

Langtang Trek

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Langtang Trek

URL: <https://ascendhikes.com/package/langtang-trek-2026-2027/>

Trip Code

LT-20261

Activity

Trekking

Duration

8

Max. Altitude

4990 m

Best Season

Sep-Oct-Nov-Dec/March-Apr-May

Per Person From

USD 499

Trip Difficulty

Moderate

BLD

Breakfast, Lunch and Dinner

Destination

Nepal

Start / End Point

Kathmandu / Kathmandu

Region

Langtang Region Treks

Nature Of Trek

Tea House Trek

Activity Per Day

5-7 hours

Group Size

1 - 14

Accommodation

Guest house

Langtang Trek over view

The Langtang trek is a journey into the Nepal's hidden Gem. In the Langtang national park trek and wildlife experience is one of the most challenging adventure journeys. Langtang National Park established in 1976, coverage area 1710 sq. km. The park is famous for natural beauties, wildlife experience, and snowcapped peaks near the capital city of Nepal. The Langtang national park is the most popular trekking destination for short time to long trekking schedule.

Why choose Langtang trek?

Why choose Langtang national park for trekking, because it is beautiful, easy and short distance from the Kathmandu with beautiful natural landscapes, less crowded route, snowcapped peaks and wildlife are the attraction to you for trek in Langtang valley. Langtang valleys main attractions are:

Langtang trek offering

- **Wonderful snowscape peaks:** a beautiful trekking destination from where you can have panoramic views of Langtang Lirung (7235 meters), Ganesh Himal range, Kangjula Himal range, Nayakhang, Yella peak and ranges.
- **Traditional culture and activities:** The Tibetan-influence communities and Tamang cast people's culture and daily lifestyle are the amazing experience in this route.
- **The wildlife experience:** Rhododendron Forest, bamboo's forest and the park is home for wild bee hunting, Himalayan thar, the rare animal red-panda, and many others wild animals living in the park. This park is reach for flora and fauna.

Langtang trek route and Highlight

In the region, there are many activities where you can explore your own, because it is not a page to describe it. There are hundreds of main attractions for the tourist. Here mainly highlights for Langtang valley.

- **It's about 7 days trekking:** a short time trek to Langtang valley, for beautiful and best experience trekking from [Kathmandu](#).
- **Langtang village:** It was nice village before the massive earthquake in 25th of April 2015. From the earthquake the whole village was destroyed from the avalanche. Now they rebuild again.
- **Kyanjin Gumpa and Kyanjin -RI:** it is one of the most beautiful villages and the last village in the Langtang valley. Kyanjin - Ri is another beautiful viewpoint and attraction place.
- **Langtang Lirung and glacier:** The highest peak in this area and famous peak Langtang Lirung (7235 meters) and huge glacier from this mountain.
- **Tserko-ri (4984 meters) a great viewpoint:** A wonderful place for the views. 360° panoramic view of the mountains and valleys.

Langtang Trek Time duration and routes

Langtang valley and routes trek duration: The trek depending on you, and your fitness level. How many days, trekking starting point and ending point, routes and your holiday time. Here are the trekking Itinerary for the Langtang valley and route start from Kathmandu and ending at Kathmandu.

How to get in Langtang trek?

There is only possible to drive to get in Langtang for your trek starting point. Or Helicopter is possible. Here are describe about road conditions and the heli service for this trek.

- **Road condition: Drive** 122 km from Kathmandu to Syabru besi, a scenic 6-8 hours, deepens on traffic conditions. Gravel road, some places are narrow and scary part. We are recommended for the privet transport for your comfortable journey. There are several jeeps and buses leaving from Kathmandu. But peak season, would be crowed, so advance booking is must needed.
- **Heli service:** In this area, if you are looking for more luxury than Helicopter service is available.

Details Itinerary for Langtang Trek

The **Langtang Trek** is one of the most beautiful and accessible Himalayan adventures, located north of Kathmandu near the Tibetan border. The trek takes you through the stunning Langtang National Park, offering mountain views, glaciers, yak pastures, and rich Tamang culture.

Here is the **classic 10-day Langtang Valley Trek itinerary**:

Day 01: Day 01: Arrival in Kathmandu Nepal (1300 meter) and transfer to Hotel:

Arrival in Kathmandu 1300 meters, we Ascend hikes representative will pick you up from the international airport and transfer to your hotel in Kathmandu. Depending what time your flight schedule. If you arrive in the morning, then you have whole day free to explore the Kathmandu and preparation for the trekking next day.

