

Langtang Valley Trek

URL: <https://himalayan360.com/trip/langtang-valley-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Trekking Trip

Route

Kathmandu-Syabrubesi-Lama Hotel-Langtang8
Village-Kyanjin Gompa-Lama Hotel-Syabrubesi-
Kathmandu

Duration**Destination**

Nepal

Language

Nepal

Per Person From

USD 449

Region

Langtang Region Trek

Max. Altitude

4,985M/16,355FT (Tserko Ri)

Group Size

2 - 20

Best Season

Mar, Apr, May, Sep, Oct, Nov, Dec

Activities

5-6Hours

Trek Distance

84.9KM/52.7Miles

Transportation

Bus

Accommodation

Hotel + Teahouse/lodge

Meals

Breakfast, Lunch, and Dinner

Difficulty

Moderate

8 days Langtang Valley Trek Highlights

- Walk through a protected park that is home to red pandas and other flora and fauna.
- Visit the Tamang and Sherpa villages to see how people live and learn about their unique traditions

and Buddhist rituals.

- Hike to the top of Tserko Ri or Kyanjin Ri to see a beautiful sunrise and mountains in every direction.
- Explore the very old Kyanjin Gumpa monastery and see stone walls carved with religious words.
- Visit Langtang Village to see how the local people rebuilt their homes after the 2015 earthquake.
- Walk past waterfalls, through green rhododendron forests, and see giant frozen glaciers.
- Stop at the mountain cheese factory to try the famous cheese made from yak milk.
- Sleep in cozy wooden lodges and experience kind Nepalese hospitality and Himalayan life.
- Catch amazing glimpses of the Ganesh Himal range during the drive and lower trek around Lama Hotel.
- Warm up around a traditional wood-burning stove at night while sharing stories with locals.

Why choose Himalayan360 for Langtang Valley Trek

For the Langtang Valley Trek, Himalayan 360 works with experienced trekking guides who have extensive knowledge of the Langtang region, mountain safety, altitude management, and local Tamang culture. One of our experienced trekking leaders (**Nabaraj Pokhrel**) has guided trekkers across Himalayan regions for many years and is known for his friendly leadership, safety awareness, and deep trekking experience

Here are some reasons for you to consider us for your Langtang Valley Trek:

- Our trekking team is carefully selected based on experience, communication skills, and safety training.
- We are officially a government-registered company and are certified by **NTB, TAAN, NMA**, and other governing bodies.
- We focus on minimizing environmental impact in the Himalayas.
- We offer transparent pricing with no hidden costs in our packages.
- We follow responsible tourism practices that support local communities.
- We also provide additional services such as day tours, rafting, jungle safaris, helicopter tours, and customized travel experiences across Nepal.
- As safety is our major concern, we have the best itinerary possible with proper acclimatization and emergency rescue facilities.

Langtang Valley Trek Day by Day Itinerary

Day 01: Drive from Kathmandu to Syabrubesi (1,460M/4,790FT)

Your Langtang journey starts with an early breakfast at your hotel in Kathmandu. After breakfast, our team will pick you up for a scenic drive toward Syabrubesi in northern Nepal. You will take a local bus and follow the **Pasang Lhamu Highway**, passing through the forests of Shivapuri National Park. The first part of the road is smooth and comfortable.

Later, the road becomes rough and narrow as you climb higher into the mountain roads. The drive will be

slow, but the views of **Ganesh Himal (7,422M)** will excite you. Shortly, you will reach Dhunche, the headquarters of **Rasuwa district**, where your Langtang National Park permits are checked.

From here, you will drive for one more hour downhill to reach Syabrubesi for the night. After checking into your teahouse, you can relax, explore the village, or walk around the nearby suspension bridges built over the **Bhote Koshi River**. In the evening, enjoy dinner, and later your guide will give you a brief about the Langtang Valley trekking route for the next day.

Highest Altitude:

1,460M/4,790FT | Syabrubesi

Meals:

Lunch, Dinner

Accommodations:

Tea House or Lodge

Day 02: Trek from Syabrubesi to Lama Hotel (2,470M/8,104FT)

Today is the first day of walking on the Langtang trek. After breakfast, you will leave Syabrubesi and walk downhill toward the river. At the start, there are two routes. One goes through a local village, and the other follows the river. You will take the riverside trail, which is more commonly used. Soon, you will pass a hydropower construction area and enter Langtang National Park. From here, the trail slowly starts to go uphill, and the real trekking experience begins.

