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NEPAL · LANGTANG

Langtang Valley Lodge Trek

T**he Langtang Valley Lodge Trek** is a scenic 7-10 day Himalayan adventure through Nepal's beautiful Langtang National Park, combining stunning mountain scenery, and peaceful mountain trails.

TRIP PRICE
$1,000

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$1,000	Langtang	8 days	3,870 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Moderate	Teahouse / Lodge	trekking

HIGHLIGHTS

What makes this trip special

01 **Spectacular Mountain Views: Enjoy breathtaking panoramas of Langtang Lirung (7,246m), Langshisha Ri (6,370m), Dorje Lakpa, and the stunning peaks of Langtang National Park.**

02 **Rich Tamang Culture: Visit ancient monasteries, traditional Tamang villages, and experience warm local hospitality while discovering the region's unique Buddhist heritage.**

03 **Diverse Natural Beauty: Trek through rhododendron forests, alpine meadows, glaciers, waterfalls, and pristine valleys. Spot wildlife such as Himalayan tahrs, langurs, red pandas, and, with luck, the elusive snow leopard.**

04 **A Peaceful Himalayan Escape: Discover the spiritual charm of Kyanjin Gompa and the tranquil beauty of the Langtang Valley. With gradual altitude gain and well-paced trails, this trek is a rewarding adventure for both beginners and experienced trekkers.**

OVERVIEW

Journey overview

The Langtang Valley trek is a short, dramatic trek that gets you close to high-altitude glaciers quickly. Located just north of Kathmandu, the trail climbs through subtropical pine forests, mossy oak woodlands, and wide glacial valleys. Along the path, explore Buddhist monasteries, cheese factories, and the traditional stone homes of Tamang communities, all walled in by the massive peak of Langtang Lirung.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Drive from Kathmandu to Sherpagaun (2,500m)

7 hrs · 140 km



Your guide will pick you up from your hotel at **7:00 AM**, so please be ready before 7:00 AM to start the journey on time. Enjoy a scenic drive from Kathmandu through the **Trishuli River Valley** and into **Langtang National Park**, passing green hills, rivers, villages, and beautiful countryside before reaching **Syabrubesi**.

Along the way, you will pass several checkpoints where your **trekking permits and passport** may be checked, so keep your passport and required documents easily accessible.

The road from Kathmandu to Syabrubesi is generally smooth, but beyond Syabrubesi, the route becomes a **rough and winding mountain road** leading uphill toward Sherpa Gaun. Finally, arrive at **Sherpa Gaun**, a peaceful mountain village where you can relax and enjoy your first evening in the Langtang region.

DAY 2

Trek from Sherpagaun to Thangsyap (3,200m)

6-7 hrs · 3,200m



After breakfast, begin your trek from **Sherpa Gaun to Thangsyap**, following peaceful mountain trails through lush rhododendron, pine, and oak forests. The trail winds through the beautiful Langtang landscape, crossing suspension bridges over rushing streams and following the **Langtang Khola**. Along the way, enjoy the sounds of the forest, fresh mountain air, and occasional views of the surrounding hills and Himalayan peaks.

As you gradually gain altitude, the landscape becomes quieter and more rugged. Pass small settlements, grazing areas, and traditional mountain homes before reaching the peaceful village of **Thangsyap**. Enjoy a warm meal at the lodge, relax after the walk, and take time to appreciate the tranquil mountain atmosphere before your next day on the Langtang trail.

DAY 3

Trek from Thangsyap to Kyanjin Gompa (3,870m)

6-7 hrs · 11 km



After breakfast, continue your trek from **Thangsyap to Kyanjin Gompa**. The trail passes through the rebuilt **Langtang Village (3,430 m)** and then opens into a beautiful alpine valley. As you walk higher, the scenery becomes more dramatic, with glaciers, green hills, and snow-covered mountains surrounding the trail. Enjoy the peaceful walk and take plenty of time to appreciate the changing mountain landscape.

Arrive at **Kyanjin Gompa (3,870 m)**, the heart of the Langtang Valley. Explore the ancient Buddhist monastery, visit the local **yak cheese factory**, and enjoy stunning views of **Langtang Lirung (7,246 m)** and other Himalayan peaks. After reaching the lodge, relax, enjoy a warm meal, and soak in the peaceful mountain atmosphere.

