

Langtang valley trek



The Langtang Valley Trek offers a remarkable Himalayan experience just a few hours' drive from Kathmandu. Despite its proximity to the capital, the Langtang region remains a peaceful and less-crowded trekking destination—perfect for those seeking stunning alpine scenery without the long duration required by treks in regions like Everest or Annapurna.

This 7 to 10-day trek begins in the lush forests of the lower Langtang region, gradually ascending through dense rhododendron and bamboo forests to open alpine meadows and yak pastures. As you gain elevation, the views open up to a spectacular panorama of snow-capped peaks, including Langtang Lirung (7,227m) and other towering Himalayan giants.

Where is Langtang Valley Trek?

The Langtang Valley Trek is located in the Langtang region of Nepal, just north of Kathmandu Valley and near the border with Tibet (China). It lies within Langtang National Park, Nepal's first Himalayan national park, which is known for its rich biodiversity, alpine landscapes, and cultural heritage. The starting point of the trek is the village of Syabrubesi, approximately 7–8 hours' drive from Kathmandu. From there, the trail follows the Langtang Khola River up into the high valley, passing through dense forests, traditional Tamang villages, and eventually reaching alpine meadows and glacier-fed peaks. Despite being one of the closest trekking destinations to Kathmandu, the Langtang Valley offers a remote and peaceful trekking experience in the heart of the Himalayas.

Detailed Itinerary

Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer). In the evening 5 PM, join us at the Hawk's Eye Travels office for a short pre-trek briefing to go over the itinerary, permits, and any final preparations for your upcoming adventure.



Day2: Kathmandu to Dhunche (1,960m)-7 Hours Drive

Your journey begins with a scenic drive from Kathmandu to Dhunche, the district headquarters of Rasuwa. The route winds through lush hills, terraced farmlands, and traditional villages, with panoramic views of the Ganesh Himal range. Dhunche is the gateway to Langtang National Park, where you will spend the night in a teahouse.

Day3: Dhunche to Thulo Syabru (2,250m) -5-6 Hours

Leaving Dhunche after breakfast, follow a scenic trail that winds through lush forests of pine, oak and rhododendron. The path offers occasional mountain views and the chance to spot local wildlife such as langur monkeys, Himalayan pheasants, and other bird species. As you ascend, the air becomes crisper, and the landscape opens into terraced fields and scattered settlements. Thulo Syabru welcomes you with its charming Tamang architecture, narrow stone-paved lanes, and friendly locals.

Day 4:Thulo Syabru to Lama Hotel (2,340m)-6-7 Hours

After breakfast, descend along a scenic path to cross the Langtang Khola, where the sound of rushing water accompanies your walk. From here, the trail steadily climbs through the enchanting forests of oak, maple, and rhododendron, alive with birdsong and the occasional sighting of langurs. The route passes small settlements and teahouses, offering short breaks before continuing the gradual ascent.

Day 5: Lama Hotel to Langtang Valley (3,430m)- 6-7 Hours

Leaving Lama Hotel, the trail follows the Langtang Khola upstream, with breathtaking glimpses of Langtang Lirung’s snow-clad peaks peeking through the trees. Gradually, the dense forest gives way to a more open terrain as you reach Ghodatabela, a beautiful spot where the valley begins to widen into a classic alpine landscape.

Day6: Langtang Village to Kyanjin Gompa (3,837m)- 4-5 Hours

Today’s trek is shorter but filled with cultural and scenic wonders. Leaving Langtang Village, you follow a gentle trail lined with mani walls, colorful prayer wheels, and chortens that reflect the deep Buddhist traditions of the region. The path gradually ascends through yak pastures with increasingly spectacular views of snow-capped giants such as Langtang Lirung, Tserko Ri, and Yala Peak. By midday, you arrive at Kyanjin Gompa, a peaceful village named after its ancient monastery.



Day7: Exploration Day at Kyanjin Gompa-7-8 Hours

This is your acclimatization and exploration day in one of the most breathtaking spots of the Langtang region. Early in the morning, you can hike to Kyanjin Ri (4,773m) or challenge yourself with a trek to Tserko Ri (5,000m), both offering jaw-dropping 360° panoramas of Langtang Lirung, Dorje Lakpa, Yala Peak and the surrounding glacier valleys. The ascent is steep but incredibly rewarding, with sunrise casting golden light over the snowy peaks.

Day8: Kyanjin Gompa to Lama Hotel (2,340m)- 5-6 Hours

Begin your descent from Kyanjin Gompa, retracing the trail through the Langtang Valley. As you walk downhill, enjoy fresh perspectives of the surrounding peaks, glaciers, and alpine meadows. Stop occasionally to rest, take photos and admire the changing scenery. By late afternoon, you arrive back at Lama Hotel, a serene stop surrounded by greenery.

Day 9:Lama Hotel to Syabrubesi (1,460m)-5-6 Hours

Today, you continue your descent through the scenic Langtang Valley, passing through dense forests, terraced fields, and charming villages. Along the way, you’ll cross several suspension bridges over the Langtang Khola, offering glimpses of the flowing river below. The trail gradually winds downward, providing relaxing walks and plenty of photo opportunities. By late afternoon, you reach Syabrubesi, the final stop of your trek, where you can rest and celebrate completing your journey.

Day 10:Syabrubesi to Kathmandu- 7 Hours Drive

After breakfast, begin the drive back to Kathmandu, following the scenic route along the Trishuli River. The journey offers views of terraced fields, traditional villages, and lush hillsides, providing a final glimpse of rural Nepal. Upon arrival in Kathmandu, you will be transferred to your hotel, where the Langtang Valley Trek concludes. This marks the end of your unforgettable Himalayan adventure, filled with stunning landscapes, cultural experiences, and memories of the majestic peaks.

Inclusions:

- Transportation: Private jeep or local bus from Kathmandu to Dhunche and return from Syabrubesi to Kathmandu
- Accommodation During Trek: Basic tea house/lodge stays in twin-sharing rooms
- Guide Services: Professional, licensed, and English-speaking trekking guide
- Porter Service: 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- Permits: All necessary trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Drinking Water: Safe drinking water (filtered/boiled) during the trek
- Support Staff Costs: Guide and porter wages, food, accommodation, and insurance
- Government Taxes: All applicable government and local taxes

Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch, and dinner with tea/coffee during trekking days
- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Meals in Kathmandu: Lunch and dinner in the city
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry

- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Changes caused by weather, strikes, road blockages, or any unforeseen circumstances

Best time for the Langtang Valley Trek

The Langtang Valley Trek can be done year-round, but the best seasons for this Himalayan adventure are spring (March to May) and autumn (September to November). These months offer the most favorable weather, clear skies, and the best mountain views.

Spring (March to May): Spring is a stunning time to explore the Langtang region. As the snow begins to melt, the trails burst into life with colorful rhododendron blooms and lush greenery. The weather is mild, with warm days and cool nights. Clear skies during this time provide excellent visibility of snow-capped peaks like Langtang Lirung, making it one of the most scenic times to trek.

Autumn (September to November): Autumn is the most popular season for trekking in Nepal. After the monsoon rains, the air is fresh and clean, and the landscapes are vibrant. The skies are typically cloudless, offering spectacular views of the surrounding mountains. Temperatures are comfortable, and the risk of rain or snowfall is minimal, making it an ideal time for a safe and enjoyable trek.



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