



Langtang Valley Trek - 10 Days

A scenic 10-day trek through the Langtang Valley. We are taking bookings for 2024/25.

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What to see & do

Specific information about Langtang Valley Trek - 10 Days



Duration
10 Days



Max Altitude
5033m



Ends at
Kathmandu



Group Size
10



Best Season
March, April, May and Sept, Oct, Nov



Trip Grade
Moderate



Starts at
Kathmandu



Travel Style
Lodge to Lodge Trek



Transportation
Local Transportation

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We offer group discount

1 person	US\$695
2 - 6 person	US\$595
7 - 10 person	US\$525

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The spectacular **10 days Langtang Valley Trek** in the vicinity of the Langtang region of Nepal is one of the most exciting trek destinations, offering travelers majestic views of the Mount Annapurna, Kangchenpo, Langtang Shisha Ri, Langtang, and Ganesh mountain ranges. Located in the northern section of Kathmandu city and on the Tibetan border, the Langtang region is home to numerous breathtaking adventure expeditions and natural wonders. Trekking in the Langtang Valley is an immense opportunity for you to experience the brimming scenery and learn about the local culture and traditions of the ethnic people. On the other hand, the expedition will also help support local communities recovering from the devastating earthquake in 2015.

The **10 days Langtang trek** starts from the village of Syabrubesi and ascends through lush rhododendron and bamboo forests to the Tibetan Buddhist monastery of Kyanjin Gompa. Besides, if you are looking for additional adrenaline, you can also hike up the Kyanjin Ri to enjoy a 360-degree view of the surrounding mountain ranges and landscapes. Dominated by the snow-capped Himalayas, the Langtang expedition introduces you to the region's Buddhist, Sherpa, and Tamang communities. Additionally, you will be able to learn about the local traditions by visiting cultural sites like the Kyanjin Gompa, which is situated near Tserko. Apart from the artistic aspects, you can experience the region's wildlife as the trail passes through the Langtang National Park. The park is a hotspot where you can encounter exotic flora and fauna, including the elusive red panda and Himalayan Monal.

The **Langtang Valley trek** is a perfect option for travelers seeking to enjoy the off-beaten track and a unique perspective of the Manaslu region of Nepal. We at Outfitter Nepal offer you the delighting **10 days Langtang Valley trek** with the highest quality of service. Our team of skilled guides and porters takes pride in ensuring an unforgettable and successful trip for you. Additionally, you can customize and schedule this trek to your preference. So, why join our team to provide a fantastic adventure trek in the Himalayas of Nepal?

What Makes Trekking to Langtang Valley Special in 2024/2025?

The exciting **Langtang Valley trek** is a distinguished destination in the Himalayan region, which leads you to astonishing mountain peaks with an amusing walk through the area. It is also an excellent opportunity to explore and discover glaciers, landscapes, Buddhist monasteries, renovated villages, and traditional cheese factories. Furthermore, the distinct culture of the ethnic Tamang community and natural wonders like the peak of Langtang Lirung make this take exceptionally authentic. The 10 day Langtang Valley trek begins and ends at Syabrubeshi or Dhunche, depending on the itinerary. Since Langtang has no airport, your journey will start by road and take a 6-hour drive from Kathmandu. After your journey begins, you will pass through many beautiful places like Lama Hotel, Khangsher, Lama Hotel, Mundo Village, Langtang Village, and Kyanjin Gompa.

A Thrilling Adventure in The Langtang Region

Trekking to the Langtang Valley is one of the most exciting and inspiring treks for trek enthusiasts in Nepal. Moreover, the expedition trail is easily accessible, allowing you to experience and witness the exotic flora and fauna of the region. Besides, some parts of the routes are rugged and challenging, requiring extra motivation and dedication from you to conquer them.

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Langtang National Park

Apart from the region's cultural and traditional heritage, the trek is famous for its natural wonders. As the trail passes through the Langtang National Park, you will walk in some of Nepal's remote and untouched landscapes. The National Park was established in 1978 and covers an area of 1710 sq km.

Langtang Valley Trek Highlights

Spectacular views of Langtang Lirung (7,245m / 23,769 ft), Langtang Ri (6,370m / 20,898 ft), and Dorje Lakpa (6,990m / 22,933 ft), Langtang Ri (6,370m / 20,898 ft), and Langtang Lirung (7,245m / 23,769 ft).

Walk around unique landscapes and experience the culture and traditions of the Tamang and Buddhist communities.