Drive Distance

6-7 km

Drive Duration

1 hours

Highest Altitude:

1,400 m

Meals:

BB

Place:

Thamel, Kathamndu

Accommodation:

Hotel

Day 02: Drive to Syabrubesi (1503 meters).

This is the day to start your trekking to the Langtang national park, wake up early in the morning and there is local bus and some jeeps are leaving every day to Syabru besi and Dhunche. About 122 km driving to Syabru besi takes about 6-8 hours, depending the road condition and traffic.

To drive Dhunche or Syabru besi is challenging, hilly road, and sometimes ascending steep up and down, curving left to right but wonderful landscapes during the drive. Passing through rivers, jungles and beautiful villages. After this all you will arrive in Syabru besi, and stay overnight here.

Drive Distance

122 km

Drive Duration

6-7 hours

Highest Altitude:

1460 m

Meals:

BLD

Place:

Syabrubesi

Accommodation:

Tea - house

Day 03: Trek to Lama Hotel (2410 meters).

This is your first trekking day in Nepal Himalaya. Start your trek after the breakfast, here are the main attractions for the day with highlights and details for the day trek:

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner with cup of tea or coffee.

Distance and time duration: 11 km it's about 5 -6 walking hours estimate, depending your walking speed.

Elevation gain: 907 meters (Syabru besi 1503m to Lama Hotel 2410m).

Trail difficulty: This day is Easy trail with some steep up and down.

Highlight of the day:

1. Pass through village to village.
2. Natural white Rivers.
3. Nice forest.
4. Wild bees hunting.

Today you going to sleep at the altitude of 2410 meters in Lama Hotel.

Trek Distance:

11 km

Trek Duration

5-6 hours

Highest Altitude:

2410 m

Meals:

BLD

Place:

Lama Hotel

Accommodation:

Tea-house

Day 04: Trek to Langtang Village (3450 meters).

This is your second trekking day in Nepal Himalaya. Start your trek early in the morning and you will have enough time to see on the way to Langtang village.

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner with cup of tea or coffee.

Distance and time duration: 14 km it's about 6-7 walking hours estimate, depending your walking speed.

Elevation gain: 1040 meters (Lama Hotel 2410m to Langtang village 3450m).

Trail difficulty: This day is moderate trail with some steep up.

Highlight of the day:

1. Passing wonderful forest and Rivers.
2. Passing beautiful village, Godaabela, riverside, and Langtang village.
3. First view of Langtang Lirung (7234 meters).
4. Wide valley after Godaabela and beautiful views.

Walk slowly, drink water regularly to avoid altitude sickness. Today you are gaining more than 1000 meters and reaching 3450 meters. Stay in Langtang overnight.

Trek Distance:

14 km

Trek Duration

5-6 hours

Highest Altitude:

3450 m

Meals:

BLD

Place:

Langtang

Accommodation:

Tea-house

Day 05: Trek to Kyanjin (3830 meters).

This is your 4th day trekking experience in Nepal Himalaya. Start your trek early in the morning and you will have enough time to views of wonderful mountains and explore the Kyanjin village.

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner with cup of tea or coffee.

Distance and time duration: 7 km it's about 6-7 walking hours estimate, depending your walking speed.

Elevation gain: 380 meters (Langtang village 3450m to Kyanjin Gomba 3830m).

Trail difficulty: This day is moderate trail with nice and wide valley mostly flat trails.

Highlight of the day:

1. Passing wonderful valley with beautiful views.
2. Panoramic mountains views.
3. Langtang Lirung and Glacier.
4. Kyanjin gomba and the village.

After this all you enjoyed a short trek from Langtang village to Kyanjin Gomba. Explore this village and stay overnight here.

Trek Distance:

7 km

Trek Duration

3-4 hours

Highest Altitude:

3830 m

Meals:

BLD

Place:

Kyanjin

Accommodation:

Tea house

Day 06: Hike to Tserko-ri (4985 meters).

This is your 5th trekking day in Nepal Himalaya. Start your hike very early in the morning and you will have enough time to see beautiful viewpoint from Tserko-ri and back to Kyanjin.

Accommodations: Tea house trek today

Food: Pack Lunch and Dinner with cup of tea or coffee.

Distance and time duration: 10 km it's about 7-9 walking hours estimate, depending your walking speed. A very steep ascending to Tserko-ri.

