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Langtang Valley Trek - 10 Days

The Langtang Trek is a mesmerizing journey through the heart of the Himalayas, offering a blend of natural beauty and cultural richness. Located north of Kathmandu Valley, the trek takes you through the serene and relatively untouched region of Langtang National Park, which is known for its diverse wildlife and stunning landscapes. This moderate 77km long trek begins in Syabrubesi, a small town that serves as the gateway to the valley.

As you ascend through dense forests and traditional ethnic Tamang villages, you are treated to awe-inspiring views of Langtang Ri, Langtang Himal, and even Mount Everest in the distance on clear days. The trail leads to the picturesque Kyanjin Gompa, a Buddhist monastery, and the ancient cheese factory, nestled at the base of Langtang Lirung, the highest peak in the area.
One of the highlights of this trek is the opportunity to explore the glacial moraines and climb Kyanjin Ri or Tserko Ri, which offer panoramic views of the surrounding peaks. The region was heavily affected by the 2015 earthquake, but it has since seen significant restoration and revitalization, making it a testament to the resilience of the local communities.

The Langtang Trek is also significant for its rich biodiversity, including the elusive red panda, and its cultural heritage, particularly the unique customs and traditions of the Tamang people. With fewer tourists compared to more well-trodden paths like the Everest Base Camp or Annapurna Circuit, Langtang offers a more solitary and introspective experience, making it ideal for those seeking peace and solitude amidst nature’s grandeur.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 2 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Meals (breakfast, lunch and dinner) during the trek
- Twin sharing accommodation in best available teahouse/lodge during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportation from Kathmandu – Syabrubesi– Kathmandu transfers by private Jeep
- Duffle bag, sleeping bag, and down jacket for use during the trek (complimentary)
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, trekking permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International airfares
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu and also because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (bottled or boiled water, alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, hot shower, extra porters, etc)
- Personal equipment and clothing
- Private car/jeep for Kathmandu-Syabrubensi-Kathmandu transfer if requested
- Tips for guides and porters

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1300m/4265ft)

All planning and preparations are finally going to happen, and you must be excited to join our Langtang Valley Trekking adventure as you approach Tribhuwan International airport today. After you arrive at the airport, complete your visa and customs formalities. You will be met by one of the official representatives at the arrival terminals outside the airport, holding a display card with your name printed on it. Enjoy a comfortable transfer to your respective hotel, and you will be assisted in checking in too by our staff. Later enjoy free time until the end of the day.

Day 2: Drive to Syabrubensi (1462m/4796ft): 6-7 hours drive

Trek to Langtang valley begins after we take a private jeep drive from Kathmandu to Syabrubesi. This drive consists of many offroad segments; however, mountainous views, greenery, and frequent stops for interactions/food at local sites will help not get bored. We drive through the bank of the Trisuli river and terraced farmlands and get views of Ganesh Himal. The city gradually changes into villages and remote areas as we cross Dhunche. Upon reaching Syabrubesi, we check in to our guesthouse and can stroll around Syabrubensi town. We stay overnight at a local guesthouse in Syabrubesi. Included Meal: B, L, D

Day 3: Trek to Lama Hotel (2500m/8202ft): 5 hours trek

The trek begins today after breakfast. We walk crossing Bhote Koshi river and Langtang Khola. We have gradually ascend to a place known as Bamboo. We walk carefully while we walk across the landslide-prone area. Most lunch sites are next to the riverside; here, we shall have our lunch at Ramche and further push ourselves to Lama Hotel. This Langtang valley trek gives us a wonderful opportunity to spot rare flora and fauna, and most probably, we could see red pandas and langur monkeys. Overnight in a teahouse.Included Meal: B, L, D

Day 4: Trek to Mundu (3430m/11253ft): 5-6 hours

The route then follows the most affected site by the 2015 earthquake. The disaster destroyed the whole Langtang village. However, Langtang Village is now reconstructed, and we can see tea houses in operation. We shall stay at Langtang village to take an extra step to walk further towards Mundu village and stop there today. From mani stone walls to excellent views of Langtang Lirung, Changbu, and Kinshung peak is visible. Therefore because of the more spectacular views from Langtang village, we prefer to stay here tonight at the teahouse. Included Meal: B, L, D