Hike to Tserko Ri, the trek's highest point at an elevation of 5000 M/17,008 ft.

Awe-inspiring and breathtaking glaciers and ice cliffs.

Witness beautiful deep valleys, rivers, and meadows.

Stroll around lush green vegetation and rhododendron forests.

10 Day Langtang Valley Trek Distance

The **Langtang Valley trek** is approximately 77km/48 miles, including Kyanjin Ri Peak. It will take you an average of 5-7 days to complete the expedition. Moreover, you can add side treks to the itinerary to increase the distance. For instance, the 10 day trek can also be combined with the Tamang Heritage trek, adding three days. So, if you have time, please get in touch with us if you want to change your travel plans.

Langtang Valley Trek Altitude

The 10 day journey is quite demanding because of the elevation gain. In just two days, you will be hiking to an altitude of over 2000m through long and steep ascents on the route. Nonetheless, comparatively, it is one of the easier moderate treks in Nepal. The maximum elevation gain on the expedition is 3800m or 4600m if you decide to climb the Kyanjin Ri Peak, which is lower in elevation compared to the Mardi Himal trek and Annapurna Base Camp trek.

Langtang Valley Trek Price/Cost Details

Explore the majestic Langtang Valley at a budget price with OutFitter Nepal. We curate perfect itinerary, allowing you to experience Nepal's breathtaking wonders with our affordable trekking package. At just USD 695, you can start the exciting journey in the remarkable Langtang Valley in 2024, 2025. Take advantage of this opportunity to immerse yourself in the region's cultural richness and natural beauty. You can book your budget Langtang Valley trek today, and create memories that you will never forget. To provide you with an insight on what's included in the package, we have listed them below:

Transportation For the 10 Day Langtang Valley Trek

Generally, there are two ways to reach Syabrubesi, the starting point of the trek: a public vehicle or a private jeep. Public Bus: The fare for the bus ride will cost around 10 US and will take around 8-10 hours to reach the destination, depending on the traffic conditions. The bus will leave every day from Kathmandu to Syabrubesi at 6 am and 8 am from "New Bus Station."

Jeep: If you want to avoid starting your journey by bus, we can arrange a private jeep. You must note that you must pay a specific charge, but it will be worth it, as the ride will be more convenient and relaxing than a bus ride.

Key Points About the 10 Days Langtang Valley Trek

Several teahouses along the trail offer delightful meals and overnight accommodations. These establishments are well facilitated, ensuring your convenience and relaxation.

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Itinerary

Trip day to day detail itinerary

Expand all

DAY
01

Welcome to Kathmandu

DAY
02

Drive from Kathmandu to Syabrubesi

DAY
03

Trek to Lama Hotel from Syabrubesi

DAY
04

Trek to Langtang village from Lama Hotel

DAY
05

Trek to Kyanjin Gompa from Langtang Village

DAY
06

Excursion around Kyanjin Gompa

DAY
07

Trek back to Lama Hotel

DAY
08

Trek to Syabrubesi from Lama Hotel

DAY
09

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10

Farewell

[ASK A QUESTION](#)

