

Langtang Trek

Trip Overview

The Langtang Trek is considered as one of Nepal's most accessible, popular adventure trekking routes in Nepal. The Langtang Trekking offers a truly immersive experience into the natural and cultural wonders of the Himalayas of Nepal. Situated north of Kathmandu in Rasuwa district, Langtang is a region known for its stunning landscapes, rich biodiversity, and vibrant cultural heritage marking it as a top choice for both seasoned trekkers and those new to Trekking in Nepal. The best time to trek to a popular trekking destination in Nepal is during the Spring (April-May) and Autumn (October-December) seasons, when the weather is stable, trekkers can enjoy clear panoramic views of mountains and Langtang Valley.

The Langtang Trekking takes you deep into the heart of the Langtang region, where you will be able to witness the breathtaking views of the Langtang range, including prominent peaks like Langtang Lirung, Dorje Lakpa, Gangchenpo and many more. The trek to Langtang is one of the most popular trekking destinations in Nepal for trekkers seeking nature, cultural and adventure treks.

Along the way, you'll have the opportunities to immerse yourself in the local culture by interacting with the Tamang and Sherpa communities, exploring traditional villages, ancient monasteries and Buddhist stupas. Additionally, this popular trekking trail will lead you through lush forests, alpine meadows and yak pastures, offering a diverse and captivating landscape at every turn of the Langtang National Park. There you will be able to trek through a home of a rich variety of wildlife including red panda, himalayan black bears, numerous species of birds and other wildlife, making this Langtang Trek a journey connecting with nature and more rewarding.

The Langtang trekking itinerary typically begins with a scenic drive from Kathmandu to Syabrubesi, after that trekking starts from Syabrubesi to Bamboo, Lama hotel, Gora Tabela, Langtang village and Kyanjin Gonpa. Langtang Trekking goes through dense forest, Suspension Bridge and a stunning mountain valley where you'll be surrounded by several peaks including Langtang Lirung (7,227 m), Dorje Lakpa (6,966 m), Gangchenpo (6,378 m), Yala (5,520 m) and many other significant peaks that form the backdrop of this region. Continuing onwards, you'll reach Kyangjin Gompa, a spiritual and cultural hub from where you can explore local monasteries and the famous cheese factory of Kyajin Gompa.

Beside the Massive Mountain View during trekking, there are two most attractive and popular viewpoints, which are Kyanjin Ri and Tserkori viewpoints. These two Viewpoints give the 360-degree Spectacular view of snowcapped mountains. Langtang is also known as Beyhul, which means sacred Hidden Valley. Kyanjin Gompa is the location of the Rinpoche Footprint, which holds significant spiritual meaning for both locals and pilgrims. Locals believe that the footprint was left by a high-ranking Tibetan Buddhist Lama named 'Guru Rinpoche (Padmasambhava)' to bless the area when he had come to meditate. Also, there is an attraction point near Kyanjin Gompa which is also an airport, abandoned by the government which now is just a faint image of what it used to be. believed that it operated in the British period.

Langtang trek is also the trail which connects the Helambu Trek via [Ganjala pass trekking](#). It is an adventurous trek in Langtang Helambu Tek.

The Langtang Trek is also known for its affordability, especially when compared to other popular trekking routes in Nepal like the Everest Base Camp or the Annapurna Circuit. The overall cost of the trek is relatively low, with basic tea house accommodations and meals available at reasonable prices. This makes the Langtang Trek an attractive choice for budget conscious travelers. The cost

for this adventure trekking in Nepal varies depending on several factors such as group size, duration and services included. This Langtang Trekking itinerary cost is reasonable in a sense that all the services included in the trek itinerary provided by our company are of top-notch quality and best of our services.

As the trekking involves challenging the trekking in Nepal is suitable for experienced trekkers, culture enthusiasts, adventure enthusiasts and photographers, who have good physical health and are accustomed to high-altitude trekking and strenuous physical activity.

Trip Highlights

- Beautiful Langtang Valley
- Panoramic view of Langtang Lirung, mt. Ganchenpo
- View of Mt. Shishapangma, an 8000-meter mountain
- Majestic view of many snow-capped mountains,
- Adventurous View point
- Tamang and Sherpa community customs, culture, and hospitality
- Local cultures and traditions
- Architect gumba's and Stupas
- Amazing Beyul Langtang(sacred valley)
- Guru Rinpoche Cave and Footprint
- Rhododendron and bamboo forests, and majestic waterfalls.

Trip Itinerary

Day 01: Arrival in Kathmandu

Day 2: Kathmandu to Syabrubesi

Day 3: Syabrubesi to Lama Hotel

Day 4: Lama Hotel to Langtang

Day 5: Langtang To Kyanjin

Day 6: Tserko Ri short hike and back to Langtang

Day 7: Langtang To Sherpa Gaun

Day 8: Sherpa Gaun to Shyafru Besi

Day 9: Shyafru Besi to Kathmandu

Cost Includes

- Airport Pick Up
- KTM 3 star two night Hotel with B/B plan on twin sharing basis
- Trekking Permit (TIMS and National Park fee)
- English speaking government license holder Trekking Guide
- One porter for luggage between two member
- Necessary porter for Camping
- Assistant Guide on 4 Pax

- Necessary Kitchen Crew on Camping Period
- Transportation by Public Bus Service
- Kathmandu to Kathmandu Standard Full board meal (trekking period)
- Guide, cook, kitchen staff and porters Accident and Medical Insurance

Cost Excludes

- Kathmandu All Activities
- All accommodations after two nights in Kathmandu
- All Personal Expenses for trekking
- Personal Trekking Gear
- Single Supplement Charge
- Travel and search and Rescue insurance
- All Bar Bill, cafeteria, cold drinks, and others
- Private transportation
- Other other Activity, sightseeing, Mountain Flights, rafting, etc
- Tips to All Staff (Guide, cook, kitchen staff, and porters)