Day 5: Trek to Kyangjin Gompa (3798m/12460ft): 4-5 hours

Leaving behind Mundu, we push ourselves towards Kyangjin Gompa. Walk from Mundu to Kyangjin Gompa is just 2 hours of gradual ascend via beautiful grazing lands, crossing small river streams over a wooden bridge. There used to be a cheese factory here which is now not in operation, and a famous monastery over here is also under reconstruction. Upon reaching Kyangjin Gompa, you might go further to Kyanjin Ri hike today. It depends upon your interest and stamina. I.e., you can do Mundu to Kyangjin Ri (4300m/14107ft) and return to Kyangjin gompa today. Or else arrive at Kyangjin Gompa today and plan for Kyangjin Ri or Cherko Ri hike for the next day. We stayed at a guesthouse in Kyangin Gompa today. Included Meal: B, L, D

Day 6: Hike Kyangjin Ri (4300m/14107 ft) or Cherko Ri (4984m /16351ft): 5-7 hours

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Kyangjin Gompa can be compared to Gorakshep during the Everest base camp trek as we extend to either Kalapatthar or EBC and return to Gorakshep for a night halt. We hike up to Kyangin ri or Cherku ri and return to Kyangin gompa for overnight stay during Langtang valley trek. Gorakshep is more remote and at a higher altitude, however.

Among a couple of side trip options, we have the Cherko Ri hike, Kyangjin Ri Hike, or Langtang Glacier hike. Most people prefer to hike to Kyangjin Ri. Some people do both Kyangjin Ri and Cherko Ri. Both from the top offers fantastic Himalayan sceneries. Cherko Ri hike takes a longer time (6-7 hours). Hence we will carry packed lunch. We enjoy spectacular views of the Langtang Himalayan range (Langtang Lirung, Yala Peak, Langtang II), snowy surroundings with tumbling glaciers, and return to Kyangin Gompa for an overnight stay. Included Meal: B, L, D

Day 7: Trek back to Lama Hotel (2500m/8202ft): 5-6 hrs

We soak in the beauty of Himalayas and prepare to trek back. Trekking back is via the same route. Regardless of being the same trail, changing direction gives us a different perspective on landscape views, cultural settings, and more. Crossing the Ghodatablea, and walking through the riverside of Langtang Khola, we finally arrive at tea house in Lama hotel for an overnight stay. Included Meal: B, L, D

Day 8: Trek to Syabru Bensi (1462m/4796ft): 5-6 hours trek

From Lama Hotel we pass through the culturally rich Sherpa village of Sherpagaun; views become greener on the side with wide valleys, more local settlements, and more options to explore an ethnic group of Tamang people too. Across our Langtang trekking trail, on the western side, we have a route that takes us to the Tamang heritage trail to Gatlang, while on the eastern side crossing the Laurebina pass takes us to the pilgrimage site of Gosaikunda.

Day 9: Drive back to Kathmandu

Today we simply drive from Syabrubensi to Kathmandu concluding our Langtang trekking adventure. As we arrive in Kathmandu after 6-7 hours drive, we deserve a good rest. We enjoy free time until end of the day. Overnight stay at hotel in Kathmandu. Included Meal: B, L, D

Day 10: Final Departure Drive to Tribhuwan international airport (TIA) for your home departure

You shall be ready with all your packing done for international departure. We will surely assist you in transferring from your hotel to Tribhuwan International Airport approximately 3 hours prior scheduled international flight. And finally, we hope that we have been successful in organizing a wonderful Langtang valley trek for you. See you again in near future. Farewell, friend.

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FAQ

1. Is Langtang Trek safe after earthquake? Why it is best time to go now?

Langtang was one of the most unfortunate sites triggered by devastating earthquake last year on April 28, 2015. Many lives were lost; landslides and tremors just worsened the case. Trekking was the only source of their income that was greatly affected since natural disaster took place. It was most popular destination after Everest and Annapurna.