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Trip Map

Day to day route map and altitude graph

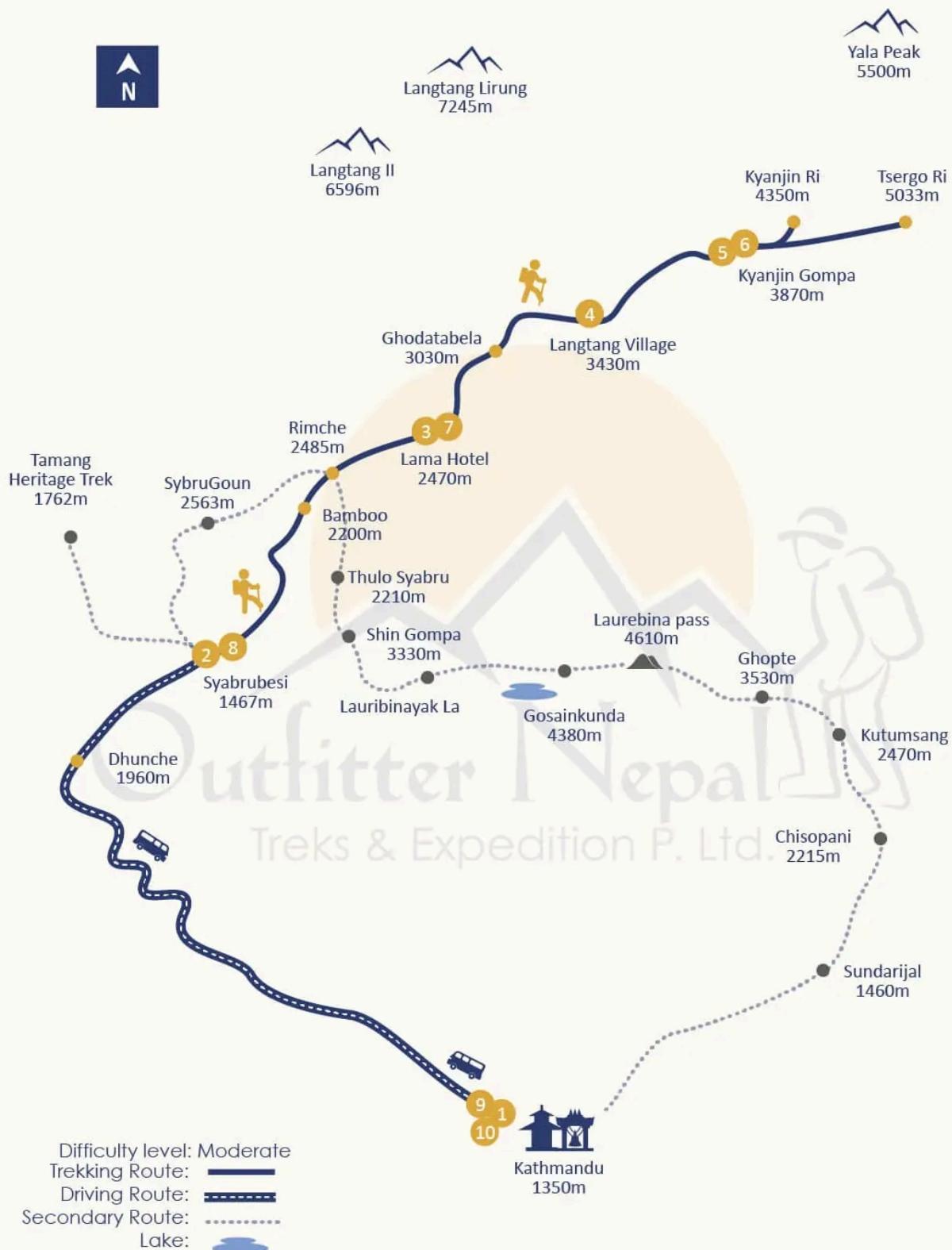
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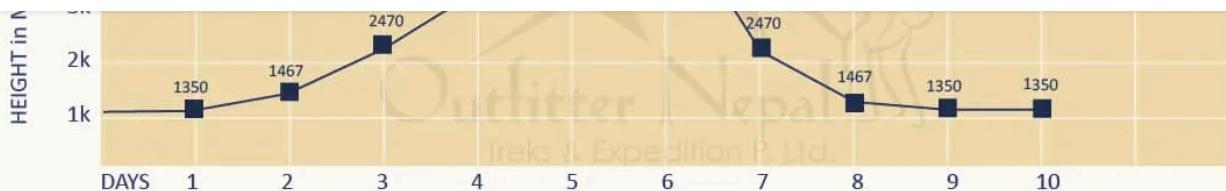
LANGTANG VALLEY TREKKING

10
DAYS



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Cost Details

Good to know before trip booking

What's Included

- Pick-up, drop-off and all airport transfers
- Ground transportation by local bus from and to Kathmandu as per the itinerary
- Accommodation for 2 nights in a 3-star category hotel in Kathmandu including breakfast
- Accommodations in lodges on the trek
- Required documents including Trekkers' Information Management Systems (TIMS) Card and National Park entry permit
- Meals (breakfast, lunch, and dinner) as per the itinerary, including hot tea/coffee for breakfast.
- Farewell dinner on the last evening in Kathmandu
- A knowledgeable, first-aid trained and licensed guide who speaks fluent English
- Wages, meals, lodging, transportation, medicines and insurance for the guide.
- Sleeping bag, down jackets and duffle bag upon request (has to be returned after the trek)
- Well-equipped first aid kit
- Outfitter Nepal's merchandise including t-shirt, cap, trekking map and Trip Achievement Certificate
- Arrangement for emergency rescue service to be covered through your travel insurance
- All the government tax and administrative expenses

