

Langtang Valley Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: Spring & Autumn

Max Elevation: 4973m (15955 ft)

Langtang Valley Trek: "Leave the crowds behind you on this captivating exploration of Nepal's sublime Langtang Valley."

Alpine Ramble Treks will guide you each step of the way, from the very doorstep of Kathmandu to the scenic heights of Kyanjin Gumpa. Our exciting eight-day itinerary will introduce you to ornate monasteries, quiet riverside trails, and the jaw-dropping range of mountains known as the Langtang Himal.

LANGTANG VALLEY TREK NEPAL: A TRUE HIDDEN GEM

Hiking towards Langtang Valley's sample facts: When international visitors travel to Nepal to trek in the spectacular wilds of the Himalayas, they often look to overlook the Langtang Valley, heading first to the world-famous Khumbu region and the mighty Mount Everest.

Hikers searching for a more accessible adventure might also consider the equally stunning trek to [Annapurna Base Camp \(https://www.alpineramble.com/comfort-annapurna-base-camp-hike\)](https://www.alpineramble.com/comfort-annapurna-base-camp-hike).

But did you know another region is nestled between these two popular trekking routes?

WHAT ELEMENTS DO THE LANGTANG TREK, MORE ESPECIALLY FOR 2024 AND 2025?

Welcome to the Langtang Valley: a world of soaring peaks, mysterious forests, rural mountain villages, and breathtaking vistas everywhere you look.

Best of all, the Langtang Valley lies just a few miles north of Kathmandu. This makes it one of the very best choices in Nepal for visitors who want to undertake an authentic Himalayan trek in a reasonable amount of time.

The Langtang Valley Hiking itinerary by Alpine Ramble Treks (ART) has been developed to showcase the best of this uncommonly beautiful region, including the high-altitude peaks of the Langtang Himal range.

Our Langtang trekking package will also introduce you to the wild landscapes of Langtang National Park, where you may be able to spot elusive wildlife like the musk deer, Himalayan tahr, or red panda moving amongst the dense woodland foliage.

Especially keen-eyed hikers may even discover evidence of the exceptionally rare snow leopard as we move from the tropical lowlands to the alpine heights of the Langtang Valley.

MAJESTIC LANGTANG VALLEY TREK CULTURAL ASPECTS

During this ascent, you'll also encounter Nepali people from three distinct ethnic groups: the Tamang, Newari, and Sherpa. These friendly village folk will proudly introduce you to their culture, profoundly influenced by the Tibetan Buddhism that flourishes in the Himalayas.

The trekking toward Langtang Valley is still an undiscovered gem compared to its more famous counterparts. This means the enchanting scenery, picturesque communities, and winding trails decorated with Buddhist prayer flags and Chortens won't be crowded with other travelers, even during the peak trekking season.

This lends a decidedly intrepid vibe to the Langtang Valley Nepal, making it the perfect choice for travelers who want to escape the crowds and engage with the Himalayan wilderness on their own terms.

GUIDE FOR LANGTANG TREK

Of course, you can always count on your experienced guide from Alpine Ramble Treks to show you the way and lend a helping hand when the going gets rough. We've operated safe and exciting trekking tours in the Himalayas for many years—and we hope to host you as our next client.

This Langtang Valley hike will be led by one of the highly experienced, locally determined guides who will be able to share an authentic local culture and the history of the mountain itself. Remember this: Hiking in the Langtang trek covers a distance of 65 kilometers starting from Syabrubesi.

TSERKU Ri (4985 m) & KYANJING RI (4,780 m) IN LANGTANG VALLEY TREK

The Highest point of the Langtang Hike in Nepal

Each day of hiking in the Langtang Valley brings you through charming villages, terraced fields of cultivation, and lush woodlands of pine and bamboo. We'll even climb to almost 5,000 meters in altitude to enjoy spectacular mountain views from the Buddhist community of Kyanjin Gompa.

During our excursion day, we climbed the Tserku Ri (4985 m), the highest altitude to reach on our Langtang Valley trek; our wonderful Langtang adventure itinerary also covers Kyanjing Ri (4,780 m).

If time permits, we can climb both peaks to immerse in the spectacular 360-degree views of the Himalayas on this trek, including the mysterious mount. Langtang Lirung (7,245m),

Mt. Dorje Lakpa (6,999m), Yala Peak (5535 m), Ganesh Himal, and so on.

DIFFICULTY LEVEL OF LANGTANG VALLEY TREKKING

However, this trek is a moderately tricky physical challenge, and it's possible to experience acute mountain sickness, or AMS, on this itinerary. Preparing for your tour with regular cardiovascular exercise, such as running or walking, is essential.

Your guide from Alpine Ramble Treks has plenty of experience in these mountains and will ensure you don't overexert yourself on this ten-day itinerary. If you remember to hike at your own pace and heed your guide's advice, you will have an unforgettable adventure in Nepal's Langtang Valley.

If you would like to enjoy the Langtang Valley's cultural wonders and alpine beauty on a shorter itinerary, we also offer a Langtang Trek – 6 Days package.

Likewise, for those interested in crowded trekking routes, we offer exciting hiking to [Tamang Heritage and Langtang Valley \(https://www.alpineramble.com/tamang-heritage-trail-10-days\)](https://www.alpineramble.com/tamang-heritage-trail-10-days), the Short Langtang Valley trek for 5 and 7 days, the [Langtang Gosaikunda Trek route for 12 Days \(https://www.alpineramble.com/langtang-gosaikunda-trek-12-days\)](https://www.alpineramble.com/langtang-gosaikunda-trek-12-days), and the ABC Trek for 6 Days.

