu Highway, the journey passes through lovely farm villages and towns. Then reaching a higher mountainous area, where the air gets cooler at Dhunche, the major town and headquarters of Rasuwa district. As well as the entrance of Langtang National Park, then heading down to Syabrubesi small town. Syabrubesi is the starting point for trekkers heading towards Langtang National Valley Trekking.

Syabrubesi is a picturesque village located in the Rasuwa District of Nepal. Situated at an altitude of around 1,460 meters above sea level. Syabrubesi is approximately 117 kilometres away from Kathmandu, the capital city of Nepal. It serves as the gateway to the Langtang Valley trekking, one of the popular trekking destinations in Nepal. The village is inhabited primarily by the Tamang ethnic group, and it offers stunning views of the surrounding Himalayan landscapes, including the Ganesh Himal and Langtang ranges. In addition to trekking, Syabrubesi also serves as a stopover point for travellers en route to the Tibet-Nepal border at Rasuwagadhi.

Electricity on Langtang Valley Trek

You will get good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to charge your phones and backups. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount to charge your batteries, backups and phones in remote areas trekking. There won't be an electricity heating system in the mountain while doing trekking or other adventure activities.

Drinking Water on Langtang Valley Trek

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water you can buy along the trek in the guesthouse.

Communication Facility on Langtang Valley Trek

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains, you may not be able to have such kind of facility as in the cities. But, most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-fi during the trip in the mountains in Langtang Valley Trek.

Both Langtang Valley and Kyanjing Gumba offer you good facility of Wi-Fi during the trek.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, access the internet over it.

Langtang valley Trek Ends

Our trek ends in Sayabrubensi for the last overnight halt around the Langtang Himal region. The next Morning after breakfast board a vehicle for the exciting long drive back to Kathmandu, as the road leads winding up to Dhunche town. After Dhunche downhill to Ramche, Manebhanjyang, Betrawoti town to reach low warmer areas at Trisuli Bazaar. Possible lunch stop, afternoon drive continues on the good road at the end Nuwakott area, then reaching Kathmandu city.

Feedback about Langtang Valley Trek

You can give feedback on the trek/trip you have undertaken at the end of Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback on the trip advisor page which will be more reliable and public.

Langtang Valley Trek Extra Personal Expenses

How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

Typical Day in Langtang Valley trek

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you want in the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/guesthouse/teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and

where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

- Free Booking and Free Cancellation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Cost Friendly
- Wider Networks
- Expert in risk management

Trekking Packing/Checklist List for Langtang Valley Trek

When preparing for a trekking trip in Nepal, it's essential to have the right equipment and packing list to ensure your safety and comfort to complete your mission. You will need to pack smart and light. This packing list doesn't mean you need to pack everything listed here. This list is a guideline, and your final list will depend on your preferences and judgment. Follow as per your personal needs and preferences by taking this as a reference. Here's a comprehensive list of items you should consider Trekking equipment list

Departure

After a farewell dinner with our team and the important feedback session, we will comfortably drop you off at the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up on your international flight and another trip you want. We wish you a very wonderful time ahead.

Addition Trip Info

What can I expect at Langtang Valley Trek?

The Langtang Valley Trek is a rewarding journey offering dramatic views of the **Langtang Himal**, alpine meadows, glaciers, and traditional Tamang villages. You can expect a peaceful, less crowded alternative to other treks in Nepal. This trek offers natural beauty combined with cultural immersion through the visits to Buddhist monasteries and local communities. It's moderately difficult and offers a great chance to explore remote mountain areas by passing through forests and villages with rich cultural heritage.

What can I expect from Haven Holidays in Langtang Valley Trek?

Haven Holidays offers experienced guides, reliable service, and quality trekking packages for Langtang Valley. If you go with them, expect a well-organized trek that includes all necessary permits, accommodations, meals, and transport. Their focus is on ensuring trekkers' safety and comfort while promoting responsible trekking practices. You can rely on them for an enjoyable and informative trek with expert guides who provide insight into local culture and wildlife.

A Drive from Kathmandu to Syabrubesi,

The drive from Kathmandu to Syabrubensi, the starting point of the Langtang Valley Trek, is around 7-9 hours. The road follows the serpentine trails, going uphill and downhill through the scenic foothills, terraced fields, and small villages, with views of the Himalayas in the distance. While the road may be quite bumpy and challenging at times, it is part of the adventure that one undergoes, and the scenery along the route sets the tone for the trek ahead.