Elevation gain: 1155 meters (Kyanjin Gomba 3830m to Tserko-ri 4985m).

Trail difficulty: This day is the most challenging trail with steep ascending to Tserko-ri.

Highlight of the day:

1. Passing wonderful valley and Rivers.
2. New experience to walking on the dark.
3. One of the best view point in this route Tserko-ri
4. Great panoramic views of the mountains.
5. Elevation gaining.

Your day start at dark and arrived at afternoon and rest of the day enjoy with resting. Stay overnight in Kyanjin village another night.

Trek Distance:

10 km

Trek Duration

7-8 hours

Highest Altitude:

4950m

Meals:

BLD

Place:

Kyanjin

Accommodation:

Tea-house

Day 07: Trek back to Lamahotel.

This is your 6th day trekking Experience, now you are almost good on pace to walk. Today only trekking back to Lama Hotel same way down. All you know the trails when you walk up. It's about 6-7 hours trekking back to Lama Hotel and stay overnight here

Trek Distance:

21 km

Trek Duration

7-8 hours

Meals:

BLD

Place:

Lama Hotel

Accommodation:

Tea - house

Day 08: Trek back to Syabru besi.

The 7th trekking experience day. Today easy trek back down to the Syabru besi where your trek starts and now ending of your trek same place. About 6-7 hours walking down and stay overnight in Syabru besi. this is the last day of your trekking in Langtang valley.

Trek Distance:

18 km

Trek Duration

5-6 hours

Highest Altitude:

1460

Meals:

BLD

Place:

Syabrubesi

Accommodation:

Tea-house

Day 9: Drive back to Kathmandu.

Already your trekking is over. Today only drive back to Kathmandu same way back. Transfer to you hotel in Kathmandu and late evening we Ascend Hikes will invite you for the farewell dinner. Where you can share your experience with us.

Drive Distance

122 km

Drive Duration

6-7 hours

Meals:

BL

Place:

Kathmandu

Accommodation:

Hotel

Day 10: final departure.

We Ascend Hikes will drive you to Tribhuvan International Airport in a private transport as you depart for your home country, with the hope that you would return to Nepal for future adventures treks to Nepal Himalayas. However, to use our service, please provide us with your hotel name, room number, and departure time. So easy to give you a service for us.

Cost Includes for Langtang Trek

Airport Pick up and drop.

All the accommodation and meal (3 times a day with one main course) during the trek.

All the official expenses and paperwork (like Permit for peak climbing).

All the Transportations to Syabru Besi and back Ktm

Government license holder Ascend Hikes Experience English speaking Guide.

A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.

All the Government Taxes.

All the Insurance of Guide and Porters.

Farwell dinner in Kathmandu.

Cost Excludes Langtang Trek

Travel Insurance and Entry visa fees.

International Flight tickets.

All trekking gear and others expenses.

Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.

All the accommodation and food before and after Trekking.

Excess Baggage charge.

Personal expenses: wi-fi, Battery charge etc...

Staff tips

All other things are Exclude which is not in the list of Include

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 899
2 - 2	USD 699
3 - 3	USD 499
4 - 4	USD 475
5 - 5	USD 465
6+	USD 349

The best time for Langtang Trek

The best time for Langtang trek is, autumn and spring are the best season for the Langtang valley trek. A trek offers a beautiful and wonderful experience. Here are describing about the weather and the season.

Spring season (March to May) weather in Langtang trek

This is the best time to trek to Langtang valley, because wonderful stable weather and all the wildflowers are blossom blooming everywhere. New shoots of the trees make greenery in the areas. The temperature is 10°C to 25° C during the daytime and 0°C to 10° C in the night. This is the perfect temperature for trekking and hiking.

We always recommend you this season for the trekking in Langtang valley.

Monsoon season (June to August) weather in Langtang Trek

This is not really enjoyable season for trekking in this route. Because of the heavy rain. Normally this season is heavy raining season in Nepal everywhere. Many place lands sliding, flooding and muddy path will be a big challenge for the trek during the monsoon.

If you are planning a trip in monsoon, we are not recommended but proper equipment and well preparation will need to success trek during this season.

Autumn (September - November) in Langtang Trek

this is another best trekking season for the Langtang Valley trek. Stable weather, blue skies, wonderful views, wildlife, culture, and the best temperature during the day (10° C to 20° C) and at the night (0° C to -9° C) will makes your journey enjoyable in this season.

We Ascend Hikes highly recommend you for trekking to Langtang valley in this season with proper trekking gears.

