# Langtang Valley Trek

**Day 1 : Arrive in Kathmandu (1,365 m. / 4,478 ft.) and transfer to the hotel in 20–30 minutes.**

The team will greet you at Tribhuvan International Airport and take you to your hotel in the city. After check-in, a detailed altitude and safety briefing will be conducted. You can also check your equipment. The rest of the day is free for you to take a short walk around Thamel or buy some last-minute gear. **Overnight in Kathmandu.**

**Day 2: Drive from Kathmandu to Syabrubesi ( 1,470 m. / 4,823 ft.) via Dhunche (Dhunche 1,900 m. / 6,234 ft). 6 hours.**

Head out of Kathmandu in the morning and make your way north. The route is full of curves, following rivers, going past terraced farming on the hills, and small villages. The trek will tease you with your first glimpse of the Himalayan foothills. The drive goes through Dhunche, which is the administrative center of Rasuwa District. Take a steep ride down to Syabrubesi, a small town that is the main gateway to Langtang Valley. **Overnight in Syabrubesi. Included Meals:- Breakfast, Lunch & Dinner**

**Day 3: Trek from Syabrubesi to Lama Hotel (2,455 m ./ 8,054 ft.) with about 6 hours of walking.**

Walk along the Langtang River and cross suspension bridges while passing the small settlements. The trail slowly goes up through the bamboo, oak, and rhododendron forests, where you can also see animals like Langur and red pandas. The gradual ascent serves as a natural acclimatization. **Stay at Lama Hotel. Included Meals:- Breakfast, Lunch & Dinner**

**Day 4 : Trek to Langtang Village (3,425 m. / 11,237 ft. ) 6 hours.**

Keep hiking as the woods become less dense, and the valley reveals vast alpine landscapes. Take in sights of prayer wheels, mani walls, and snow, covered peaks. Get to Langtang Village or Mundu, old Tamang villages that have been reconstructed after the 2015 earthquake. Immerse yourself in the local lifestyle and the mountain warmth. Rest at a teahouse. **Stay at Langtang Village Meals:- Breakfast, Lunch & Dinner**

**Day 5 : Trek from Langtang to Kyanjin Gompa (3,870 m. / 12,697 ft.) in about 4 hours.**

A shorter and scenic walk leads to Kyanjin Gompa, the spiritual and cultural center of the Langtang region. The trail passes yak pastures and glacial streams with dramatic mountain views. In the afternoon, explore

the monastery, local cheese factory, and surrounding areas. **Overnight in Kyanjin Gompa,. Included Meals:- Breakfast, Lunch & Dinner**

**Day 6 : Morning Hike to Kyanjin Ri (4,773 m / 15,659 ft)- 3 hours and Trek to Lama Hotel (2,455 m. / 8,054 ft.) from Kyanjin Gompa - 6 hours.**

The day begins early in the morning from Kyanjin Gompa (3,870 m / 12,697 ft) with a gradual but steady ascent to Kyanjin Ri (approximately 4,773 m / 15,659 ft). The hike follows a well-defined trail, climbing above the village and offering continuously expanding views of the Langtang Valley. As you gain altitude, the landscape opens to spectacular panoramas of Langtang Lirung, Yala Peak, Dorje Lakpa, and surrounding glaciers. The ascent takes around 2–2.5 hours, with short breaks for acclimatization and photography, while the descent back to Kyanjin Gompa requires about 1–1.5 hours, making the total hiking time approximately 3–4 hours round trip.

After returning to Kyanjin Gompa, you will have breakfast and a short rest before preparing for the long descent. The trek then continues downhill from Kyanjin Gompa to Lama Hotel (2,455 m / 8,054 ft). This section of the trail passes through yak pastures, alpine terrain, and dense rhododendron and pine forests, retracing the route through Langtang Village and Ghodatabela. The descent is easier on the lungs but can be demanding on the knees, and it typically takes 6–7 hours, depending on walking pace and rest stops.

Descend gradually through familiar trails, enjoying changing landscapes as alpine terrain transitions back into forest. The downhill trek is easier on breathing and offers relaxed walking with ample time for photography and rest stops.

By late afternoon or early evening, you will arrive at Lama Hotel, where you can relax, enjoy a warm meal, and rest after a rewarding day that combines one of the best viewpoints in the Langtang region with a significant descent in altitude. **Overnight stay at Lama Hotel. Included Meals:- Breakfast, Lunch & Dinner**

**Day 7 : Trek from Lama Hotel to Syabrubesi (1,470 m. / 4,823 ft.) in around 5 hours.**

Continue descending along the Langtang River, crossing bridges and passing small villages. The trail offers a final immersion into the region's natural beauty before reaching Syabrubesi. Celebrate the completion of the trek. **Overnight in Syabrubesi. Included Meals:- Breakfast, Lunch & Dinner**

**Day 8 : Drive from Syabrubesi back to Kathmandu (1,300 m. / 4,478 ft.) in about 6 hours.**

After breakfast, drive back to Kathmandu along scenic mountain roads. Upon arrival, enjoy free time for shopping, sightseeing, or relaxation. A farewell dinner can be arranged on request. **Overnight in Kathmandu. Meals:- Breakfast & Dinner**

**Day 9 : International departure for homeward bound.**

After an enjoyable and most mesmerizing time in Nepal, around the Himalayas on Langtang Valley Trek. As time for departure, our staff transfer you to international airport for flight homeward bound or to next port of call. **Included Meals:- Breakfast**

**Includes**

- Airport Pick up and drop off.
- 2 Night hotel in Kathmandu with Breakfast (3 - star rated hotel).
- All accommodation in T-house Lodges during Trekking
- Breakfast Lunch and Dinner during Trekking.
- Meal as per Itinerary
- Experience and government licensed guide and porte .
- Ground transportation from Kathmandu-Syabrubesi-Kathmandu (sharing Bus)
- First aid kit carry by Sherpa leader
- Food salary insurance for Guide and Porter
- Company-branded duffel bag provided for trekking
- Official trek completion certificate awarded by the company
- National park entrance fee
- All government charges and taxes
- 1 porter for 2 trekkers
- Farewell dinner last night in Kathmandu.

**Excludes**

- Travel insurance
- Personal equipment's and personal expenses
- Tips for guide and porter