DAY 4

Exploration at Kyanjin Gompa (3,870m)

5-6 hrs · 8-12km



Today is a well-earned rest and acclimatization day at **Kyanjin Gompa (3,870 m)**. Take it easy in the morning and allow your body to adjust to the higher altitude while enjoying the beautiful mountain surroundings. If you feel ready for a challenge, you can take an optional hike to **Kyanjin Ri (4,773 m)** or **Tserko Ri (4,984 m)**. Both viewpoints offer incredible panoramic views of **Langtang Lirung, Langshisha Ri, Yala Peak, glaciers, and the surrounding Himalayan peaks**.

In the afternoon, return to Kyanjin Gompa and enjoy a slower pace. Explore the local monastery, visit the traditional **yak cheese factory**, walk around the village, or simply relax at the lodge with a cup of hot tea. This is a perfect day to enjoy the mountains without rushing and prepare for the next part of your journey.

DAY 5

Hike to Langtang Lirung Viewpoint & Trek to Langtang Village (3,430m)

6-7 hrs · 15 km



Start the morning with a rewarding hike to the **Langtang Lirung Viewpoint**, where you can enjoy spectacular close-up views of **Langtang Lirung, glaciers, icefalls, and the surrounding Himalayan peaks**. Take your time at the viewpoint, enjoy the peaceful mountain scenery, and capture some memorable photographs before heading back toward Kyanjin Gompa.

From Kyanjin Gompa, follow the trail downhill through the beautiful Langtang Valley toward **Langtang Village (3,430 m)**. The walk becomes easier as you descend, with changing landscapes, mountain streams, and traditional settlements along the way. Arrive at Langtang Village, settle into your lodge, and enjoy a relaxing evening surrounded by traditional stone houses and spectacular mountain views.

DAY 6

Trek from Langtang Village (3,430m) to Bamboo (1,970m)

6-7 hrs · 16 km



After breakfast, begin your descent from **Langtang Village (3,430 m) to Bamboo (1,970 m)**, retracing the trail through the beautiful Langtang Valley. The route gradually descends through lush forests, alongside rushing rivers, and past small mountain villages. As you walk downhill, enjoy the changing scenery and the peaceful sounds of nature.

Continue through **Ghodatabela** and deeper into the forests of **Langtang National Park**, where you may spot wildlife such as **langurs, Himalayan tahrs, and colorful Himalayan birds**. After a scenic day of walking, arrive at the peaceful settlement of **Bamboo**, where you can relax at your lodge and enjoy a quiet evening surrounded by forest.

DAY 7

Trek from Bamboo (1,970m) to Syabrubesi (1,460m) & Drive to Kathmandu (1,400m)

2-3 hrs walk, 6 hrs drive · 10 km walk, 132km Drive



After breakfast, begin the final walk from **Bamboo (1,970 m) to Syabrubesi (1,460 m)**. The trail continues downhill through peaceful forests, following the river and passing small settlements along the way. Enjoy the fresh mountain air and take in the beautiful surroundings as you gradually leave the higher Langtang Valley behind. Arrive in **Syabrubesi**, where your trekking adventure comes to an end.

From Syabrubesi, board your vehicle for the scenic drive back to **Kathmandu (1,400 m)**. The journey takes you through green hills, rivers, villages, and winding mountain roads. Sit back, relax, and reflect on your unforgettable Langtang adventure, filled with spectacular mountain landscapes, warm Tamang hospitality, rich local culture, and memorable moments in the Himalayas.

SERVICES

Included and not included

Included

- ✓ **Kathmandu to Sherpa Gaun, Syaprubesi to Kathmandu private 4WD**
- ✓ **Langtang National Park permits & Government Fees**
- ✓ **Guide, and porter (2:1 Porter and 1 porter: 22kg max)**
- ✓ **All Meals (Breakfast, Lunch, Dinner)**
- ✓ **6 Nights at Basic Mountain Accommodation**

Not included

- – **Rescue Evacuation**

  Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)

- – **Kathmandu Hotels**

  If you'd like us to book your hotel in Kathmandu, just let us know. We'd be delighted to arrange a comfortable stay at one of our trusted and recommended hotels.