Many reputed media highlighted only the negative part of the story only, the devastation caused. But there is the positive side of the story too, with local efforts, the trekking route is now open and Langtang valley trek is 100% open for business. Local people are literally begging and looking forward to welcome the tourist from all over the world. They anticipate that good days will come after tourist starts to arrive. So, if you wish to support local communities, please take a note that Langtang is absolutely SAFE after earthquake then now is the best time for Langtang Valley Trek.

2. How to support the local communities making positive impact?

You can make an positive impact on poor local inhabitants by volunteering in local projects (let us know of you are interested, we can arrange), you can also buy local products, items as souvenir, avoid buying products built from wildlife parts, and by recommending your friends that Langtang is open for business. By choosing Icicles as you trekking partner, you will be creating local jobs for porters. In this way there are many ways you can help and support, the main thing is are you willing to?

3. What are the best seasons for this trek?

Basically there are two season spring and autumn as the best season for trekking in Nepal. During the spring season in the months of March, April and May days start to become warmer with blossoming rhododendron and other trees while during the autumn months of September, October and November enjoy crystal clear views of Langtang range that will strike in your memories forever. But remember that it is always best time to plan and book Langtang Valley Hike.

4. I have been to Everest/Annapurna. Why Langtang now?

Langtang Valley is different in many terms compared to Everest and Annapurna treks. The major difference is, it is less crowded that other popular ones but still blessed with extremely beautiful Himalayan views like from no other. Culturally rich places, with more of flora and fauna, where we can see blooming rhododendron flowers during spring. Langtang is also nearby Kathmandu making the trekking days shorter and is at less altitude at 4350m at Kyangin ri. If you have been to Everest and/or Annapurna, then Langtang is must for you.

5. I have trekked many times before? Why is guide necessary? Can't I go alone?

You will be traveling through wilderness, rough terrains trekking across the valleys. Trekking with guide will not only make you feel safe, but it will also make your trip more enjoyable. Our guides are expert, and have good knowledge about local flora fauna, cultures and traditions. Also only few local people speak English. No matter how much you feel confident on traveling solo; our guides can only enhance your experience.

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6. I do not have trekking experience; can I go for Langtang region trek?

Of course you can. Langtang trek is also highly recommended trip for first timer trekkers as the maximum height attained during the trek is 4350m at Kyangin ri which is not considered as high altitude trek like Everest base camp and Annapurna circuit. Therefore, the chances of AMS is also very less with less average day walking activity. Therefore, if you have no prior trekking experience, Langtang valley trek would be the perfect way to turn on your adventure button.

7. I don't want to travel solo; do you guys have a group?

Everyone have their own traveling style and we respect that thing. If you prefer group travel with other like minded members, then contact us send an enquiry, if there are other similar people looking forward to embark in for group travel, then we will definitely inform you. Also you can book via our fixed departure dates, when the same date is suitable for two or more people; your Langtang valley group trek is 100% on.

In the similar way, we do run private group departures, where you will be joining with your own group members only, no strangers. So, kindly send us a quick enquiry, let's see how we can assist.

8. I don't have any companion, can I travel solo?

We say YES to travel solo also. Traveling solo with our guide is an excellent way to explore the site that gives full control on your hands. You have the authority. Authority means, you can choose your own transportation style (private jeep or local bus), stop at the beautiful site you just see, take a perfect picture, stroll around for a while, you don't have to follow other members, you will be walking at your own pace enjoying the natural and cultural highlights, you choose the menu and above all, you will be more than friend, i.e. best friend with our guide. He will also take special care of you and provide exclusive attention and guide you through Langtang valley.

9. How do I prepare for this Langtang trek?

Preparations are vital for Langtang Valley Trek too. Even though you won't encounter alluring altitudes, you need to be physically and mentally fit. For preparations, do you workout on gym? If yes, then you must be familiar with cardio exercises, take or sweat out on inclined treadmills , step staircases, keep your speed above 30 kmph in cycling and do make a specific exercise routine that you follow daily. Also, during the weekends, go for a day hike to nearby hill with backpack and your trekking boots on. It will give you an idea about your stamina, how much you can walk and what it would be during the trekking days.

10. How long is Langtang Valley Trek? How many days I have to allocate? Any other routes available?

We have prepared a standard 11-day itinerary of trekking Langtang Valley suitable for most travelers. However, there is also an option to go eastwards towards Gosaikunda Lake, a famous religious site with multiple high-altitude lakes and many cultural exploring opportunities. So if you wish to opt-in for Gosaikunda, Helambu regions, you are requested to allocate an extra 4 to 5 days more.