Winter (December to February) in Langtang Trek

The winter season trekking to Langtang is most challenging. Everywhere frizzing in high elevation. Might be heavy snowfalls make difficult to navigate. The temperature always in minus normally during the day -5° to 10°C and at the night colder. Only few guest houses will be open, but you have to check before and dry air and the coldness because more chance to get altitude sickness soon.

If you are planning trekking during the wintertime, highly recommend hiring a guide or porter and well-prepared for all your action and warm enough clothes are must. If you are well-prepared wonderful clears weather will be the most amazing and enjoyable your journey.

Equipment list for Langtang Trek

Clothing:

- Lightweight, moisture-wicking base layers (tops and bottoms)
- Insulating layers (fleece jackets or down jackets)
- Waterproof and windproof outer shell jacket
- Waterproof and breathable pants
- Trekking pants (convertible pants are useful)
- T-shirts and long-sleeve shirts
- Warm hat or beanie
- Gloves or mittens
- Sun hat or cap
- Good quality, moisture-wicking socks (bring extra pairs)
- Sturdy and comfortable trekking boots
- Lightweight sandals or trekking shoes for evenings
- Gaiters (optional but useful for snow or mud)

Backpack and Trekking Gear:

- Trekking backpack (40-60 liters) with a waterproof cover
- Sleeping bag suitable for cold temperatures (rated below freezing)
- Trekking poles for added stability and support
- Headlamp with extra batteries
- Sunglasses with UV protection
- Water bottles or hydration bladder (2 liters capacity)
- Water purification tablets or a water filter
- Snacks and energy bars for quick energy boosts

Miscellaneous Items:

- Travel adapter and chargers for electronic devices
- Basic toiletries (toothbrush, toothpaste, biodegradable soap, etc.)
- Personal medications and a first aid kit
- Sunscreen and lip balm with high SPF
- Insect repellent
- Quick-dry towel
- Trekking map and guidebook
- Waterproof bags or dry sacks for organizing and protecting your belongings
- Money belt or neck pouch to keep your valuables safe

Useful Information for Langtang Trek

Visa: Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or at land border crossings. Alternatively,

Trekking tips for Langtang Trek

To make your dream destination success, flow the proper information. Here is some tips to make complete your Langtang trek for beginners.

- **Walk slowly when you are in high elevation.**
- **Drink enough water order hygienic food.**
- **Acclimatization properly.**
- **Walk in the high elevation and sleep low altitude.**
- **Make your own pace, birth smoothly.**
- **Hire an experience guide and porter for your safety and enjoyable trek.**

Enjoy your holiday time in Langtang national park trek, in Nepal.

How difficult is Langtang trek?

Langtang trek is easy to moderate trekking route. This trail is for beginners to export trekkers too. Starting the elevation 1350-meter Kathmandu to 4985-meter Tserko-ri. To gain this elevation is not an easy, but if you prepare properly, then there are not any objection to make it success.

Conclusion:

Langtang _national park trekking offers a beautiful landscapes, white snowcapped mountains, wonderful cultures, verity of explore wildlife. Discovering sacred Holley place Gosaikunda, a spectacular view point Tserko-ri, vibrant Tamang culture and many activities, every steps bring a beautiful memory in Langtang national park trek.

Frequently Asked Questions

The **Langtang Trek** in Langtang National Park is one of Nepal's most popular short Himalayan adventures. Below are answers to some frequently asked questions

Is it necessary to have a guide for the Langtang Valley Trek?

While it's not mandatory to have a guide for the Langtang Valley Trek, it is highly recommended, especially if you are unfamiliar with the region or have limited trekking experience. A guide can provide valuable assistance in navigating the trails, ensuring your safety, arranging accommodations and permits, and offering insights into the local culture and environment.

What permits are required for the Langtang Valley Trek?

To trek in the Langtang region, you will need two permits: the Langtang National Park Entry Permit and the TIMS (Trekkers' Information Management System) card. These permits can be obtained in

Kathmandu or at the entry point of the Langtang National Park, and they are necessary to ensure the conservation of the area and to keep track of trekkers for safety purposes.

What is the best time to do the Langtang Valley Trek?

The best time for the Langtang Valley Trek is during the spring (March to May) and autumn (September to November) seasons. During these months, the weather is generally stable with clear skies, and the temperatures are moderate, making it ideal for trekking. However, it's essential to check the weather conditions and be prepared for colder temperatures at higher altitudes.

