



## Langtang Valley Trek ★ 5.0



Thinking of trekking in Nepal? The Langtang Trek is an incredible journey that combines the breathtaking beauty of nature with the richness of local culture.

### At a Glance



Location  
Langtang Valley



Duration  
10 Days



Trip Difficulty  
Medium



Activities  
Trekking



Accommodation  
Hotel/Lodge



Meals  
All included Except in Kathmandu



Group size  
Min 2 Pax.



Best time  
Spring and Autumn



Max. Altitude  
**3840m.**

The Langtang Trek is a moderate to difficult trek that takes approximately 7 to 13 days to complete. The trek will guide you through dense, vibrant jungles, charming traditional villages, and up to the high-altitude sanctuary of Kyanjin Gomba.

Unlike the heavily traveled paths of the Annapurna and Everest regions, the Tamang region of Langtang offers a unique opportunity to explore high peaks and immerse yourself in the ambiance of high mountains without having to traverse high-altitude passes.

This itinerary promises unforgettable days of trekking through landscapes adorned with rhododendron forests and Himalayan pine trees, followed by serene pastures where yak herds peacefully graze.

Similarly, in the lower region, you'll have the chance to immerse yourself in the Tamang culture as you visit villages like Syabrubensi, Sherpagaon, and Thulosyabru. As you ascend, you'll encounter summer hamlets still utilized by shepherds and their yaks. The pinnacle of the trek is Kyanjin Ri, which stands tall at an impressive 4,600 meters.

## Major Highlights

- Get to view the snow-capped peaks of Tibet.
- Walking through the beautiful forests of blooming rhododendrons during spring.
- Excursion to Tsergo Ri which is at an altitude of 4984m if you're interested.
- Spend your time in Tamang villages and interact with the villagers.
- Learn more about Tamang culture, lifestyle, cuisines, dialect, and many more.
- Explore Langtang National Park, Nepal's inaugural Himalayan national park.
- Visit Kyanjin Gomba, located at an altitude of 3,860 meters and surrounded by snow-covered peaks.
- Throughout the hike, take in the amazing views of the Langtang massifs, Kerung Himal, Chengdu, and Dorje Lakpa mountains.

## Permits required for Langtang trek

When you trek to Langtang you should get two permits. They are the TIMM card (Trekking Information Management System) and the Langtang National Park Entry Permit.

The TIMS card is available in three types: green for individuals at \$20, blue for organized groups at \$10, and pink for SAARC nations at \$6.

You can purchase the TIMS either in the branch of the Nepal Tourism Board in Kathmandu and Pokhara or at the Trekking Agencies Association of Nepal (TAAN) Secretariat. To get your TIMS card fill out the application form and provide a copy of your passport and three passport-size photographs.

Likewise, the Langtang National Park Entry Permit is required by trekkers and costs \$30 (excluding VAT), whereas SAARC citizens get a discounted rate of \$15. Children under 10 will not have to pay for

the ticket. You can also obtain such permits beginning routes like Syabrubesi and Dhunche.

Moreover, the permit should be secured by the trekkers before beginning the trek though they are available at the trailhead if required. Keep in mind, that these passes are checked at different checkpoints throughout the hike, so it's important to have them with you all the time.

## Itinerary

Expand all

Day 1: From Kathmandu to Syabrubensi, 1460m	+
Day 2: From Syabrubesi to Sherpa Gaon, 2563m	+
Day 3: From Sherpa Gaon to Pering Kharka, 3030m or Ghore Tabela	+
Day 4: From Pering Kharka to Mundu, 3580m	+
Day 5: From Mundu to Kyanjin, 3840m	+
Day 6: Kyanjin	+
Day 7: From Kyanjin to Chhunama, 2790m	+
Day 8: From Chhunama to Thulo Syabru, 2210m	+
Day 9: From Thulo Syabru to Dhunche, 1960m	+
Day 10: From Dhunche to Kathmandu	+

## Alternative Itinerary

We have several suggestions if you're still interested in exploring more trekking packages in the Langtang region.

Firstly, consider customizing an additional 3 days for the Gosainkunda Lakes. You can request our itinerary "Langtang and Gosainkunda Lakes NCE6." The Gosaikunda Trek ends with the breathtaking sight of fresh, crystal-clear lakes after a week-long journey through dense forests, villages rich in Tibetan culture, and awe-inspiring mountain vistas.

Secondly, there's the Helambu and Gosainkunda Lakes trek of 9 days (NCE5). This itinerary begins at low altitudes in the Sherpa region of Helambu, gradually ascending to Laurebinayak Pass at 4600m before descending to the Gosainkund Lakes.

Lastly, there's the Langtang and Ganja La Pass 13-day trek (NCE7). This high-altitude itinerary involves

a moderately technical crossing of a pass at 5122m. It provides a unique experience of trekking in tents at altitude.

## Cost Includes

- ✔ English-speaking guide
- ✔ Porters (1 porter for 2 trekkers)
- ✔ Meals: breakfast, lunch, and dinner
- ✔ Accommodation in double rooms in lodges
- ✔ Entry fees to National Parks and registration with TIMS (Trekking Information Management System)
- ✔ Round-trip transportation by local bus from Kathmandu to the starting point
- ✔ Insurance for Nepalese staff
- ✔ Round-trip hotel transfers to the international airport

## Cost Excludes

- ✘ Personal insurance covering mountain helicopter rescue expenses.
- ✘ Hotel nights and meals in Kathmandu (available upon request)
- ✘ Nepal visa fees
- ✘ Personal expenses: Drinks, and tips, Battery charging for your devices, hot showers in certain lodges, etc
- ✘ Entry fees to cultural sites (monasteries)

## Cost and Date

Select your Departure Date

mm/dd/yyyy



Travellers?

Number of pax



2



Next

Book your spot

Starting from

712€

Make an inquiry

Book this trip

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★ 5.0

Glacier Safari Treks Nepal

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Trip Route Map





## FAQs

What is the difficulty level of the Langtang Trek? +

What accommodation options are available during the Langtang Trek? +

Are there any cultural considerations to keep in mind during the Langtang Trek? +

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

Do I need to get travel insurance for trekking in Nepal? +

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**664€**



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Glacier Safari Treks  
Your guide in Nepal

Location: Damodar Marg, Lalitpur 44700

Phone: 00977-1-5546710 , 00977-1-5522850, 00977-1-5546211

Email: [info@gstreksnepal.com](mailto:info@gstreksnepal.com)

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