11. What type of Insurance Policy should I purchase for Langtang Valley Trek?

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You must have known that getting insurance policy from your home country is mandatory before joining any of our Nepal trips. For Langtang valley trek, your insurance policy needs to cover the helicopter rescue operation from Langtang region to Kathmandu. In case of medical emergencies, our professional guide will call helicopter that will airlift you rescue to hospital in Kathmandu.

12. What would be a packing list?

If you have your own sleeping bag, sleeping mat, air bag, down jackets and trekking boots, we recommend packing and using your own items during the trek. However, we provide full gears and equipments required for Langtang valley trek. We will hire at store in Thamel, Kathmandu. For extensive trekking in Nepal packing list, we have made a separate packing list page with detail information included.

13. What about Langtang National Park permits and other documents?

Every trekkers need to acquire TIMS card and Langtang National Park permits from Nepal Tourism Board in Kathmandu. You need to bring couple of pp size photographs for those. All of these permits and documents will be arranged by our company. You just need to focus on enjoying the trip while we focus on making it worthwhile experience.

14. Any specific health and physical fitness requirements?

For Langtang valley trek, you need to be able to walk average 5 to 6 hours a day with light backpack that contains few cash, dried fruits like cashew nuts, raisins, chocolate energy bars, water bladder and few layers of clothing. There are very less or negligible chances of high altitude sickness. Still you need to be fit and have that passion towards completing the trip successfully. If you have any illness regarding respiratory, cardiac or other let us know beforehand.

15. What are the transportation options during Langtang Valley Trekking?

There are two options available while taking a drive from Kathmandu to Syabrubesi. Either you take a local bus or we arrange the private jeep. We recommend private jeep as it will be quite an off road journey and it will be more comfortable in jeep than in private bus. However the choice is yours; let us know what you prefer. It will be approximately 7 hours road trip from Kathmandu to Syabrubesi. You will return the same way unless you take excursion to Gosaikunda and Shivapuri National Park that takes you to Sundarijal from where it's only an hour drive to Thamel, Kathmandu.

16. Who will carry my bag, luggage during the trek?

We use our temporary porter staff from local community that creates local job opportunities which is one of our company's responsible tourism policies. And of course while driving; your vehicle carries the load.

17. What would be the accommodations during Langtang Trek?

Langtang valley trek is a full tea house trekking where you will be staying at different tea houses (locally owned lodges) at end of the every trekking day. You see earthquake impact turning the houses into rubble. But there are still quite a number of tea houses that can accommodate you. Tea houses are rather basic compared to Everest and Annapurna regions. If you are on for an adventure, support local community and enjoy the best of nature and culture

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rather than luxury, then Langtang is definitely for you.

18. What meals do we eat while on Langtang Valley Trek?

Langtang region is close to Nepal- Tibet border. So, local culture including food and meals and Tibetan influenced. Usually you will see Tibetan menu with giant momo, syabale, yak cheese, butter milk, soup, noodles, Dal Bhat Tarkari (rice, lentil & veggies) along with tea and other local drinks. Cheese is the specialty over there.

19. Where is the highest point of Langtang Valley Trek and what's special?

Kyangin RI at 4350 meters above the sea level is the highest point of Langtang valley trek. Or if you put an extra day effort then you can go high up to Cherkuri above 5000m. Both of these viewpoints offer excellent views of Langtang Lirung, Yala Peak, Langtang II and other neighboring snow capped Himalayas.

20. What if I get injured or ill during Langtang Valley Trek?

There are negligible chances of injury and AMS during Langtang Valley Trek. However during the contingency situations and medical emergencies, you will be airlifted by rescue helicopter to Kathmandu. Our professional experienced and trained trekking guides take the best decision for you and ensure you are safe during entire period of Langtang trek.

21. Is Langtang Valley Trek customizable?

Yes this trek can be tailor made as per your need and requirement. Kathmandu sightseeing, Kathmandu hotel, transportation and other factors determine the cost which can be customized to meet your budget and style.