

Langtang Valley Trek

The Langtang Valley Trek, north of Kathmandu, is a serene adventure through Langtang National Park, Nepal's first Himalayan national park. Known for its breathtaking mountain vistas, the valley is home to over 1,000 plant species, 150 bird species, and diverse wildlife. Less crowded than the Annapurna or Everest trails, it offers peaceful trails, traditional villages, and stunning views of peaks like Langtang Lirung (7,200m), Ganesh Himal (7,600m), Tserko Ri (5,033m), and Kyanjin Ri. Trekkers can enjoy picturesque landscapes, rice terraces, monasteries, and the tranquil Tibetan-influenced culture of the region.



Highlights

- **Valley of Glaciers** - Stunning views of Langtang Lirung (7,227m) and surrounding snow-capped peaks.
- **Kyanjin Gompa** - Beautiful village with amazing sunrise and sunset views from Kyanjin Ri.
- **Lush Forests** - Rhododendron, bamboo, and pine forests with wildlife like red pandas.
- **Langtang Glacier** - Impressive glacier easily reached from Kyanjin Gompa.
- **Alpine Pastures** - Peaceful meadows with grazing yaks and wildflowers.
- **Local Culture** - Experience Tamang and Sherpa villages and warm hospitality.
- **Ancient Monasteries** - Visit spiritual sites like Kyanjin Gompa.
- **Tsergo Ri (4,984m)** - Challenging hike with panoramic mountain views.
- **Varied Landscapes** - From subtropical forests to rugged alpine terrain.

Trip Itinerary

- ❖ **Day 01:** Drive to Syaprubesi (1440m) - 7/8 hours
- ❖ **Day 02:** Syapru to Lama Hotel (2560m) - 5/6 hours 11 km
- ❖ **Day 03:** Lama Hotel to Langtang Valley (3,400) - 5/6 hours 12km
- ❖ **Day 04:** Langtang Valley to Kyanjin Gompa (3860m) - 5/6 hours 7 km
- ❖ **Day 05:** Acclimatization day - Hike to Kyanjin Ri (4773m) - 4/5 hours 5 km
- ❖ **Day 06:** Kyanjin Gompa to Lama Hotel (2560m) - 6/7 hours 19km
- ❖ **Day 07:** Lama Hotel to Syaprubesi (1440m) - 5 hours 11km

❖ **Day 08:** Drive back to Kathmandu (1350m) - 7/8 hoursft) 5/6 hrs

Inclusion

- ✓ Three daily meals with tea/coffee (breakfast, lunch, and dinner) during the trek
- ✓ Snacks of seasonal fruits during the trek
- ✓ Best available Accommodation during the trek
- ✓ Kathmandu - Syabrubesi - Kathmandu Bus (Note: Private Transportation will be arranged upon your request on extra cost)
- ✓ An Experienced English speaking guide
- ✓ Trekking Permits: Langtang National Park Entry Fee and TIMs card
- ✓ All necessary paperwork and government taxes
- ✓ Basic Medical Kit
- ✓ Farewell dinner in Nepali cultural restaurant
- ✓ Trekking map
- ✓ PeacefulNepal T-shirt.

Exclusion

- ✗ Nepal visa fee
- ✗ Tea, coffee, beer, cola, mineral water, hot water, Wi-Fi, battery charges, hot shower etc.
- ✗ Porter to carry your luggage
- ✗ Trekking gears
- ✗ Travel insurance
- ✗ Tipping

Trekking Gear

- Bag/Rucksack
- Duffel bag or rucksack for our porter to take your gear
- Daypack for carrying your personal things like water, snacks and your camera
- Waterproof pack cover or dry bags
- Footwear
- Weatherproof walking boots or shoes
- Inside footwear (light shoes or sandals)
- Multiple pairs of warm socks
- Clothing

- Warm baselayer underwear top and bottoms (woolen or synthetic)
- Light breathable hiking trousers and shirt or t-shirt
- Warm midlayer top (woolen or synthetic)
- Fleece or down jacket
- Waterproof jacket
- Comfortable warm clothing for at night
- Insulated hat
- Warm gloves
- Sun hat/Sunglasses
- Gear
- Sleeping Bag (suitable for as cold as 0°C / 32°F)
- Trekking poles (optional)
- At least 1 litre water bottle
- Headlamp or torch
- Personal Items
- Sunscreen
- Chapstick
- Camera & batteries
- Power adapter & chargers
- Toiletries
- Travel towel

Pricing

Group (pax)	Price (USD)
1 - 1	650
2 - 4	599
6 - 10	520

Conclusion

The Langtang Valley Trek is a perfect blend of natural beauty, cultural richness, and Himalayan adventure. From breathtaking mountain views and glaciers to peaceful monasteries and traditional Tamang villages, the trek offers a diverse and rewarding experience. Ideal for trekkers seeking stunning scenery without extreme crowds, Langtang Valley promises an unforgettable journey into Nepal's hidden Himalayan paradise.

