



Langtang Valley Trek - 10 Days

Langtang is a beautiful valley which has alpine forests and is surrounded by some beautiful high peaks and glaciers. The valley lays close to the Tibetan boarder so the culture and looks of the village reflects similar to Tibet. It is a journey of beautiful landscape, lush green forest, pristine and serene lakes, snow clad mountains, quaint villages and nature and wildlife in the Langtang region of Nepal. Langtang is home to the Langtang National Park which has the presence of many unique faunas and floras. In this trek, we will walk through many ethnic settlements and villages, forests of bamboos and rhododendrons and you may also get a chance to see the popular Red Panda, snow leopard and musk deer of this region and other wild animals inside the park.

The trek starts with a drive from Kathmandu to Syabru Besi. Syabru Besi is the starting village of our trek which is a village of Tamang community located on the banks of Bhoté Koshi River. As you trek forward to Langtang, you will reach Kyanjin Gumpa, a Sherpa Village and a cheese factory which are the popular places in the region. The Valley is dominated by the 7246m Langtang Lirung to the north, Gang Chhenpo 6388m to the south and Dorje Lhakpa 6975m to the east. As the trek nears the end at Dhunche, we pass through the rice fields, rhododendron and pine forests, which have numerous species of birds.

The Langtang valley is an awe-inspiring natural wonder, with its towering peaks, glaciers, and diverse landscapes of lush forests, alpine meadows, and traditional Tamang villages. If you want to know more about the beauty of Langtang valley, you can read our blog post on [Langtang Valley Trek - A Journey Through Nature and Culture](#)

Duration: 10 Days

Cost: USD 1010

Destination: Nepal

Day 01: Arrive in Kathmandu (1400m).

Upon arrival at International Airport in Kathmandu, you will be welcomed by our representatives and transferred to hotel. Today you are free and easy to spend time on your own. In the evening we will proceed for welcome dinner hosted by our company.

Dinner included

Day 02: Kathmandu Sightseeing and Trip Preparation.

Today you will take a half day guided Kathmandu sightseeing of World Heritage sites. You will be visiting Kathmandu Durbar Square and Swoyambhunath Stupa. After the sightseeing, we will be doing the necessary preparation for the trip. You may also wish to buy some trekking gears such as Jackets, hats, t-shirt, walking stick, trekking bags etc which is easily found near your hotel.

Breakfast included

Day 03: Drive to Syabru Besi (1450m) – 7 hours.

Wake up early morning and departure for 7 hours' drive to your starting point at the foot of Langtang Valley. The road takes a scenic route, climbing high over the ridges to escape the Kathmandu Valley and provided you with an amazing panorama of the Himalaya, including the Annapurna range, Manaslu, Ganesh Himal and the peak of the Langtang region that you will soon get familiar with.

Breakfast, Lunch & Dinner included

Day 04: Trek to Lama Hotel (2480m) – 5 to 6 hours.

We will start our trek from Syabru Besi to Lama Hotel (2480m), which takes approximately five hours. The trail descends along the ridge on Syabru's main street and then drops to Ghopche Khola (2050m), and again descends to the landslide (1810m). From then onwards, your trek will ascend gently to Rimche (2400m) through bamboos (1960m) and at the end you will travel through level path to the Lama Hotel. En route, you may get lucky to spot the red pandas, and monkeys in their natural habitat.

Breakfast, Lunch & Dinner included

Day 05: Trek to Langtang (3540m) – 5 to 6 hours.

Today, we will trek from Lama Hotel to Langtang Village (3540m) via Ghoda Tabela, which takes around 6 hours. At Ghoda Tabela (3000m), the trail emerges from the forest. While hiking here, you can catch a glimpse of white monkeys and local birds. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during summer months. A quiet monastery is present around here which can be visited shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park.

Breakfast, Lunch & Dinner included

Day 06: Trek to Kyangjing Gumpa (3900m) – 2 to 3 hours.

Trek from Langtang Village to Kyangjin (3900m), which will take around 3 hours. The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more wide ranging. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. We should arrive at Kyangjin by lunch time allowing some time to acclimatize and explore the area. It is a fantastic setting, with snow covered peaks surrounding us in all directions. At this point, you can enjoy the panoramic view of Dorje Lakpa (6990m), Langtang Ri (6370m), and Langtang Lirung (7245m).

Breakfast, Lunch & Dinner included

Day 07: Trek to Lama Hotel (2480m) – 5 to 6 hours.

Today we will slowly descend downhill through the beautiful landscape and greenery and reach Lama Hotel. Take a good rest in the evening and enjoy the beautiful view.

Breakfast, Lunch & Dinner included

Day 08: Trek to Syabru Besi(1450m) – 4 to 5 hours.

We will descend down toward Syabu Besi using the same route that we had earlier used. After reaching Syabru Besi, free time to enjoy the scenery and explore the area.

Breakfast, Lunch & Dinner included

Day 09: Drive back to Kathmandu – 7 hours.

Today we will drive from Syabru Besi to Kathmandu, which takes around 7 hours. You will drive through scenic foothills and ridgeline vistas to Kathmandu. After reaching Kathmandu, drop to your hotel and free in the evening to relax.

In the evening we will proceed for farewell dinner with cultural show in a traditional Nepalese restaurant hosted by Mountain Adventure to celebrate the successful completion of your trip.

Breakfast & Dinner included

Day 10: Departure to Airport.

Today we will drive you to the airport and bid you farewell and thank you for your visit.

Breakfast included

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