- – **Gratuities for support guide and porters**

  Tips for Guide, porters, and staff (Avg. US 15-20 US $ per day per member)

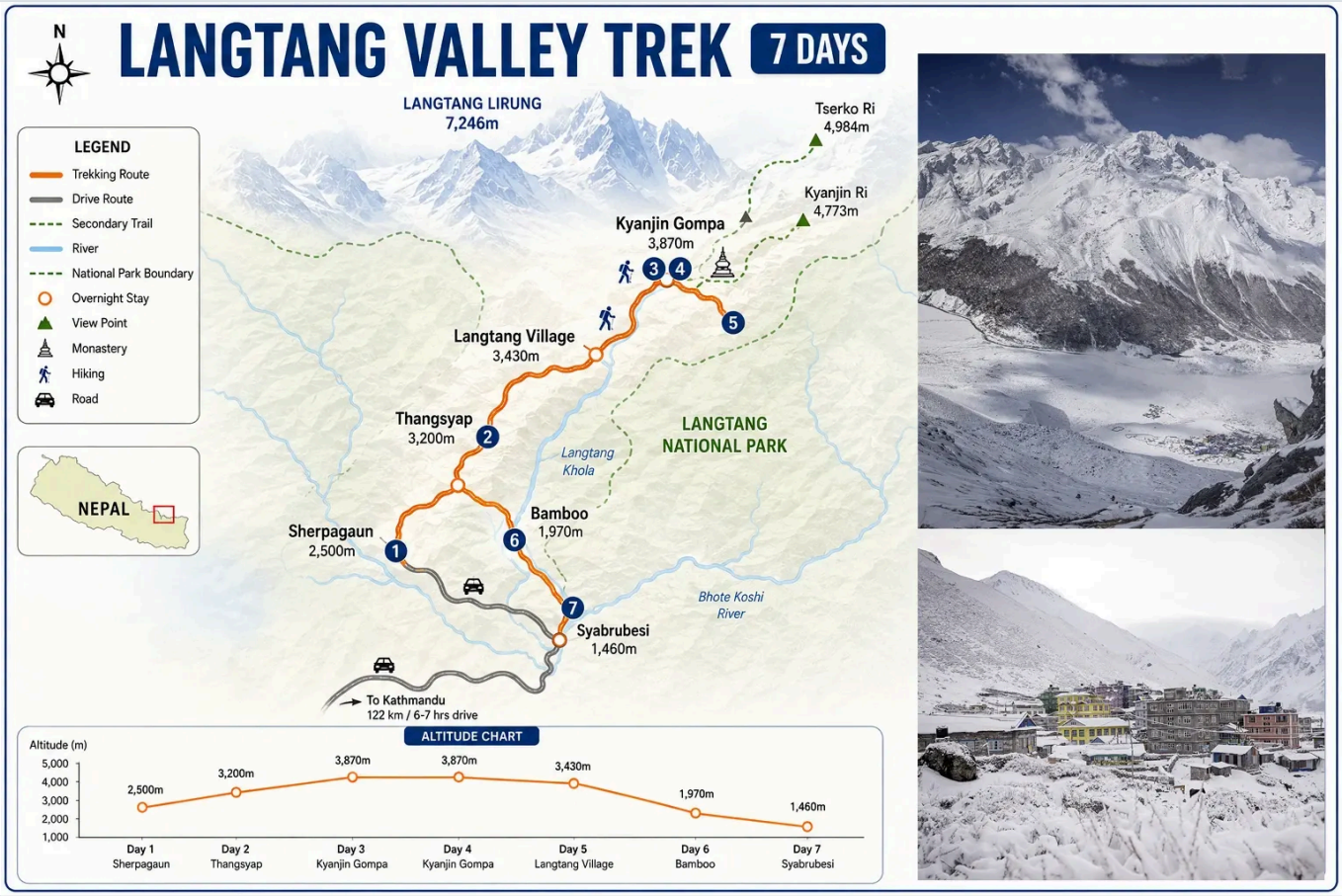
- – **Personal Expenses and Gears**

  Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

Has the Langtang Valley fully recovered from the 2015 earthquake?