What is the level of difficulty for the Langtang Valley Trek?

The Langtang Valley Trek is considered a moderate trek in terms of difficulty. The trail involves ascending and descending sections, and you will be trekking at altitudes above 3,000 meters (9,800 feet). Good physical fitness and some prior trekking experience are recommended. It's also important to acclimatize properly and take necessary precautions to prevent altitude sickness.

Are there teahouses or lodges along the Langtang Valley Trek?

Yes, there are teahouses and lodges available along the Langtang Valley Trek. These provide basic accommodation and meals for trekkers. The availability of facilities may vary, especially in the higher altitudes, so it's advisable to carry some essential supplies, such as a sleeping bag, trekking poles, and snacks.

Are there any age restrictions for the Langtang Valley Trek?

There are no specific age restrictions for the Langtang Valley Trek. However, it's important to assess your physical fitness and consult with a medical professional if you have any health concerns. It's also recommended to trek with caution, especially if you're traveling with children or elderly individuals, and consider their abilities and limitations.

Why explore Langtang Trek?

Langtang national park is the home for

- **One of the rarest animals red pandas.**
- **Danphe (lophophores) colorful Nepali national bird.**
- **250 different types of birds, like Himalayan grief vulture.**
- **Discovering Snow leopard.**
- **Himalaya Thar and Musk deer.**
- **Himalayan black bear and Langur (white monkey).**
- **Different frogs, butterflies and snakes.**
- **In high elevation, Himalayan mushroom called Yarsha Gumba (half insect and half plant).**
- **And**
- **Den rhododendron forest blooming during the spring season is the worth to trek in Langtang national park.**

Food and accommodations in Langtang trek

The Langtang trekking trails are Tea houses trek. So, every place and stop you can stay in the simple and developing guest houses.

Food: Langtang trails, food is simply you can order in the tea houses; they have each place simple Menu card serving different varieties of local food and some western food. We highly recommend you prefer more hygienic and fresh food; local food is more hygienic and fresher. During the trek your healthiness is most important to success your dream destination without any hindrance.

Accommodations: During your trek in Langtang route, there are guest houses for your nights. Every place there are simple guest houses, where you can sleep for the night. Simple sharing double bed (Himalayan local made) in a room with outside sharing toilet and bathroom.

Permits, Rule and Regulation for Langtang Trek

There are to enter into the Langtang national park, you need entry permit, those permits you can get in Kathmandu tourism board or if you are joining agency then they will provide.

Types of the Permit what you need for Langtang trek:

- **National Park permit:** you get in Kathmandu tourism board or in Dhunche national park office. The national park permit fee is = **3,000/-** per person.
- **TIMS (trekkers Information Management System):** you can get in Nepal tourism board in Kathmandu. This permit fee is = **usd \$ 20/-** per person.

Rule and regulation for Langtang Trek:

- It is not allowed to pack harming equipment.
- Strictly forbidden to open fire.
- Use less plastics and bring all the rubies from the national park.
- Respect all the local cultures and activities.
- Open toilets are forbidden.
- Strictly forbidden to harm wildlife.

Leave only your footprints and take only the best memory when you leave Langtang route.

Book your Langtang trek now

Are you ready to explore the untouched beauty of Langtang National Park trekking? If yes, feel free to Contact us for customize your trekking itinerary and let's make an unforgettable journey amidst the Himalayan wilderness with our export trekking team. [WhatsApp](#) for quick enquiry.

Message from the company

We Ascend Hikes Pvt. Ltd. has been developing wonderful dreams adventure treks through Nepal Himalayas. We are sure our wonderful clientele to guarantee, safe travel to Langtang and others Himalayan route. Our different itinerary for this region includes a porter and an experienced guide, who will introduce you to the rich culture of the areas. And the landscapes while offering you advice and support. Our long experience in the Trekking, tour and peak climbing, we are quick to respond of the best places for local services, activities, and overnight stays. Therefore, get in touch with us if you're planning to trek in Nepal Himalayas, we'll help you arrange a wonderful and memorable trip through our export team in your lifetime.

Tipping in Nepali culture

Tipping is an appreciated method for excellent service in Nepali society. At the end of your trek, we recommend that you tip the guide and the porters together.

Tipping is a personal decision influenced by factors such as service quality, distance traveled, financial status, and appreciation for the effort made by the service provider. **Thank you!**

Address

Ascend Hikes Pvt Ltd.

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