Langtang Valley Trek

Nepal / Langtang Helambu Region | Trekking package



Your journey at a glance

Duration: 10 days

Trip grade: Moderate

Maximum altitude: 5000 m

Best season: March–May; September–November

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,200.00 per adult

Accommodation: Deluxe hotel accommodation in Kathmandu and tea-house accommodation during the trek.

Transportation: Regular bus transportation between Kathmandu and Syabrubesi; trekking on foot within the Langtang Valley.

Meals: Breakfast, lunch and dinner during the trek, with meals in Kathmandu as specified in the itinerary and inclusions.

Package overview

The Langtang Valley is one of the Himalayan regions closest to Kathmandu. A scenic drive from the capital brings you into a mountain landscape shaped by Tibetan cultural influences, traditional villages and high Himalayan scenery. Although it is accessible from Kathmandu, the region retains a remote and rugged character.

The trail follows the Langtang Khola through forests of rhododendron and bamboo, past waterfalls, traditional settlements and Buddhist cultural landmarks. The journey continues through Lama Hotel and Langtang Village to Kyanjin Gompa, where you spend time exploring the surrounding valley and hike to Tserko Ri for expansive mountain views. The return follows the same trail to Syabrubesi before the drive back to Kathmandu.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu (approximately 1,300 m). After completing arrival formalities, meet the Ojha Holidays representative and transfer to the hotel. After check-in, meet the trekking guide and other participants. In the evening, enjoy a welcome dinner featuring Nepali cuisine.

Meals: Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,300 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, take a guided sightseeing tour of Kathmandu Valley, including Kathmandu Durbar Square, Pashupatinath, Swayambhunath and Boudhanath. Complete the necessary trekking arrangements and permits, attend the pre-trip briefing and meet the trek leader and team. The afternoon also allows time to purchase any remaining personal trekking items.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu Valley
Walking / trekking: Full-day sightseeing

Day 3 - Drive from Kathmandu to Syabrubesi

Travel northwest from Kathmandu through the hills, terraced fields and rural settlements. Stop for lunch around Trishuli Bazaar and continue via Dhunche before descending to Syabrubesi, the starting point of the trek.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation in Syabrubesi
Altitude: 1,550 m
Travel time: Approximately 145 km; about 7 hours by bus

Day 4 - Trek from Syabrubesi to Lama Hotel

Begin trekking along the Langtang Khola. Follow the river through dense forest, cross several suspension bridges and pass tea houses along the trail. The route has some undulating sections before reaching Lama Hotel.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation at Lama Hotel
Altitude: 2,380 m
Walking / trekking: About 6 hours

Day 5 - Trek to Kyanjin Gompa via Langtang Village

Continue up the valley through forest and gradually leave the tree line behind. Pass Langtang Village (3,430 m), water mills, prayer wheels, chortens, mani stones and wooden bridges. Enjoy views of Langtang Lirung before continuing to Kyanjin Gompa.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation at Kyanjin Gompa
Altitude: 3,870 m
Walking / trekking: About 7–8 hours

Notes: The source also gives an approximate 6–7-hour figure for the Langtang Village section.

Day 6 - Explore Kyanjin Gompa and hike to Tserko Ri

After breakfast, hike through yak pastures towards Tserko Ri (5,000 m) for sunrise and panoramic mountain views. The high altitude may make the air feel thin. Return to Kyanjin Gompa and enjoy the surrounding mountain, glacier and icefall scenery.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation at Kyanjin Gompa

Altitude: 5,000 m (Tserko Ri)
Walking / trekking: About 5–6 hours

Notes: The source itinerary ends mid-sentence after mentioning birds; no further activity has been added.

Day 7 - Trek back to Lama Hotel

After breakfast, retrace the trail downhill from Kyanjin Gompa towards Lama Hotel. Follow the river through forest and pass Tamang settlements whose religious and cultural traditions reflect the region’s Tibetan heritage.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation at Lama Hotel
Walking / trekking: About 6–7 hours

Day 8 - Trek back to Syabrubesi

After breakfast, continue downhill through green vegetation to Syabrubesi. The walk takes approximately five hours. Arrive in the village and have lunch.

Meals: Breakfast, Lunch, Dinner
Accommodation: Tea-house accommodation in Syabrubesi
Walking / trekking: About 5 hours

Day 9 - Drive from Syabrubesi to Kathmandu

After breakfast, drive back to Kathmandu. On arrival, transfer to the hotel and enjoy free time for rest, shopping or independent sightseeing. In the evening, celebrate the completion of the trek with a farewell dinner.

Meals: Breakfast, Lunch, Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Road transfer to Kathmandu

Day 10 - Departure from Kathmandu

The trip concludes today. After breakfast, an Ojha Holidays representative will transfer you to the airport. The source recommends reaching the airport approximately three hours before the scheduled flight.

Meals: Breakfast

Notes: The source names Himalayan Glacier Trekking for the airport transfer; the operator attribution has been adjusted to Ojha Holidays for this package.

What is included

- All airport and hotel transfers.

- Three nights in a deluxe-star hotel in Kathmandu.

- Welcome dinner and farewell dinner.

- All accommodation and meals during the trek.

- A full-day Kathmandu Valley sightseeing tour, including a tour guide and entrance fees.

- Normal bus transportation between Kathmandu and Syabrubesi in both directions.

- Experienced English-speaking trek leader / trekking guide; assistant trek leader (one assistant guide for every four trekkers); and Sherpa porters (one porter for every two trekkers), including their salary, insurance, equipment, travel, food and lodging.

- Down jacket, four-season sleeping bag, Ojha Holidays trekking duffel bag, T-shirt and trekking map. The down jacket and sleeping bag must be returned after the trip.

- All necessary paperwork and permits, including Langtang National Park entry permit and TIMS.

- Comprehensive medical kit.

- All government and local taxes.

What is excluded

- Nepal visa fee. Bring small-denomination US-dollar cash and two passport photographs, as stated in the source.

- Private vehicle between Kathmandu and Syabrubesi in both directions; the source quotes USD 400 for each jeep.

- Lunch and evening meals in Kathmandu, including meals required in the event of an early return from the mountains compared with the scheduled itinerary.

- Extra nights of accommodation in Kathmandu due to early arrival, late departure or an early return from the mountains for any reason.

- Travel and rescue insurance.

- Personal expenses such as phone calls, laundry, bar bills, battery recharging, extra porters, bottled or boiled water and showers.

- Tips for guides and porters.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/langtang-valley-trek