What's not Included

- International flights
- Nepal entry visa. Most tourists are issued a visa upon arrival at Tribhuvan International Airport in Kathmandu. It is an easy process. Please go through the guide from the Department of Immigration for an overview.
- Compulsory travel insurance
- Meals not mentioned in the itinerary
- Porter service is available at an extra cost. Hiring a porter costs USD 180. We allocate 1 porter for every 2 clients. Every porter has a weight limit of 20–22kgs.
- Expenses of personal kind that are not included in the itinerary
- Laundry, telephone, hot shower & internet charges
- Tips for the guide and staff
- Anything that is not mentioned in the "Included" section

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Select a departure month

AUG 2024	SEP 2024	OCT 2024	NOV 2024
DEC 2024	JAN 2025	FEB 2025	MAR 2025
APR 2025	MAY 2025	JUN 2025	JUL 2025
AUG 2025	SEP 2025	OCT 2025	NOV 2025
DEC 2025			

Showing Departure of Aug 2024

STARTS: SUNDAY
AUG 18, 2024

PRICE (Per Person)
US\$595

ENDS: TUESDAY
AUG 27, 2024

AVAILABILITY
GUARANTEED

[BOOK NOW](#)

STARTS: TUESDAY
AUG 20, 2024

PRICE (Per Person)
US\$595

ENDS: THURSDAY
AUG 29, 2024

AVAILABILITY
GUARANTEED

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STARTS: THURSDAY
AUG 22, 2024

PRICE (Per Person)
US\$595

ENDS: SATURDAY
AUG 31, 2024

AVAILABILITY
GUARANTEED

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STARTS: SUNDAY
AUG 25, 2024

PRICE (Per Person)
US\$595

ENDS: TUESDAY
SEP 03, 2024

AVAILABILITY
GUARANTEED

[BOOK NOW](#)

STARTS: TUESDAY
AUG 27, 2024

PRICE (Per Person)
US\$595

ENDS: THURSDAY
SEP 05, 2024

AVAILABILITY
GUARANTEED

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- We have set date to departure the Langtang valley trek. So, select your date and book the trek.
- If your preferred date is not listed then contact us for the further process to book on your own date as the trek is available on any date of the year.
- We have listed the price for up to 12 people only so, if you are more than 12 people then please contact us for the group price and further process to book the trek.
- Private trek is available on any date of the year, contact us for the booking.
- Single persons are welcome to join the trek and single people have single room in Kathmandu and have to share room in the mountain lodge on trek cause of the less number of lodge and rooms available on remote mountain lodges.
- Guaranteed dates are guaranteed to departure and we already have people booked for date.
- Available dates are available to book and become guaranteed once you book for that date.
- Closed dates are closed and not bookable on that date however if you are available only on that date then contact us as we may have some other alternatives.
- The departure dates are your arrival dates in Nepal.

Upgrade and Options

- You can upgrade hotel in Kathmandu from 3 to 4-5 star hotels.
- You can do Everest mountain flight tour in day 2 morning before the tour starts.
- Do you want to see Everest from Kalapattar - you can take few hours Helicopter flight tour to Everest base camp.

MAKE IT A PRIVATE TRIP



Useful Information

Good to know before you travel

Alternative Treks Around the Langtang Valley

The 10-day Langtang Valley trek is one of the significant trek assets in Nepal's tourism sector. It can be easily tailored with other popular treks such as the Ganjala Pass trek, Tamang Heritage Trail, Pangsang Pass with Ruby Valley trek, Helambu Circuit trek, and Gosainkunda Lake trek. Find these diverse and spectacular trekking packages of the Langtang Valley for the 2023/24 season on our website and customize the itinerary per your needs and preferences.

What Is the Accommodation Like on the Trek?

The accommodations in the mountain trails of the Langtang Valley are teahouses that provide travelers with meals, lodging, and a place to gather and socialize. These establishments offer you rooms on a single and twin-sharing basis. You will also have the option to spend the night in dormitories in these tea houses. Besides, in terms of bathrooms and toilets, they are either designed squat or Western-style. It depends on the type of establishment you are staying in. The bathroom facilities will be an admirable standard in cities like Pokhara and Kathmandu. Still, tea houses at higher elevations in Langtang will need to catch up regarding these services. Hot showers are available even in remote areas along the trail, but you must pay a specific charge. Besides, you must note that the rooms provided in these tea houses do not have heating facilities, so you must bring a sleeping bag to keep yourself warm at night.

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pay around USD3 to USD5 per item. We recommend you bring your own portable solar charger and power bank to reduce the expenses during the journey.