The Fabulous LangTnag Valley Trekking Cost for 2024, 2025, and 2026

The cost of the Langtang Valley Trek from Kathamndu is relatively cheaper compared to other altitude areas like Annapurna Circuit or Everest Base Camp Trek. However, if you choose to take a private jeep for transportation to and from Syaprubesi, the cost might be slightly higher than normal.

We offer competitive and reasonable prices for the standard Langtang Valley Trek, which includes high-quality services we mention on our cost list.

We provide both private and group tours, giving you the flexibility to choose the size of the

group and the trek date. The price of the Langtang Valley trip is based on private and group tours.

Please find below the special price for this epic Langtang Valley trip for 2024, 2025, and 2026:

- The cost of Langtang Trek is only USD \$799 for a single person.
- For a Langtang Trek in a group of 2-4 people, the cost per person is only \$699.00
- For a group of 5-10 people, the cost per person for the Langtang Valley trek is USD 499.00
- Similarly, for a group of 11-20 people, the cost per person for the Langtang Valley trek would be USD 439.00

LANGTANG VALLEY TREK HIGHLIGHTS

- Explore Kathmandu, the enchanting "city of temples," on our tour of several fascinating UNESCO World Heritage sites.
- Ascend from subtropical jungle to alpine rhododendron forest as you ramble through the wilderness of the incomparable Langtang Valley.
- Get acquainted with the culture and religious customs of Tamang, Newari, and Sherpa villages as we pass through rural mountain communities and traditional terraced farms.
- Reach the stunning lookout point at Kyanjin Gumpa, where you'll capture a fantastic panoramic view of the entire Langtang and Ganesh Himal mountain ranges.
- Try a bite of yak cheese at the well-known factory in Langtang village and Kyanjing Gumpa!
- Meet locals and explore their unique culture and traditions throughout the journey.
- It is less crowded, with the best views of the Himalayas, sunrise, and the best culture of the local and Tibetan communities.
- Catch the rare Himalayan animals, such as red pandas, Himalayan thar, snow

leopards, etc.

- We are fortunate to visit some of the most beautiful ancient gumpa and monasteries along the Langtang trek.

ADDITIONAL BENEFITS FOR LANGTANG TREK WITH ALPINE RAMBLE

- Free Guided Kathmandu cultural heritage tour/ valley sightseeing tour with an experienced tour guide and driver
- A safe and sound luggage store room is available for those who want to store their luggage/suitcase in Kathmandu (Free of cost).
- Free airport transfers are picked up on arrival day and dropped off on the final departure day.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a stick.
- Medical kit assistance, including the Diamox for the AMS.
- Emergency calls by local SIM /phone during the Langtang trek.
- Take enough tablets (Water purification) to purify your water during the Langtang trek.

Day to Day Itinerary

Day 1: Drive from Kathmandu to Syabrubesi

Day 2: Trek from Syabrubesi to Lama Hotel

Day 3: Trek from Lama Hotel to Langtang village

Day 4: Trek from Langtang village to Kyanjin Gumpa

Day 5: Trek from Kyanjin Gumpa to Tsergo Ri or Kyanjin Ri

Day 6: Trek from Kyanjin Gumpa to Lama Hotel

Day 7: Trek from Lama Hotel to Syabrubesi

Day 8: Drive from Syabrubesi to Kathmandu

Cost Includes

- **Free Airport** Transfers to and from Tribhuvan International Airport upon arrival and departure by private, comfortable vehicles.
- **Full- Board** meals (Breakfast, Lunch, and Dinner) during the trek.
- One professional, experienced, and friendly Alpine Ramble's government-licensed, English-speaking local guide- covers meals, flight, insurance, accommodations, and equipment for the guide.
- All essential trekking documents and permits
- Langtang National Park fees
- Trekking Information Management System (**TIMS**) Card.
- **Rental Free- Trekking equipment** such as the Sleeping bag, down jacket, and walking poles if you do not have your own.
- 7- Night accommodations at the best possible Teahouses or lodges during the trek and two nights in Kathmandu with breakfast.
- An assistance guide for a group of 8 pax or above pax in a group on a trek.
- Round-trip (Kathmandu- Syabrubesi- Kathmandu) transfer by local deluxe bus.
- Seasonal fresh fruits are available for dessert every evening after dinner.
- **Supplementary, such as energy bars, snickers, some good crackers, etc., on a trek.**
- ART's Certificate of Appreciation after the successful trek
- **Farewell dinner** at the best typical Nepalese restaurant along with the cultural performances
- Alpine Ramble's complimentary free T-shirt, route map, and duffel bags
- **An Oximeter** to monitor your oxygen and pulse at high altitudes area in the mountain.
- A basic first aid box including Diamox and other medications

- **Emergency rescue** operation assistance will be arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- Nepal entry visa fees (You can obtain a visa quickly upon your arrival at Tribhuvan International Airport in Kathmandu, Nepal). USD 30 for 15 days Visa.
- Extra accommodation and meals before and after the trek and helper/porter
- International airfare
- Personal expenses such as shopping, hot and cold drinks, hot shower, hard and soft alcohols, snacks, hot and cold water, Wi-Fi, battery re-charge fee
- Travel insurance - insurance has to cover emergency high-altitude rescue and evacuation.
- Personal clothes and [trekking equipment](https://www.alpineramble.com/trekking-equipment.html) (<https://www.alpineramble.com/trekking-equipment.html>)
- Additional costs, itinerary modifications, or delays caused by events outside of management control, such as weather conditions, illness, changes in government policies, strikes, physical conditions, etc.
- Tipping and Gratitude to the guides and staff (Recommended by Nepali culture)
- Any other expenses that are not mentioned in the Price "inclusive section" of this program

