



Earthbound Expeditions

Langtang Valley Trek

12 days, from US\$1,087 per person

Duration

12 days

Start and end

Kathmandu

Accommodation

Teahouses

Getting there

By road

Grade

Moderate

On the trail

5 to 7 hours a day

Meals

All meals on the trek

Max altitude

4,984 m

Best season

Mar to May, Oct to Nov

Group size

Up to 10

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Langtang Valley Trek Overview

The closest Himalayan wilderness to Kathmandu: glacier valleys, yak pastures and Tamang hospitality within a short drive of the city.

Trek overview

Langtang is the nearest Himalayan valley to Kathmandu, and the shortest route from a capital city to a glacier anywhere in Nepal. You drive north for seven hours to Dhunche, walk for four days up a forested gorge into an open yak-grazing valley at 3,800 m, and reach the foot of Langtang Lirung at 7,227 m. There is no flight and no complicated acclimatisation schedule: the valley climbs steadily until you are above the treeline.

The 2015 earthquake

On 25 April 2015 the earthquake triggered an ice and rock avalanche from Langtang Lirung onto Langtang village, killing over three hundred people: villagers, guides, porters and trekkers. The old village lies under the debris and is now marked by a memorial and by mani walls carved with the names of the dead. The surviving Tamang families rebuilt the village a short distance away, largely with income from trekking. Trekking here directly supports the valley, and we ask you to pass the memorial quietly and respectfully.

Who this trip is for

This trek suits travellers with less than two weeks, or anyone who wants a first Himalayan trek without a mountain flight. It is the least expensive trek in our catalogue and one of the easiest, but it is still a full Himalayan trek: Kyanjin Gumpa lies in a high valley with glaciers at its head, and the day hike up Tserko Ri at 4,984 m goes higher than Annapurna Base Camp. Families take this trek, as do people who want to find out how they cope with altitude before committing to Everest.

The two viewpoints above Kyanjin Gumpa

At Kyanjin Gumpa the climb up the valley ends and the day hikes begin. Kyanjin Ri, at 4,770 m, is a two to three hour climb behind the village. Tserko Ri, at 4,984 m, is a longer and harder day to the east, up the valley, and has the better view: a full panorama of Langtang Lirung, Dorje Lakpa and the peaks on the Tibetan border. Our itinerary includes a day for one of them, and if you are feeling strong you can do both by adding a night.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu valley sites	–	–	1,400 m
3	Drive to Dhunche	7 hrs	–	1,960 m
4	Dhunche to Thulo Syaphru	5–6 hrs	11 km	2,250 m
5	Thulo Syaphru to Lama Hotel	6–7 hrs	13 km	2,470 m
6	Lama Hotel to Langtang village	6 hrs	14 km	3,430 m
7	Langtang to Kyanjin Gumpa	3–4 hrs	7 km	3,870 m
8	Tserko Ri or Kyanjin Ri, acclimatisation day	6–7 hrs	–	4,984 m
9	Kyanjin back to Lama Hotel	6–7 hrs	21 km	2,470 m

10	Lama Hotel to Syabrubesi	5 hrs	12 km	1,460 m
11	Drive back to Kathmandu	7 hrs	–	1,400 m
12	Fly home	–	–	–

Day 1

Arrive in Kathmandu

A representative meets you at Tribhuvan International Airport and transfers you to your hotel. In the evening you can rest, and we give you a briefing about the trek.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu Valley sightseeing

After breakfast, you visit UNESCO World Heritage Sites including Swayambhunath, Pashupatinath, Boudhanath and Patan Durbar Square. The day covers Buddhist stupas, sacred Hindu sites and medieval royal palaces.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Drive from Kathmandu to Dhunche

The bus journey from Kathmandu to Dhunche takes about seven hours and passes through villages and forests, with views of rural Nepali life along the way.

Altitude: 1,960 m On foot: None, 7 hr drive Night: Teahouse, Dhunche Meals: Breakfast, Lunch, Dinner

Day 4

Trek from Dhunche to Thulo Syabru

After an early breakfast, you begin the first day of trekking, a six-hour walk through forests and villages, with views of Langtang Lirung and other peaks.

Altitude: 2,250 m On foot: 11 km, 5–6 hrs Night: Teahouse, Thulo Syabru Meals: Breakfast, Lunch, Dinner

Day 5

Trek from Thulo Syabru to Lama Hotel

You head north, cross the Bhote Kosi on a suspension bridge and pass Old Syabru. The trail continues through forest beside streams and waterfalls, crossing more bridges, and reaches Lama Hotel in about seven hours.

Altitude: 2,470 m On foot: 13 km, 6–7 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 6

Trek from Lama Hotel to Langtang village

You trek through Ghoda Tabela, known for its horse stables, and continue above the treeline to Langtang village. In the evening you can watch the sunset behind the mountains.