Food on the Langtang Valley Trek

Due to its proximity to Kathmandu, the 10 day Langtang Valley trek features an extensive list of food items on the menu along the trail. You will have several choices, including traditional Nepali meals, beverages, or Western-style food that reminds you of home. Here is a brief outlook on what your menu will look like in your journey ahead.

Breakfast at the teahouse

Hot Porridge, Tibetan Bread, Omelet, Oats, Toast with Jam, Coffee, Milk tea, Black tea, Hot lemon, and Lemon tea.

Lunch

Noodles, Ramen, Pizza, Chowmein, Momo.

Dinner at the overnight teahouse

Fried Macaroni, Custard, Pasta, Dal Bhaat

Do I Need a Guide for the Langtang Valley Trek?

It is optional for you to have a guide to commence the 10-day Langtang Valley trek in Nepal. However, we recommend you hire an expert in the field, as these guides have extensive knowledge of the trails and will keep you safe along the journey. On the other hand, you can also join a trekking group instead of hiring a guide, which also offers you numerous benefits such as:

Transportation, accommodation, and permits are arranged for you.

You don't have to make additional plans during the trek.

Better chance to socialize and communicate with the local people.

You get informative details about the region's local lifestyle, tradition, and culture.

Opportunity to meet and travel with new people.

What To Pack for the Langtang Valley Trek?

The 10 day Langtang Valley trek does not require you to have high-altitude items. You can complete the expedition with regular trekking gear. However, it would help if you ensured the equipment, you bring is high quality. Some of the essential items you must bring for the trek are listed down below:

Clothing (Head to Toe)

Woolen hat

Undergarments

Thermal wear

Waterproof shorts and pants

Woolen gloves

Jackets and Pants

Sandals and Hiking boots

Toiletries

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Moisturizer

Toothbrush

Toothpaste

Soap

Shampoo

First-Aid

Oral Rehydration Solution

Water purification tablets

Motion-sickness medication

Altitude sickness medication

Insect repellent

Important documents

Travel Insurance

Permits

Passport

Others

Trekking poles

Sunglasses

Camera

Charger

Power Bank

Reusable water bottle

Langtang Valley Trek Difficulty

The 10 day Langtang Valley trek is shorter than the Annapurna Circuit and Everest Base Camp trek but reaches an astounding elevation of 5000m. So, the elevation gain will challenge some travelers. The days of ascent and descent throughout the trek will body, and you must rest to adjust to the changing environment. Nonetheless, it is a medium-grade trek suitable for beginners but should be taken seriously. So, you will require essential fitness and determination to complete the expedition.

Will I Suffer from Altitude Sickness on the Langtang Valley Trek?

The elevation range around 3,000 m to 3,5000m is where most people will feel the impact of the altitude. To commence this trek, you must have a moderate level of tolerance to the change in elevation. Besides, our itinerary is designed to help you adjust to the altitude with rest days during the expedition. On the other hand, our guides are well-trained in first aid and will assist you accordingly if you feel any early signs of altitude sickness.

Best Season for Langtang Valley Trek

You can commence the Langtang Valley trek throughout the year. Each season has its unique charm and beauty, which captivates travelers from all over the world.

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Autumn Season

Autumn is the best time of the year to experience the beauty of the Himalayan region of Nepal. The mild weather conditions enable you to hike under a clear blue sky with fresh air and gorgeous views of the surrounding landscapes. At this time of the year, you will encounter several trekkers along the trails.

Winter Season

During the winter season, you can explore the unique sides of the Langtang region. This is the perfect time to experience the winter wonderland, where the surrounding landscape is wrapped in snow and ice. On the other hand, you might experience strong winds and heavy snowfall. Nonetheless, you will be able to enjoy a quiet trail with fewer travelers. Besides, you must follow your guide's instructions to enjoy an enhanced trekking experience with safety regulations.

Summer/Monsoon Season

The summer and monsoon seasons will be hot, with several rainy days. Therefore, the trails need to be smoother and more precise. We highly recommend you grab a sturdy pair of hiking boots to prevent slipping. Regardless of the rain, this season offers the clearest views of the mountains after the dust settles from the surrounding environment. Moreover, the landscape will buzz with lush vegetation and wildlife, making it one of the best times for nature enthusiasts to travel the Langtang Valley.

Trekking Permits and Entrance for Langtang Valley Trek

To commence the Langtang Valley Trek, you will need two national park permits and a TIMS Card.

1. Langtang National Park Entry Permit

The Langtang National Park permit costs USD 15 per person of SAARC Nationalities.