Popular Places/Destinations you explore During Langtang Valley Trek,

Key highlights of the **Langtang Valley Trek** include the villages of Lama Hotel, Langtang, and **Kyanjing Gumpa**. **Kyanjin Gumpa, at 3,870m**, offers awe-inspiring views of Langtang Lirung. You'll also pass through dense rhododendron forests, cross suspension bridges, and explore ancient Buddhist monasteries, such as the one at Kyanjin. The trek culminates with a visit to the nearby glaciers and a view of the surrounding peaks, including **Langtang Lirung, Dorje Lakpa**, and more.

Langtang Valley Trek – Is this right for you?

The **Langtang Valley Trek** is for trekkers who have a moderate level of fitness. The trail does not require technical climbing skills, yet it involves several days of trekking at altitudes over 3,500 meters. It's ideal for those who want to experience Nepal's mountains without tackling the more challenging **Annapurna or Everest region treks**. The beauty of the trek, peaceful surroundings, and cultural richness are a perfect combination for trekkers who look for a mix of adventure and tranquility.

How is the Langtang Valley Trekking Trail?

The **Langtang Valley Trekking trail** is well-marked and encompasses a variety of landscapes-from lush forests to alpine meadows and high mountain valleys. Most of the time, the trail is rated as moderate, with certain parts being uphill while going up toward **Kyanjing Gumpa**. The terrain is rugged but not too technical, and the trails are well-maintained, especially after the post-earthquake rebuilding efforts. It's a relatively straightforward trail, but altitude gains can make some sections challenging.

Cultural Highlights on Langtang Valley Trek

Tamang-speaking people dominate the **Langtang Valley**, and the trek has a lot of cultural attractions. You will be going through the traditional villages of the Tamangs to learn their customs and the Tibetan way of life. The cultural highlights include the **Kyanjing Gumpa monastery**, ancient stone carvings, and prayer flags with stupas dotting the trail. The local people are friendly and proud of their culture, thus offering the trekkers the opportunity to experience a special mountain culture.

Natural Splendors of Langtang Valley Trek

Langtang Valley Trek is considered a jewel in terms of natural beauty. The trekking goes through temperate forests, rhododendron blooms, and alpine meadows. You will get to see the panoramic views of towering peaks such as **Langtang Lirung, Dorje Lakpa, and Shishapangma**. The **Langtang National Park** is rich in wildlife, including red pandas, Himalayan thar, and various bird species. Glaciers and rugged terrain add to the dramatic landscape of the trek.

The Guide and Porter for Langtang Valley Trek

Hiring a guide and a porter is highly recommended for the **Langtang Valley Trek**. A guide will ensure you safely navigate the trail, make cultural insights, and also help with any language problems. A porter will be carrying your luggage so that you may also enjoy the trek without extra load on your back. Guides and porters usually come from the local region, thus are pretty aware of the topography and cultural nuances, hence enhancing the overall experience.

Emergency Evacuation/Rescue in Langtang Valley Trek Even though the **Langtang Valley** is relatively accessible, awareness of emergencies is important. The trek route is facilitated with helicopter evacuation services in case of severe illness or injury. It's advisable to have travel insurance that covers helicopter rescues. Communication with the outside world can be limited, so it's essential to trek with a reliable guide who can handle emergencies effectively.

Important Note Safety Measures for Langtang Valley Trek

Safety measures include acclimatization against altitude sickness, appropriate equipment, warm clothing, and trekking boots for contingencies, and hydration. Be physically prepared for the trek and check the weather condition beforehand. Always trek with a guide, and follow the necessary safety protocols regarding food and water hygiene. Also, travel insurance, including trekking coverage in case of emergencies, becomes imperative.

What I like most about Langtang Valley Trek?

The **Langtang Valley Trek** is a perfect combination of nature and culture: trekking through forests and witnessing mountain scenery and traditionally preserved Tamang villages-not to mention much less crowding than the more famous treks. The comparative gentleness of this trek on the trails compared with those in other parts of the Himalayas makes it accessible to most trekkers, though it doesn't skimp on the wild factor.