The Langtang trek trail passes through green forests of oak, maple, bamboo, and alder. If you are trekking in Spring (March to May), you may see colorful rhododendron flowers in the forest areas. After about an hour, you will reach **Domen** and then climb to a landslide area called Pahiro.

As you continue walking, the Langtang River stays beside you. You will cross this river several times using suspension bridges, enjoying beautiful views of the river, forest, and Ganesh Himal ranges. By midday, you will reach **Bamboo (1,970M)**, where you will stop for lunch. This is a good place to rest, eat well, and put on warm clothes if needed.

After lunch, the climb from Bamboo to Rimche starts. It is the hardest part of the day, with stone steps going uphill. First, you will climb up to a Rimche ridge, and then walk for 20-minutes straight to reach **Lama Hotel (2,470M)**. Lama Hotel is not one hotel, but a small group of cozy lodges surrounded by forest.

Distance:

6Hours

Highest Altitude:

2,470M/8,104FT | Lama Hotel

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.5KM/7Miles

Day 03: Trek from Lama Hotel to Langtang Village (3,430M/11,253FT)

The Langtang Valley Trek route from Lama Hotel follows the Langtang Khola for half an hour until it reaches Riverside Lodge, where you can see Langtang Lirung (7,234M) rising high above the valley. From Riverside, the trail becomes steeper as you climb toward **Ghoda Tabela (3,030M)**. Here, the forest slowly disappears, and the valley opens into wide grasslands and open spaces. There is an army checkpoint at Ghoda Tabela for permit checking and entry registration. Once the checkpoint is cleared, you will continue walking higher and stop at the midway to enjoy Seabuckthorn juice, a local drink that helps with energy and altitude adjustment. The final part of the trek passes through Gumba Danda, where the old Langtang Village once stood. It was completely destroyed during the 2015 earthquake.

After about 30 minutes, you will arrive at New Langtang Village (3,430M). The village has been rebuilt with stone houses and is now lively again with new monasteries, a school, and a health post. Once you check in at the teahouse, you can relax, walk around the village, or enjoy yak milk and yak cheese, which the area is famous for.

Distance:

6Hours

Highest Altitude:

3,430M/11,253FT | Langtang Village

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea house or lodge

Trek Distance:

15.2KM/9.4Miles

Day 04: Trek from Langtang Village to Kyanjin Gomba (3,870M/12,697FT)

After a long walk (15KM) the previous day, Day 4 of the Langtang Valley Trek is short and relaxing. This part of the Langtang Valley trek is rich in culture and customs. You will see mani walls, prayer flags, and chortens that symbolize the Buddhist traditions of the region.

30 minutes of trekking and you will reach your first village, Mundu (3,543M). *Mundu offers the best views of the Langtang mountain range.* This is a great place to rest, take photos, and enjoy tea. Walking another 40 minutes from Mundu, you will arrive at Sindum, home to the famous Langtang Hard Rock Cafe. This teahouse is built next to a huge rock and is one of the landmarks of the Langtang Valley Trek.

You will reach **Kyanjin Gomba (3,870M)** before lunch. That means you have enough time to relax and explore. Kyanjin Gomba is the cultural center of the Langtang Valley. Here, you can visit the ancient monastery, interact with local monks, and explore the cheese factory, where fresh yak cheese is made locally. The afternoon is free to rest, enjoy the mountain views, and prepare for acclimatization walks on the next day of your Langtang Valley Trek itinerary.

Distance:

4Hours

Highest Altitude:

3,870M/12,697FT | Kyanjin Gomba

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea house or lodge

Trek Distance:

7.8KM/4.8Miles

Day 05: Exploration Day at Kyanjin Gumpa. Hike to Tserko Ri (4,985M/16,355FT) or Kyanjin Ri (4,773M/15,655FT)

Today is your exploration day at Kyanjin Gumpa on the 8-day Langtang Valley Trek Itinerary. On this day, you will do an acclimatization hike to either Kyanjin Ri or Tserko Ri. Kyanjin Ri is good for a shorter or later-start hike because its altitude is lower than Tserko Ri. First, you will reach Lower Kyanjin Ri (4,400M), where you can capture the Langtang Lirung Glacier and Chhonak Lake, and then continue another hour to **Upper Kyanjin Ri (4,773M)** for a closer encounter with the mountains. The sunset here turns the sky fiery orange, reflecting on the Yubra Himal Glacier.