Altitude: 3,430 m On foot: 14 km, 6 hrs Night: Teahouse, Langtang village Meals: Breakfast, Lunch, Dinner

Day 7

Trek from Langtang village to Kyanjin Gumpa

A short walk takes you to the mountain village of Kyanjin Gumpa, with close views of the Langtang range. You visit the monastery and see the snow-capped peaks.

Altitude: 3,870 m On foot: 7 km, 3–4 hrs Night: Teahouse, Kyanjin Gumpa Meals: Breakfast, Lunch, Dinner

Day 8

Acclimatisation day in Kyanjin Gompa

You stay in Kyanjin Gompa to acclimatise, with a hike up Kyanjin Ri (4,770 m) or Tserko Ri (4,984 m) for mountain views. You return to the village for the night.

Altitude: 3,870 m On foot: Optional 6–7 hrs Night: Teahouse, Kyanjin Gompa Meals: Breakfast, Lunch, Dinner

Day 9

Trek from Kyanjin Gompa to Lama Hotel

After exploring the Langtang region, you retrace your route to Lama Hotel via Langtang village. Overnight at a teahouse.

Altitude: 2,470 m On foot: 21 km, 6–7 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 10

Trek from Lama Hotel to Syaprubesi

A five-hour walk takes you back to Syaprubesi, on the Trishuli River. The town is known for white-water rafting.

Altitude: 1,460 m On foot: 12 km, 5 hrs Night: Teahouse, Syaprubesi Meals: Breakfast, Lunch, Dinner

Day 11

Drive from Syaprubesi to Kathmandu

After breakfast, you take a seven-hour public bus back to Kathmandu and check in to your hotel. In the evening there is a cultural show and dinner.

Altitude: 1,400 m On foot: None, 7 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 12

Departure

We arrange your transfer to the airport according to your flight schedule.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & national park fees
- Meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

Luggage allowance

Your porter carries a strict maximum of 20 kg, shared between two trekkers. Because you travel by road, no luggage is weighed on this trek. We provide the duffel bag and the sleeping bag, and store anything else free of charge at our Kathmandu office.

Head

- Sun hat with a brim, and a warm hat that covers your ears
- Buff or neck gaiter, two of them
- Sunglasses, category 3. The sun is stronger than the temperature suggests
- Headtorch and spare batteries
- Sunscreen SPF 50 and lip balm with sun protection

Clothing

- Three or four merino or synthetic base layers, no cotton
- Two mid layers; fleece is sufficient
- A light down or synthetic jacket for the evenings
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one lined
- Underwear for four or five days, to wash along the way

Hands and feet

- Light gloves, and a warmer pair for the mornings
- Trekking boots with ankle support. They must be broken in before the trek
- Four pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Gaiters, if you are travelling in winter or early spring

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 30 to 35 litres, with a rain cover
- Dry bags or thick liners. Nothing stays waterproof for long on a Himalayan trail

Sleeping

- Sleeping bag rated to -10°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are plywood

Health

- Personal first aid: blister plasters, tape, painkillers, rehydration salts
- Anything you take routinely, in its original packaging
- Water purification: tablets, a filter, or a SteriPen
- Hand sanitiser and wet wipes
- Throat lozenges. A dry high-altitude cough is close to universal

Documents and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing trekking cover to your maximum altitude
- \$150 to \$250 in small notes. The last cash machine is at Dhunche, and it is unreliable

For this trek

- Trekking poles for the long descent from Kyanjin back to Lama Hotel
- An extra warm layer for Tserko Ri at dawn, which is 1,100 m above where you sleep and much colder than the valley
- Something to occupy you on the two seven-hour drives, which are the most tiring part of the trip
- Leech socks if you are travelling close to the monsoon. The gorge below Lama Hotel is wet forest

Route map

Langtang Valley Trek

12 days | Highest point 4,984 m | Moderate



Start: Kathmandu to Dhunche

End: Syabrubesi to Kathmandu

Altitude by day



Optional extras

Gosaikunda lakes

from \$290, +4 days

Return over the Lauribina La at 4,610 m, past a chain of sacred lakes, instead of walking back down the valley. This turns the out-and-back route into a loop, and it is the extension we recommend most on this trek.

Tamang Heritage Trail

from \$260, +3 days

A lower loop west of Syabrubesi through Tamang villages, with a hot spring at Tatopani and views into Tibet. It focuses on culture rather than altitude and works well at the start of the trek.

Both viewpoints at Kyanjin

\$90, +1 day

An extra night at Kyanjin, so you can climb Kyanjin Ri and Tserko Ri on separate days instead of choosing one. We recommend this low-cost addition.

Helambu trek to Kathmandu

from \$340, +5 days

Continue south from Gosaikunda through the Helambu villages and finish a couple of hours' drive from Kathmandu. This covers three regions in one trek.

Private jeep instead of the bus

\$160

For both road days. Seven hours on a mountain road is much more comfortable in a jeep with six people than in a bus with forty.

Single room

\$90

For the nights in Kathmandu and wherever the lodges have single rooms. Above Lama Hotel, most lodges do not.

Photos, videos and reviews of this trip: nepal trekking.com/langtang-valley-trekking