How much should I Tip for Guide and Porter in Langtang Valley Trek?

It is a fact that tipping your guide and porter is considered very welcome, as it reflects the acknowledgment of their hard work. The guide usually receives around **NPR 1,500 to 2,000 per day**, while a porter receives around **NPR 1,000 to 1,500 per day**. This will, however, depend on your overall length of the trek and also the service quality provided. It's always worth mentioning that any tip given should be in regard to the satisfaction received from the service.

What are the Meals Available on Langtang Valley Trek?

The meals on the **Langtang Valley Trek** include typical Nepalese food such as dal bhat, momos, and Tibetan bread. Western food is also available at many teahouses, which includes pasta,

pancakes, and sandwiches. The higher you go, the less variety of food you'll get, but the portion size is big and fills your stomach to provide energy during the trek. Keep yourself hydrated, and it's better to avoid raw foods at higher altitudes.

Temperature at Langtang Valley Trek

The temperature largely depends upon altitude. In the lower altitude sections of the trek, the temperature ranges between 10°C to 20°C during the day while considerably cooler nights. With rising altitude, the temperature becomes colder, especially at nights. In high altitudes such as Kyanjing Gompa, during winter months, temperatures plummet below freezing point. Generally, one needs to have ample warm clothes, at least for the early mornings and nights.

Best Itinerary for Langtang Valley Trek

A regular 7-10 day itinerary for the **Langtang Valley Trek** starts with a drive from **Kathmandu** to **Syabrubensi**. Further treks go through Lama Hotel, **Langtang Village**, and reach Kyanjing Gompa. Additional days are used for acclimatization, exploration, and rest. You return on the same route downhill, possibly including a visit to the nearby Tserko Ri for panoramic views of the **Langtang range**.

One of the most rewarding trekking trips in Nepal is the Langtang Valley Trek, full of mountain sceneries, enriched cultural heritage, and diversified flora and fauna. Nicknamed as the "Valley of the Glaciers," actually, this is a charming journey through vibrant green forests, villages, alpine meadows, up to towering peaks like Langtang Lirung, Yala Peak, Dorje Lakpa and Ganesh Himal. Below comes a guide for planning this trek.

1. Where is Langtang Valley?

Langtang Valley is located in the Rasuwa district north of Kathmandu and lies within the Langtang National Park area. It also borders Tibet, hence a culturally important valley that is highly influenced by Tibetan traditions and culture.

2. What are the Highlights of the Langtang Trek?

3. What is the Difficulty Level of Langtang Valley?

The **Langtang Valley Trek** is a moderately graded trek. It does not involve technical climbing, but there is steep ascent and descent involved, and one must walk daily for 5 to 7 hours. Basic fitness and acclimatization are the two major requirements.

4. What Challenges Might I Face in Langtang Valley Trek?

Altitude Sickness: Maximum altitude during this trek is around 4,984m at Tserko Ri. Proper acclimatization and hydration are crucial.

Weather: Sudden weather changes can occur, especially at higher altitudes like at Langtang Valley and Kunajing Gumba.

Trail Conditions: Some parts of the trail might be rough or affected by landslides after 2015 earthquake especially while approaching to Lama Hotel from Pahire.

5. Best Time to Trek to Langtang Valley

Spring (March to May): This is the most popular time. The weather is stable, and rhododendron forests are in full bloom.

Autumn (September to November): Another ideal time of the year when the skies are clear and there is good mountain visibility.

Winter: From December to February, although cold, is considered okay with decent gear. Trails will be quieter while the higher routes may be closed by snow.

Monsoon: Heavy rainfall starts from June up until August and results in slippery trails. Besides that leeches too are common, though it presents good, lush green views with fewer trekkers.

6. Temperature?

Spring and Autumn: It's 10°C to 20°C in the daytime; and the nighttime temperature can plummet to -5 degrees on higher altitude.

Winter: During the daytime, temperatures range from 5°C to 10°C but drop to -10°C at night or even lower.

Monsoon: Temperatures range from 15 to 25°C during the day but are terribly humid.

7. How to reach the starting point Syabrubesi or Langtang Hydropower Station?

It starts in Syabrubesi/Langtang Hydropower Station, about 7-8 hours from Kathmandu if you go by bus or jeep. If you take a public bus, then it is time-consuming but cheap. A private jeep is costly but much quicker.