Likewise, the Tserko Ri hike is suitable for seasoned trekkers looking for a challenge. This is the high-altitude hike. You will start early at 6:00 AM to beat the afternoon winds. The trail is a 5-hour straight climb through rugged alpine terrain. Once you reach the summit (4,985M), you will see more than 20 peaks all around you, such as Langtang Lirung, Gangchenpo, and even Shishapangma, Tibet's only 8,000M peak.

After the hike, you will return to Kyanjin Gumpa by mid-to-late afternoon. Later, you can relax at your teahouse, enjoy a warm meal, and the alpine views of Langtang Valley before preparing for tomorrow's descent.

Extra:

- As there are no teahouses along the trail, your guide will provide a packed lunch.
- Strong, cold winds pick up after 12:00 PM, so wear a windproof shell, warm hat, and layered clothing.
- Carry enough water; at these altitudes, dehydration can happen quickly.

Distance:

4-7Hours

Highest Altitude:

4,985M/16,355FT | Tserko Ri or
4,773M/15,655FT | Kyanjin Ri

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea house or lodge

Trek Distance:

6-10KM/3.7-6.2Miles (depending on peak)

Day 06: Trek back from Kyanjin Gumpa to Lama Hotel (3,870M/12,697FT)

The return journey follows the same route back through Mundu and the older Langtang Village. Langtang River waterfalls, Langshisha Ri peaks, and prayer flags greet you as you descend. The trail down is easy at first. You can walk slowly while passing the stone walls and colorful flags that feel like

they are saying goodbye to you. After around 4Hours of trekking, you will arrive at Ghoda Tabela (3,030M) for a traditional **Dal Bhat lunch** at one of the two local teahouses.

Look back at Langtang Lirung as it gets smaller in the distance and think about the amazing Langtang trip you just finished in the Langtang region. The officials will once check your permits here as you leave the high mountain area. After lunch, the path goes back into the green forests. You will notice that it is much easier to breathe here.

You will cross several wooden bridges over the Langtang River, which has been with you since the start. The last part of the walk takes you back to Lama Hotel. Tonight, the warm teahouse, a hot meal, and talking with others by the fire make the simple room feel like a luxury.

Expert tips for descending:

- Descending 1,400 m can be tougher than climbing. Use trekking poles to minimize the pressure on your joints.
- Keep your boot laces snug so your feet don't slide forward. This prevents your toes from hitting the front of your shoes, reducing pain and blisters.
- Even though it feels easier going downhill, your body still needs plenty of water. Don't forget to take regular drink breaks.

Distance:

7Hours

Highest Altitude:

3,870M/12,697FT | Kyanjin Gompa

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea house or lodge

Trek Distance:

23KM/14.2Miles

Day 07: Trek back from Lama Hotel to Syabrubesi (2,470M/8,104FT)

Today is your last day of walking. After breakfast at **Lama Hotel**, you will head toward **Rimche**. From there, your guide will pick the best path. We usually go through **Bamboo** and **Domen** because it is the quickest way back. Be careful as you walk down, because some areas have falling rocks. Always listen to your guide. After 45 minutes, you will stop at Bamboo for tea. Keep an eye on the "**Nigalo**" (Himalayan bamboo) trees; if you are lucky, you might spot a **Red Panda**. You may also see deer, monkeys, or colorful mountain birds.

Next, you will walk for one hour through the forest to Pahiro for your last lunch in the mountains. From there, it is an easy 1.5Hour walk to **Syabrubesi**. You should arrive by 2:00 or 3:00 PM. Once you are back, the hard work of the Langtang Valley Trekking is done. You can rest at the lodge and enjoy a big dinner to celebrate the success of your trip.

Extra:

- Buy a small gift in Syabrubesi to remember your trip and help the local people.

Distance:

5Hours

Highest Altitude:

2,470M/8,104FT | Lama Hotel

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.5KM/7Miles

Day 08: Drive back from Syabrubesi to Kathmandu (1,460M/4,790FT)

Ending your journey, you will drive back to Kathmandu. The journey will again offer beautiful views of the surrounding hills and rivers. You will stop at some stops along the way for refreshments and lunch. At such a time, you may catch a last glimpse of the snow-covered mountains in the distance. When you arrive in Kathmandu, we will drop you off at your hotel. You can check into a hotel and relax, remembering the amazing experiences of the trek to Langtang Valley.

If you have extra time, you can explore the Kathmandu Valley or get a relaxing massage to rest your tired muscles. You can also take a walk around Kathmandu Durbar Square or the Thamel area. These places are very nice to visit in the evening.