For travelers from other countries, it will cost you USD 30 per person.

You will need a TIMS card and a passport to obtain this hiking permit.

2. TIMS CARD (Trekkers Information Management Systems)

Similar to national park permits, the TIMS card costs USD 3 for SAARC nationals. It will cost USD 10 per person if you belong to another nation.

You will require a Passport and two passport-size photos to obtain the permit.

For other Nationalities - USD 10 for Group travelers or the Equivalent of Local Currency (Himalayan Trekkers will Manage to Include it in the Package)



Client Reviews

Travelers talk about Outfitter Nepal

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5.0 based on 5 reviews

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Terrible

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Read reviews on



L

Liquidinsanity

Australia, July 26, 2019



Excellent Experience

Outfitter Nepal were most helpful and professional throughout our whole planning and trekking process. They put up with changes to our itinerary to the very last minute (up to the day we arrived in Kathmandu).

All the people we encountered from the company have been most excellent. From Arjun, who corresponded with us via email, to Raj who met us at the main office, BJ who took us on a tour of Kathmandu and especially our guide and porter, Prakash...

[read more +](#)

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Tobia C

United Kingdom, April 24, 2019



Excellent Experience

Me and my friend Louis did a trip through the Langtang Valley in Nepal in April 2019. Outfitter Nepal were incredibly well equipped, professional and informative. Raj, Arjun and the team put a lot of effort into making sure that we had everything we needed and were very polite in all of our interactions with them.

Our guide Hom Khadka was one of the most sincere, kind and caring people I have ever met, he knew so much about the...

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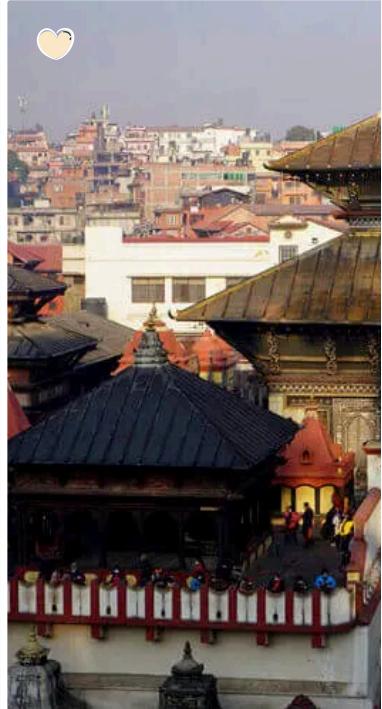
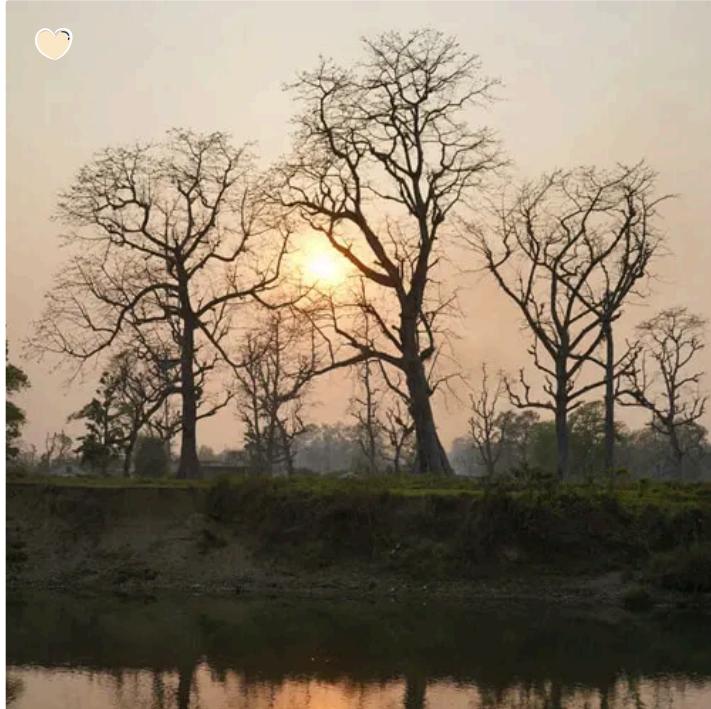


Add-ons Trips

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Duration: 3 Days

Chitwan Jungle Safari - 3 Days

Starting from
US\$180 per person

based on 2 reviews



Duration: 1 Days

Kathmandu Day Tour

Starting from
US\$45 per person

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