

Overview

Of all the treks in Nepal, the Langtang Valley Trek is often ranked in the top five. Located directly north of Kathmandu, Langtang Valley has long been considered a holy valley, as it holds many natural wonders. The Langtang Valley Trek is relatively short and can be completed in 7-8 days. It provides stunning views of Langtang Himal, the mountain range that towers over the region.

Langtang Valley, which is isolated and high in elevation, is home to the hospitable Tamang ethnic group. Their rich culture and heritage is similar to their northern neighbours in Tibet, and is full of Buddhist symbols and monuments. Biodiversity throughout the Langtang Valley Trek is abundant and well-preserved. Forests that make up the landscape on the way up to the Langtang Valley are shelter to the Red Panda. Other wildlife found in Langtang National Park includes the elusive Himalayan black bear, the goat-like Himalayan tahr, and legendary Yeti. The combination of sky-high mountain peaks, plentiful wildlife, and the cultural curiosities of the Tamang people make this trek so unique and special.

Due to the earthquake of 2015, much of the Langtang Valley was flattened. Entire forests were blown over, houses crumbled, and livelihoods were lost. Over the years, support from within and outside of Nepal have steadily helped rebuild the area. Guest houses have been rebuilt and visitors are more than welcome to come trek in the Langtang Valley. In fact, trekking in the area is the best way to sustain the locals' livelihood.

The Langtang Valley Trek begins with an eight-hour drive from Kathmandu to Syabrubesi. The trail passes through the picturesque scenery of small villages next to terraced hillsides, following the Langtang River along the way. The sound of the moving water, complimented with lush pine, bamboo, and rhododendron forests fills us with energy. There is pure, fresh air all around us.

It's a continual uphill climb along the river, and quaint tea houses along the way offer meals for nourishment. Finally, you arrive at the alpine pastures of Kyanjin Gumpa, a spiritual center and settlement where we take see unforgettable mountain views. Here we can stop in and watch one of the monastery's daily ceremonies, or take a tour at one of Nepal's oldest Yak-milk Swiss cheese factories. Kyanjin Gumpa is our ultimate destination of the trek, though there are several absolutely breathtaking day trips that we can take from here.

You can explore the high glacial valley of Langshisha Kharka, or witness astonishing views at Kyanjin Ri (4773m). Another high point, Tserko Ri, (4985m) offers a view of over 21 Himalayan peaks. Both Kyanjin Ri and Tserko Ri offer 360-degree panorama views of the Langtang region. Taking our sweet time, we snap some photos and sit with smiles on our faces in appreciation of the mountains. Retracing through the same trail, we descend to Syabrubesi and drive back to Kathmandu. The sheer beauty of this trek is otherworldly. The Langtang Valley Trek is more peaceful than most trail in the Annapurna

and Everest region, but offers the same pristine landscape and rich cultural heritage.

Langtang Valley Trek Best season

The best seasons for the Langtang Valley Trek is Autumn (from the second half of September, through October, until the first half of November) and Spring (March, April and May). September offers crystal clear views of the Langtang Valley, with budding alpine flowers and lots of greenery along the peaceful trail. September also marks the end of the monsoon, so it is nice and warm, although there is a chance of rain during this time. We recommend starting from the second week of October to minimize the chance of rain and have a higher chance of mild weather. October and November are the most popular months for trekking in the Langtang Valley (and all over Nepal). These months offer clear weather and awesome Himalayan views. Spring (March, April, and May) is an equally fantastic time to visit Nepal – particularly great for climbing. The springtime is the best to see the versatile, colorful alpine flowers, and crisp mountain views.

Trekking to Langtang Valley during the monsoon is possible, but it can rain every day and the mountain views might be less than ideal. Winter is a good time for those who can handle the cold. The winter months (December, January, February) are quite cold, but the trail is much more peaceful and the mountain views are unparalleled.

Highlights

Plenty to explore in Kyanjin Gumpa, including the monastery and one of Nepal's oldest Swiss cheese factories, (which you'll be delighted to sample!)

Several optional day trips, including Langshisa Kharka, Kyanjin Ri(4773m), Tserko Ri(4985m), each offering some of the most superb views in the region

Lush pine, bamboo, and rhododendron forest

Rare wildlife including the red panda, Himalayan tahr, and the Himalayan black bear

Exceptional hospitality and cultural beauty of the Tamang ethnic group

Outline Itinerary

Day 01 : Arrival at Kathmandu airport and transfer to hotel.

Day 02 : Sightseeing in Kathmandu Valley, including UNESCO World Heritage Sites.

Day 03 : Drive from Kathmandu to Syabrubesi (1420m) by bus, 7-8 hours.

Day 04 : Trek from Syabrubesi to Lama Hotel (2340m), 5-6 hours.

Day 05 : Trek from Lama Hotel to Langtang village (3480m), 5-6 hours.

Day 06 : Trek from Langtang village to Kyanjin Gompa (3870m), 4 hours.

Day 07 : Exploration/Day Hikes around Langtang Valley.

Day 08 : Trek from Kyanjin Gompa to Lama Hotel (2340m), 6-7 hours.

Day 09 : Lama Hotel to Syabrubesi via Sherpa Gaon, 5-6 hours.

Day 10 : Drive back from Syabrubesi to Kathmandu by bus.

Day 11 : Transfer to airport for your final departure from Nepal.

Cost Includes

Transportation to and from Tribhuvan Airport.

Three nights in a 2-3 star hotel in Kathmandu, breakfast included.

All transportation for the trek.

Local guest house accommodation in the mountain.

Government-authorized experienced guide and porters

Insurance, food, accommodation, and wage for guides and porters

Hygienic meals (breakfast, lunch, and dinner) during the trek.

All equipment (sleeping bag, warm layers, etc.)

First Aid Kit

Maps

Service charge and government taxes

Post-trek celebration dinner in Kathmandu

Cost Excludes

International airfare

Meals in Kathmandu (besides breakfast)

Your personal expenses, shopping, etc.

Shower and electronic charging fees at guest houses during the trek

Alcoholic drinks, chocolates, tea and coffee

Tips for guide and porter

Extra accommodation and meals outside of itinerary

Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)