Highest Altitude:

1,460M/4,790FT | Syabrubesi

Meals:

Breakfast

Accommodations:

Hotel

Included/Excluded in Langtang Valley Trek

Included in the package

- Kathmandu to Syabrubesi by local bus
- Syabrubesi to Kathmandu by local bus
- 7 Nights in Mountain Tea House Lodge (sharing basis)
- 7 Breakfast, 7 Lunch, 7 Dinner
- One guide during the trek
- Langtang permit fees.
- Local Gov. Permit Fees

- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the package

- Airport transfer
- International flight
- Extra night during Trekking
- Meals that are not mentioned above
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance (compulsory)
- Personal clothing and gear, and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including.”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example, weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 530
3 - 3	USD 499
4 - 6	USD 490
7 - 12	USD 470
13 - 20	USD 449

FAQs regarding the Langtang Valley Trek

How many trekking trails are there in the Langtang region?

There are three major trekking trails in the Langtang Region. They are the Langtang Valley Trek, Tamang Heritage Trek and Gosaikunda Lake Trek. Each of them offers you the best trekking experience with incredible views and people. To enhance your trekking experience, you can also merge all of them at once.

Is a helicopter available in an emergency during this trek?

Yes, helicopter rescue is available in case of emergencies such as altitude sickness or injuries. You must have travel insurance that covers helicopter evacuation in Nepal to use this service. Quick evacuation ensures that you get the necessary medical treatment in Kathmandu as soon as possible.

Is the Langtang Trek safe?

Yes, the Langtang Trek is generally safe for trekkers. The trails are well-marked, and the region has reliable tea houses and guide services. However, it is important to follow safety guidelines, hire a guide, acclimate properly, and have travel insurance in case of emergencies.

Is Langtang Valley Trek worth it?

Yes, the Langtang Valley Trek is worth the time, effort, and money. It is a short but enriching and fulfilling venture. The trek is suitable for all levels of trekkers with good fitness. It may be short, but it rewards you with breathtaking views of the surrounding panoramas and glaciers. Likewise, you will get to glimpse at the rich biodiversity of the region along the way.

Can we see Everest from Langtang?

No, you cannot see Everest from Langtang. The Langtang region lies in the north-central part of Nepal, while the Everest or Khumbu region lies in the north-eastern part. To see Everest, you have to travel to the Everest region of Nepal, and the most common way to get there is with a flight from Kathmandu to Lukla.

How much does the Langtang Valley Trek Cost for Nepali citizens?

For Nepali trekkers, a 5-day Langtang hike usually costs around NPR 25,000. This covers your basic needs like bus travel, simple rooms, and local meals (Dal Bhat). The cost can increase if you purchase additional items such as bottled drinks, alcohol, or expensive Western meals. However, if you stick to a normal trekking diet, NPR 25,000 is plenty to cover your transport and stay for the whole trip.

Where can we find ATMs during the Langtang Valley Trek?

You can only find an ATM at Syabrubesi, the trek's starting point, but it is often out of service and unreliable. Due to limited infrastructure, there are no ATMs along the route. So, it is best to carry enough cash for the trek.

Can Families with Children and Elderly Members Do the Langtang Valley Trek?

Yes, families with children (normally ages 8+) and elderly members in good health can do the Langtang Valley Trek. The trail is moderate, with teahouse facilities available throughout the route. However, everyone should have average physical fitness and take proper acclimatization rest to adapt safely to the increasing altitude.

Do I need travel insurance for this trek?

Yes, travel insurance is mandatory for this trek. Make sure your policy covers outdoor trekking up to

5,000M and clearly includes emergency helicopter evacuation in case of severe altitude sickness or injury.

The Story of Langtang Valley After 2015 Earthquake

The story of Langtang after the 2015 earthquake is one of resilience, recovery, and hope. On **April 25, 2015**, Nepal was struck by a **7.8 magnitude earthquake** that triggered a massive avalanche from the Langtang Lirung glacier. Nearly 40 million tons of ice, rock, and mud flowed into the valley and completely buried the old Langtang Village within seconds. More than 300 people, including villagers, guides, porters, and trekkers, lost their lives, and almost every house was destroyed.

After the disaster, many survivors moved to Kathmandu, and the valley was empty for months. However, the Langtangpa community slowly returned and started rebuilding their lives. Since the original settlement was no longer safe, a new Langtang Village was constructed on more stable ground with support from the Nepal government and international organizations like the **Langtang Relief Fund**.

