



Langtang Valley Trek In Nepal - 9 Days

Langtang Valley Trek is one of the famous treks which begin from the drive along the [Trishuli River](#) to the north of Kathmandu, through Trishuli bazaar. We reach to Dhunche and then reached to Syabru Bensi, a Sherpa village. Langtang Valley trek is popularly known as the valley of glacier trek also which is situated at 19 miles north of Kathmandu valley.

Despite being too close of Kathmandu, Langtang valley is wild like Tibetan highlands with rural landscapes. The whole region of Langtang trek is dominated by [Mount Langtang Lirung](#). It offers pine forest, streams, snow-capped mountain peaks, grassland, and so on. The habitats of this Langtang region are certainly Nepalese but being the descendant of the Tibetan origin. [Langtang region](#), a picturesque area in the [Himalayas of Nepal](#) that offers various trekking trails providing much more than what the trekkers had actually expected. It is situated to the north of Kathmandu valley bordering Tibet, the region is a must trek for [trekking](#) enthusiasts.

The main attractions of Langtang region are its abundant snow glaciers. With over 70 glacier basins, it is known as one of the richest regions in [Nepal](#) for glaciers. The whole Langtang valley trek accompanied by beautiful bamboo forests, rhododendron, majestic waterfalls etc. The famous sacred lake Gosaikunda is situated in the Langtang region.

Thus, Langtang valley is naturally beautiful as it is also known as a treasure house of alpine plants and flowers at the summer period. So Langtang is [popular trekking](#) trails for those who wish a short trek from Kathmandu into the Himalayas influenced by Tibetan lifestyle.



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PRICE INCLUDES

- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- Kathmandu- Syabrubesi- Kathmandu by local bus
- National Park Permit and TIMS card
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Day 01: Drive to Syabrubesi From Kathmandu.

On the very first day, we will take a local bus to Syaprubesi (1550m) which takes 7-8 hours' drive from Kathmandu. We will enjoy the scenic drive making through Trishuli valley of the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages.

Day 2: Day 02: Trek to Briddhim.

From Syaprubesi our trek trail starts and we head toward Bridhdim (2229m) where we will be accompanied by beautiful green forests, birds and other small animals, crossing several suspension bridges and tea houses on the way.

Day 3: Day 03: Trek to Lama Hotel.

We have a similar trek on this day like the previous day and by this day we shall have the few ideas about our surroundings. We will have a short trek of 4-5 hours to Lama Hotel (2500m).

Day 4: Day 04: Trek to Langtang Valley.

Today we will have a enjoyable walk as we follow the trail through rhododendron and pine forest until we reach Ghoda Tabela (3030m). This surrounding area is tightly filled with wild habitat and many small babblers and lots of medicinal plants. After lunch, we will walk another few more hours on the scenic trail that takes us to Langtang village (3455m) where we will be resting overnight.

Day 5: Day 05: Trek to Kyanjin Gumba.

We will trek towards Kyanjin Gomba (3817m) a principle monastery of the region. From here we will have beautiful views of Mt Ganchempo and Mt. Langtang Lirung(7227m).

Day 6: Day 06: Rest Day at Kyanjin Gumba (hike to kyanjin - Ri.

Other than resting and have acclimatization we have the option to go hike around Tserko Ri (5150m) or Kyanjin Ri (4773m). Also, we can take a walk around Kyanjin Gompa enjoying the views glaciers, icefalls, birds and yaks.

Day 7: Day 07: Trek back to Lama Hotel.

We will be heading back following the same trail that goes all the way downhill through the forest following the river. Passing by the ethnic Tamang settlements that follow the religious and cultural practices similar to the Tibetans. On this day we have a walk of around 6 hours.

Day 8: Day 08: Trek to Syaprubesi.

On this day we will trek for 5 hours which is easy as the trail follows downhill through the lush green vegetation.

Day 9: Day 09: Drive back to Kathmandu.

We take the local bus to get back to Kathmandu following the same route as we had the one last time. And we end our journey reaching Kathmandu.