8. Food and Accommodation on the Langtang Valley trail?

Lodges/Tea Houses: These are the main places where one can put up along the route. They offer very basic facilities: a bed, blanket, and shared bathrooms. They will also offer you Wi-fi and hot shower facilities with some extra costs.

Food: The menu generally consists of dal bhat, which is rice, lentils, and vegetables; noodles; soups; momos; pasta; and other heavy meals. Hot beverages, such as tea and coffee, are easily accessible.

Cost: Be prepared for food and accommodation to get more expensive as you go higher because of the difficulties in transportation to remote areas. One item of food costs between Rs. 400-800 on Langtang Valley Trekking Trail.

9. What Are the Permits I Need for Langtang Valley Trek?

Langtang National Park Entry Permit: For foreigners, it is NPR 3,000 per head.

TIMS (Trekking Information Management System) Card: NPR 1,000 per head for independent trekkers and NPR 600 for trekkers on a guided trek. You can manage all these in Kathmandu prior to your trek or you can get it in Dhunche before you reach Sybrubensi.

10. And What About Altitude Sickness in Langtang Valley Trek?

Symptoms: Headache, dizziness, nausea, and shortness of breath as you climb higher.

Prevention: Proper acclimatization, ascending slowly, keeping one's body hydrated, and avoidance of alcohol.

Treatment: Immediately descend if symptoms persist. Medications such as Diamox can be carried.

11. Do I Need a Guide or Porter for Langtang Valley Trek?

The trail is well-marked and is thus relatively easy to do on your own, but it is mandatory to hire a guide for your Langtang Valley trek now. The Nepal Tourism Board and Langtang National Park have jointly declared that the guide is mandatory for Langtang trekking. No solo trekker is allowed to trek in Langtang region without guide. the advantages of hiring a guide include:

Local Knowledge: Cultural knowledge, and helping you along the route.

Safety: Assistance in case of an emergency.

Porter Services: To carry heavy baggage, freeing you up to enjoy the trek more.

12. What Should I Pack for Langtang Trek?

Clothing: Thermal wear, fleece, and waterproof jacket for variable temperatures.

Footwear: Comfortable trekking boots with good grip.

Equipment/Accessories: Sleeping bag, trekking poles, rucksack, and water purification tablets.

Consumables: Sunscreen, sunglasses, first-aid kit, snacks, power bank.

13. What Wildlife Might I See in Langtang Valley Trek?

The Langtang National Park is a home for many wild animals such as the red panda, Himalayan black bear, langur monkeys, and many species of birds. Keep your eyes open on the trek!

14. Is Langtang Valley Trek Suitable for Families?

Yes, Langtang Valley Trekking is suitable for families, too, especially older children or teenagers who have been trekking regularly. But great planning and proper acclimatization are required.

15. How Long Does the Langtang Valley Trek Take?

The Langtang Valley Trek takes 7-10 days normally, depending on your itinerary and pace. Some trekkers add a day or two for side trips or acclimatization like resting one day at Kyanjing Gumba or climbing to other part like Gosainkunda Lake.

Sample Itinerary for Langtang Valley Trek

Day 1: Drive from Kathmandu to Syabrubesi (1,503m) - 7-8 hours.

Day 2: Trek to Lama Hotel (2,410m) - 6-7 hours.

Day 3: Trek to Langtang Village (3,430m) - 6-7 hours.

Day 4: Trek to Kyanjin Gumpa (3,870m) - 4-5 hours.

Day 5: Explore Kyanjin Gumpa, optional hike to Tserko Ri (4,984m).

Day 6: Trek back to Lama Hotel – 6-7 hours.

Day 7: Trek to Syabrubesi – 5-6 hours.

Day 8: Drive back to Kathmandu – 7-8 hours.

Tips for a Successful Langtang Valley Trek

Start early each day to avoid afternoon weather changes.

Keep yourself hydrated and carry snacks to keep your energy levels up.

Interact with the locals to understand more about their culture and traditions.

Follow the concept of not leaving any trace behind and respecting nature.

The Langtang Valley Trek combines the best of natural beauty and cultural exposure. This trek is something special for a seasoned trekker and the beginners amidst the heart of the Himalayas.