Today, the Langtang Valley Trek is once again open and flourishing. Trekkers can visit the Memorial Mani Wall near the old village site, built in memory of those who died in the disaster. *Teahouses have reopened, schools are active again, and the local cheese factory is operating once more.* The people of Langtang encourage visitors to support the region by staying in local teahouses and traveling sustainably so that the valley can continue its journey of recovery and renewal.

Why Choose the Langtang Valley Trek in 2026/2027?

To help you see why this journey is so special, here are the [top reasons why the Langtang Valley Trek](#) should be at the top of your Himalayan bucket list:

Easy Accessibility from Kathmandu, No Flights Needed

One of the biggest perks of this trek is that you don't need to take any small planes or worry about flights being canceled, which often happens on other treks like [Everest Base Camp Trek](#). Instead, you take a 6Hours drive from Kathmandu to Syabrubesi, where the walk begins. The drive is scenic and follows the Trishuli River, passing by green farms and waterfalls. One thing to consider is that the road can be a bit bumpy in some places. Once you start walking from Syabrubesi, it only takes two days to reach the famous Kyanjin Gumpa.

Himalayan Trails Langtang Lirung and Ganesh Himal Views

On the trek to Langtang Valley, you will stand face-to-face with Langtang Lirung (7,234M), which is the tallest mountain in the region. Local Tamang people believe this mountain is the protector of the whole valley. As you walk, you'll see "Seven Sisters" (the peaks of the Langtang range), Dorje Lakpa (6,966M), and the Ganesh Himal range on the western side of the region. As soon as you break through the forest at Ghoda Tabela, the mountains won't leave your sight until you descend the same way back.

Valley of Glaciers and the Blue Ice of Kyanjin

Langtang Valley is called the "Valley of Glaciers" because it is a natural basin carved by ice. From Kyanjin Gumpa, you can see the massive Langtang Lirung Glacier and the Yala Glacier. These glaciers originate from the melted snow of the Langtang ranges. The best part is that you can actually walk to the

edge of the Lirung Glacier in just an hour from your lodge. Moreover, famous vantage points like Tserko Ri and Kyanjin Ri offer some of the best views of glaciers. You will feel amazed at the size and beauty of the glaciers.

Big Mountain Views with Less Risk



Many trekkers want to stand on top of Tserko Ri (4,985M) or Kyanjin Ri (4,773M). Fortunately, you can reach these nearly 5,000-meter peaks as day hikes and come back down on the same day. This follows the famous rule: “climb high, sleep low.” It is the safest way to help your body get used to the thin air and avoid altitude sickness. From these viewpoints, you get to see incredible views of Langtang Lirung and Dorje Lakpa. Later, you still get to return to your cozy lodge for a warm meal and a good night’s sleep.

Best Value for Money in the Himalayas

Since you don’t have to pay for expensive plane tickets and the trip only takes 8 days, it is very affordable. You get to see amazing snowy peaks, stay in friendly local lodges, and enjoy beautiful nature for a much lower price than other famous routes. It is the best way to get a world-class adventure without spending too much.

Meet the Resilient Tamang People and Experience their Culture

On the Langtang trek, you get to meet the Tamang people. While other areas like Everest are known for the Sherpa people, this region is the best place to learn about the Tamang culture. The name Tamang comes from ancient words: “Ta” means horse, and “Mang” means warrior. These people have their own special language and bright, colorful clothes. You will get to see their daily life and learn about their culture when you stay in their homestay. Seeing their happy smiles and how hard they work to welcome visitors is one of the most moving parts of the whole trip.

Langtang Valley Trek Elevation Profile & Route

Day	Route	Final Elevation	Elev. Gain/Loss	Distance	Est. Duration
1	Kathmandu → Syabrubesi	1,460M (4,790FT)	+60M (+197FT)	122KM	6-7Hours (drive)
2	Syabrubesi → Lama Hotel	2,470M (8,104FT)	+1,010M (+3,314FT)	11.5KM	6Hours
3	Lama Hotel → Langtang Village	3,430M (11,253FT)	+960M (+3,149FT)	15.2KM	6Hours
4	Langtang Village → Kyanjin Gumpa	3,870M (12,697FT)	+440M (+1,444FT)	7.8KM	4Hours
5	Kyanjin Gumpa → Tserko Ri (Option A)Kyanjin Gumpa → Kyanjin Ri (Option B)	4,985M (16,355FT)4,773M (15,655FT)	+1,115M (+3,658FT)+903M (+2,962FT)	~8KM~5KM	5-7Hours3-4Hours
6	Kyanjin Gumpa → Lama Hotel	2,470M (8,104FT)	−1,400M (−4,593FT)	23KM	7Hours
7	Lama Hotel → Syabrubesi	1,460M (4,790FT)	-1,010M (−3,314FT)	11.5KM	5Hours
8	Syabrubesi → Kathmandu	1,400M (4,593FT)	−60M (−197FT)	122KM	6Hours