Yes. The Langtang Valley Trek is one of Nepal's best Himalayan treks for beginners with a reasonable level of fitness. The trail is well-established, daily walking distances are moderate, and comfortable teahouses are available throughout the route. With proper acclimatization and an experienced guide, first-time trekkers can safely enjoy this unforgettable adventure.

What is the best time to do the Langtang Valley Trek?

The best seasons are spring (March to May) and autumn (September to November). Spring offers blooming rhododendron forests, mild temperatures, and colorful landscapes, while autumn provides crystal-clear skies, stable weather, and spectacular mountain views. Winter is also possible for experienced trekkers, although temperatures are much colder.

How difficult is the Langtang Valley Trek?

The Langtang Valley Trek is considered a moderate trek. It does not require technical climbing experience, but trekkers should be prepared to walk 5–7 hours per day on mountain trails. The gradual ascent and an acclimatization day at Kyanjin Gompa help reduce the risk of altitude sickness and make the trek suitable for most active travelers.

What permits are required for the Langtang Valley Trek?

Trekkers need two permits: the Langtang National Park Entry Permit and the TIMS (Trekkers' Information Management System) Card (depending on current trekking regulations). These permits help protect the national park, support conservation efforts, and ensure the safety of trekkers throughout the region.

What is the highest point of the Langtang Valley Trek?

The highest overnight stop is Kyanjin Gompa (3,870m). Many trekkers also hike to Kyanjin Ri (4,773m) or Tserko Ri (4,984m) for breathtaking panoramic views of Langtang Lirung, Yala Peak, Langshisha Ri, glaciers, and the surrounding Himalayan range. These optional hikes are among the highlights of the trek.

What accommodation and food are available during the trek?

Accommodation is in comfortable family-run teahouses and mountain lodges offering clean twin-sharing rooms and warm hospitality. Meals typically include Nepali dal bhat, noodles, fried rice, soups, pasta, potatoes, eggs, pancakes, yak cheese, tea, coffee, and other local and international dishes. Facilities become more basic at higher elevations but remain comfortable for trekkers.

Why choose Community Trek for the Langtang Valley Trek?

Community Trek offers professionally guided trekking experiences led by experienced local guides who prioritize safety, cultural experiences, and personalized service. We specialize in small private groups, flexible itineraries, and authentic Himalayan adventures while supporting local communities. From your arrival in Nepal until your departure, our team ensures a safe, enjoyable, and memorable journey through the beautiful Langtang Valley.

GALLERY

A glimpse of the journey
















TRAVELLER NOTES

What travellers say

★★★★★

“Ramesh is the best guide I could have asked for. He is very enthusiastic and knowledgeable, but also professional. He gave me and my sister time alone to spend with each other, but also engaged with us (including playing games with us)! He made me instantly want to come back to Nepal and do another trek with him. The trip was planned very well, but Ramesh also adapted when the weather was not as expected! Could not have asked for a better trekking company than Community Trek. Truly would recommend over and over.”

Sophia Evangelista, USA

Langtang

★★★★★

“We completed the Langtang Valley Trek with Ramesh, and it was an incredible experience from start to finish. His knowledge of the Himalayas, wildlife, mountaineering, local culture, and history made every day on the trail both fascinating and enjoyable. His passion for the mountains is truly inspiring, and his professionalism made us feel safe and well cared for throughout the journey. Thank you, Ramesh and the entire Community Trek team, for an unforgettable adventure. We'll definitely be back to explore another Himalayan trek with you!”

Irene van, Finland

Langtang · 2026

★★★★★

“This was my second trekking adventure with Community Trek and our fantastic guide, Ramesh. My first trip was the Annapurna Circuit Trek with a friend, and this time I returned with my sister to explore the beautiful Langtang Valley. Once again, everything was perfectly organized, and the entire Community Trek team made the journey truly unforgettable. Their professionalism, local knowledge, warm hospitality, and genuine care made us feel safe and welcome throughout the trek. We're already planning our next Himalayan adventure, most likely the Manaslu Circuit! I highly recommend Community Trek to anyone looking for an authentic and memorable trekking experience in Nepal.”

Steph Evang, USA

Langtang Valley · 2026