Detail Itinerary

Journey Through the Valley of Glaciers

Located just north of Kathmandu, the Langtang Trek—famously known as "The Valley of Glaciers Trek"—is one of Nepal’s most rewardingly accessible mountain adventures. The trail winds through lush pine and oak forests, rapid mountain streams, and traditional Tamang villages before opening into a majestic high-altitude valley dominated by Mount Langtang Lirung (7,246m).

Following the 2015 earthquake, the Langtang region has been completely rebuilt and restored with modern, comfortable teahouses and safe trail paths. Local lodge owners and community members warmly welcome travelers back to experience their unique cultural heritage and dramatic Himalayan landscapes.

Highlights of the Langtang Trek

- **Tsergo Ri Viewpoint (4,980m):** Reach snowy Himalayan heights in just 4 days of trekking from Syabrubesi for a breathtaking 360-degree panorama of glaciers and surrounding peaks.
- **Kyangjin Gompa (3,740m):** Visit the iconic ancient monastery nestled at the base of ice flutes, alpine glaciers, and dramatic rock formations.
- **Rich Wildlife in Langtang National Park:** Trek through a protected sanctuary established in 1976—home to rare species like the Red Panda, Snow Leopard, Himalayan Black Bear, Musk Deer, and over 250 bird species.
- **Authentic Tamang Culture:** Discover the rich traditions, monasteries, and warm hospitality of communities derived from historic Tibetan lineage.
- **Diverse Trail Networks:** Option to cross Laurebina Pass (4,610m) toward sacred Gosainkunda Lake or connect with Helambu Valley and the Tamang Heritage Trail.

A Flexible and Short Himalayan Escape

Starting from either Syabrubesi or Dhunche, the trek gradually ascends through rich forests of rhododendron, fir, and alder. It offers an ideal balance of nature, mountain scenery, and cultural exploration, making it suitable for trekkers with varying levels of experience.

At **Nepal Kailash Trekking**, we prioritize your safety, comfort, and satisfaction with fully customized itineraries led by experienced local guides. Contact our team today to organize your Langtang Valley trekking adventure!

Trip Facts

- Trip Duration: 12 days
- Trek Duration: 09
- Primary Activity: Trekking
- Max. Group Size: 16
- Min. Group Size: 1
- Starts Point: Kathmandu
- Ends Point: Kathmandu

Detail Itinerary

Day 01: Arrival Kathmandu AM/PM. And then drove to hotel

Day 02: Details information and basic preparation about the Trip

Day 03: Kathmandu to Dhunche drive
Drive from Kathmandu to Syabru Bensi. It takes about seven hours by bus or jeep. You head to north from Kathmandu by driving along the Pasang Lhamu highway. You can see a glimpse of Ganesh Himal and other peaks as well, cultivated fields and green hills. Overnight hotel

Day 04: Trek to Thulo Syapru 2280m, 6 hrs
After breakfast, we fallow the road till to Thulo Barkhu which road goes to Syabru Benshi – Rasuwagadhi - Tibet. It is big rocky cutting road. Then trails turns right and climbing through farming fields & pine forest. There are just some tea shops in between. Overnight lodge.

Day 05: Trek to Lama Hotel 2470m 4/5 hrs
First trails leads descend to the suspension bridge with walking slippery muddy & some domestic animals dunk through bamboo. While you crossing bridge here, Superb view of mountain Ganesh Himal. Our trail will be reached to Pahiro (landslide) which comes from Syabru Beshi, gradually ascend to Bamboo passing through the Landslide area. Afterwards, our treking ascends gently to Ramche (2400 meters) via Bamboo (1960meters) Bamboo lies at the bank of Langtang Khola. We will have lunch at this place if you like. And at the end your trail is level to the Lama Hotel. En route we could see wild life like red pandas, monkeys and bears (area). Overnight lodge.

Day 06: Lama Hotel to Langtang Village 3430m, 6 hrs
The trek route leads us Ghoda Tabela literally it means the Horse Stable. Then trail is slightly gradual ascending and beautiful valley with the grazing Yaks. We see some mountains views through the tress. Langtang village is one of the very local and old villages along this trekking route and the view from here is more spectacular. Unfortunately, 25 April 2015 an earth quakes washed the village at mid day. Overnight lodge.

Day 07: Trek to Kyanjing Gompa 3870m, 4 hrs
Today is a shorter walking day, acclimatize around. Kyangjing Gompa is the last settlement of the Langtang valley. There are surroundings interesting several places to explore this day because of the famous Cheese factory as well as monastery and hiking hills, glacier view. This beautiful valley in the lap of the Langtang Lirung and other many peaks which already have seen on the way towards to Kyangjin from langtang village. Overnight lodge.

Day 08: Kyanjing - day hiking
Day Hiking to Kyanjing-Ri 4600m 2-3hrs. or hikes to Tsergor-Ri 4984m, 7-9hrs. Today is a day to rest and explore the area. You can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and ascend at Tsergori Ri (4984 m) Tsergo Ri is the highest point of this trekking, we can see this peak valley up to north from the Kyangjing , it would have seen day coming to Kyangjin from Langtang village. Tsergo Ri for a breath-taking panorama of the Langtang valley peaks. Overnight lodge.

Day 09: Trek to Lama Hotel

Day 10: Lama Hotel to Syapru Benshi 1400m

From the Pahiro, continue follow trekking trail along the Langtang river for Syabru Benshi.

Day 12: Syabru Benshi to Kathmandu
Syabru Beshi to Dhunche takes about half an hour by driving then continuously to kathmandu.

Day 13: Transfer to airport – program finished

Cost Includes

- All ground transports by private vehicle as per itinerary required (Kathmandu Syabru/Beshi/Kathmandu local bus)

- Kathmandu accommodation inclusive breakfast as per itinerary

- All entry fees as per itinerary like Langtang National Park Fee, Trekker's Information Management System Card fee {bring 2 copies passport size picture}

- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee

- An English speaking highly experienced friendly and helpful trekking guide

- One porter for two member

- Guide salary/food/accommodation/insurance and required transports

- Porter salary/food/accommodation/insurance and required transports

- Rain protection duffel bag for luggage

- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing (it will be extra because we should arrange according your staying in Nepal)
- Any other expenses which is not mentioned in the cost include
- Tips to staffs