Food and Accommodation during the Langtang Valley Trek

You will stay in teahouses run by local families. These are simple wooden or stone lodges with twin beds, blankets, and shared bathrooms. In the lower village, like Syabrubesi, things are a bit more modern and provide more modern comforts, but as you go higher, the lodges become simpler, especially in [Kyanjin Gumpa](#). Most places have hot showers and Wi-Fi that you can use freely.



While talking about what you will eat, you will have hot, freshly cooked meals every day. The best food for trekking is Dal Bhat (rice and lentil soup), which gives you lots of energy. You can also find Western delicacies like pancakes, pasta, and noodles. Don't forget to try the local yak cheese and herbal tea. If you are vegan or gluten-free, just let your guide know. So, the cooks can make a special meal for you.

Likewise, most villages have electricity from the national line, so it is easy to charge your phone. Some higher places use solar power, which might not work well on cloudy days, so it is smart to bring a power bank. Also, you will have a good mobile signal (NTC or Ncell) in the lower villages. As you climb higher, the connection gets weaker or disappears. The Wi-Fi can be slow and unstable, so it's a good idea to tell your family you might be offline for a day or two.

How Much Does the Langtang Valley Trek Cost?

The Langtang Valley Trek costs between USD 449 and USD 530 per person based on the group size, trekking season, and services included in the package. Smaller groups of 2 people pay around USD 530 per person, while larger groups of 13 to 20 people can pay as low as USD 449 per person because transportation, guide, and operational costs are shared among more trekkers. The table below provides a clear breakdown of what is included in the overall cost:

Category	Estimated Cost (Per Person)
Permits (Langtang National Park Entry)	USD 22
Guide Fee	USD 20 - 30 per day
Porter Fee	USD 10 -15 per day
Accommodation (Tea Houses)	USD 8 - 15 per night
Food & Drinks	USD 20 - 30 per day
Transportation (Kathmandu-Syabrubesi-Kathmandu)	USD 20 - 40

Personal Costs not included in packages (WiFi, charging, hot shower, tips, snacks)	USD 30 - 60
Total Estimated Cost	USD 449 - 530

Wildlife and Flora of Langtang National Park

Langtang National Park protects 18 different ecosystems containing over 1,000 species of plants, 46 mammal species, and more than 250 bird species. As you ascend the valley trail, the park shifts through four major vegetation zones:

Vegetation Zone	Flora Species	Wildlife Found
Subtropical & Lower Temperate Forest (1,500M - 2,500M)	Nepalese alder, hill sal, oak, maple, wild orchids, bamboo	Assamese macaque, barking deer, wild boar, common langur, spiny babbler, great barbet, laughingthrushes
Upper Temperate & Subalpine Forest (2,500M - 4,000M)	Rhododendron forests, hemlock, silver fir, Nepalese larch	Red panda, Himalayan black bear, Himalayan musk deer, ghoral, Himalayan monal, blood pheasant
Alpine Meadows & Scrub (4,000M - 5,000M)	Dwarf junipers, dwarf rhododendrons, medicinal herbs like Spikenard (Jatamansi) and Chirayita	Himalayan tahr, snow leopard, pika, Himalayan marmot, Himalayan griffon vulture, grandala
Arctic / Nival Desert (Above 5,000M)	Lichens, rock mosses, and microscopic alpine herbs	Snow leopard, blue sheep (bharal), Tibetan snowcock, alpine chough

Langtang Valley Trek Difficulty

The Langtang Valley Trek is a **moderate trek** that suits hikers with an average fitness level and some multi-day walking experience. You will walk (5 to 7Hours) a day across 10 to 15 km starting from Syabrubesi (1,460M) and reaching Kyanjin Gumpa at 3,870M. The climb is more difficult between Lama Hotel and Langtang Village, where hikers gain over 1,000 vertical meters in a single day. Since the route crosses 3,000M, the risk of Acute Mountain Sickness (AMS) also increases for those who ascend too quickly without proper rest and acclimatization.



The challenge is not only the uphill climb but also the basic mountain conditions. Cold nights, unheated teahouse rooms, limited hot water, and simple squat toilets also add to the overall difficulty. The hardest part of the trek is the final hike to high viewpoints like Tserko Ri, which is 4,985M high. The air is thin there, and there is rocky ground. However, since the valley is sheltered, you won't have to face the freezing, heavy winds found on other treks.

It is also safer for your body because you can stay in a comfortable lodge at Kyanjin Gompa and take short day hikes to get used to the height before coming back down to sleep.

Is Solo Trekking Allowed for the Langtang Valley Trek

Yes, you can travel solo on the Langtang Valley Trek because the route is easy to follow and marked with signboards at major trail junctions and villages. However, solo trekking is best suited for experienced hikers who already have previous trekking experience in remote mountain regions of Nepal. First-time trekkers are strongly advised to hire a licensed guide for better safety, local support, and altitude management.

The upper Langtang Valley has dense forests, landslide-prone areas, and high-altitude geography where weather conditions can change quickly. *Cases of solo trekkers suffering from altitude sickness or going missing in remote sections have made safety a serious concern in the region.* A guide not only helps with navigation and emergency support but also improves the overall trekking experience through local knowledge and communication with teahouses.

Hiring a guide also directly supports the local economy by creating employment opportunities for certified mountain professionals and local communities living around the trekking route.

Safety Tips and Travel Advice

Trekking in the Langtang Valley is safe and approachable for beginners, but the high-altitude

environment needs careful preparation. Below are some safety tips and advice that might help you trek safely.

- Above 3,000M, limit your sleeping elevation gain to 300 – 500M per day for altitude management
- Never drink tap or stream water. Use water purification tablets, UV purifiers (like a SteriPen), or buy boiled water
- Make sure your insurance covers emergency helicopter evacuation at altitudes up to 5,000M
- Carry enough Nepalese Rupees in small denominations to cover all meals, hot showers, and device charging
- Inform someone about your itinerary before starting the trek
- Check weather conditions regularly, as mountain weather can change quickly
- Stick to marked trails and avoid shortcuts.

Langtang Valley Trek Weather & Trekking Conditions by Month

The Langtang Valley Trek can be enjoyed throughout the year, but each month offers different [weather](#), trail conditions, and trekking experiences. Spring and Autumn are considered the best seasons, while winter is full of snow, and monsoon brings greenery with fewer crowds. The table below gives a quick month-by-month overview to help you choose the best time for your trek.

Month	Weather and Trekking Conditions
January	Very cold with snowfall at Langtang Valley and Kyanjin Gumpa. Ideal for experienced winter trekkers.
February	Cold weather continues, but conditions slowly improve toward the end of the month. Great Langtang Lirung views with fewer trekkers.
March	Beginning of the spring season with mild temperatures and blooming rhododendron flowers.
April	One of the best months for trekking with colorful forests, trails without dense shrubs, and comfortable temperatures.
May	Warmest pre-monsoon days. Clouds can build up in the late afternoons, but the scenery is still spectacular
June	Monsoon rains start by mid-month. High humidity creates misty, cloud-covered views and muddy trails
July	Peak monsoon season. Heavy rainfall brings leeches and risks of landslides on the road to Syabrubesi.
August	Heavy monsoon continues, but the valleys become lush and green.
September	Monsoon rains dissipate by mid-September, and trekking conditions improve significantly.
October	Best overall month for the Langtang Valley Trek
November	Rainless days and bright skies. Temperatures drop quickly after sunset, so warm base layers may require
December	Winter sets in. High altitude viewpoints get very cold and drafty, but daytime weather is clear and sunny.

Permits & Entry Requirements for Langtang Valley Trek

To trek the Langtang Valley in 2026, all foreign trekkers must get a Langtang National Park permit. The TIMS card is no longer required for the Langtang Trek. Simply send us a valid passport copy, a visa copy, and two passport-sized photos, and we will arrange your permits before your arrival. The permit costs are as follows:

Permit Type	Foreigners (Non-SAARC)	SAARC Nationals	Nepali Citizens
Langtang National Park Permit	NPR 3,000 (~USD 21) + 13% VAT	NPR 1,500 (~USD 12)	NPR 100

Altitude Sickness During The Lantang Valley Trek

[Altitude sickness](#), also known as acute mountain sickness (AMS), occurs when you ascend to high elevations too quickly, causing your body to struggle with lower oxygen levels. The common symptoms include headaches, nausea, dizziness, and shortness of breath. It happens because the body needs time to adjust to the reduced air pressure and oxygen availability.

During the Langtang Valley Trek, there is a slight chance that you may experience altitude sickness as the trek takes you above (3,500M), where oxygen levels drop significantly. Rapid altitude gain, insufficient acclimatization, and dehydration can increase the risk. Hence, it is crucial to be aware of the symptoms and take proper precautions.

Prevention and cure of altitude sickness

Here are some tips on how you can prevent or cure altitude sickness during the Langtang Valley Trek:

- Avoid gaining more than 500M in a day above 3,000M.
- Acclimatize properly and take rest days to let your body adjust to the growing altitude and changing surroundings.
- Drink plenty of water to prevent dehydration.
- Eat a high-carb and protein-rich diet. They help maintain energy levels at high altitudes.
- Avoid alcohol and smoking as they can worsen dehydration and oxygen absorption.
- Recognize symptoms early and descend immediately if symptoms worsen.
- Take medication, if needed, such as Diamox (Acetazolamide), which can help with acclimatization.
- In severe cases, supplemental oxygen or evacuation may be required.

Combine Langtang Valley Trek With Gosaikunda

If you want more of the Langtang region and to heighten the adventure level, you must not miss the [Langtang Gosaikunda Trek](#). The trek masterfully combines the Langtang Valley Trekking package with a hike to the sacred Gosaikunda Lake located at 4,380M. The 13-day journey takes you through the pristine Langtang National Park. En route, you will also pass beautiful Tamang settlements and diverse landscapes to get to the high-altitude lake.

You will get to explore iconic villages like the valley of glaciers, Lama Hotel, Kyanjin Gumpa, Shin Gumba, and more. Similarly, the mountain views that you can witness during the trek are something that you should not miss. It is an opportunity to immerse oneself in the enriching Himalayan culture and spirituality. The Langtang Gosaikunda Trek is a moderate venture suitable for all trekkers looking to

explore the region further.

Langtang vs Annapurna vs Everest Base Camp Trek

Choosing between the Langtang, [Annapurna](#), and Everest Base Camp treks depends on your time, budget, fitness level, and the type of scenery and experience you want. Here’s a quick comparison to help you decide:

Aspect	Langtang Valley	Annapurna Base Camp	Everest Base Camp
Difficulty	Moderate	Moderate	Moderate to Hard
Duration	8-13 days	9-12 days	12-14 days
Max Elevation	4,985M (Tserko Ri)	4,130M (ABC)	5,364M (EBC)
Starting Point	Syabrubesi (drive from KTM)	Pokhara (drive or fly)	Lukla (fly from KTM)
Trek Distance	84.9KM	67.7KM	114.48KM
Cost (USD)	USD 449-530	USD 666-820	USD 1,260-1,815
Crowd Level	Low-Moderate	High	Very High
Permits	Langtang NP Permit	ACAP Permit	Sagarmatha National Park Entry Permit
Best For	Beginners, cultural trekkers, budget travelers	Nature exploration lovers, beginners	Hardcore adventurers, altitude seekers

Packing List for Langtang Valley Trek

For an 8-day trek in the Langtang Valley, packing a proper layering system is essential to handle temperatures that range from subtropical at Syabrubesi (1,460M) to sub-zero at high-altitude viewpoints like Tserko Ri (4,985M).

Category	Item
Clothing	• 2-3 moisture-wicking base layers • 2-3 trekking shirts • 1-2 trekking pants • 1 warm fleece or down jacket • 1 waterproof jacket & pants • 3-4 pairs of underwear • 3-4 pairs of wool socks • 1 warm hat, • 1 pair of gloves • 1 buff/scarf
Footwear	• 1 pair of sturdy trekking boots (broken-in) • 1 pair of camp shoes/sandals • Gaiters (optional)

Gear & Equipment	• 1 backpack (30-40L) with rain cover • 1 sleeping bag (cold-rated) • Trekking poles • Headlamp + extra batteries • 1-2 water bottles or hydration system
Personal Items	• Sunscreen (SPF) • Lip balm • Sunglasses (UV protection) • Toiletries • Quick-dry towel • Hand sanitizer • Wet wipes
Health & Safety	• First aid kit • Personal medications • Water purification tablets/filter • Altitude sickness medication (if prescribed)
Documents & Money	• Passport • Permits • Travel insurance copy • Cash (small bills)
Extras (Optional)	• Power bank/solar charger • Snacks/energy bars • Camera/phone • Book or notebook

Address

Address:

Galkopakha Marg - Kathmandu - Nepal