Langtang Valley Trek

Langtang Valley Trek

Generated on: 2026-11-06

Trip Summary

Package: Langtang Valley Trek

Total Days: 11 days

Generated: Nov 06, 2026 at 20:32 PM

DAY 1

Arrival, transfer to hotel

A Taleju Adventure representative will be there to pick you up from the Tribhuwan International Airport in Kathmandu and drop you off at Taleju Boutique Hotel or any 3-star rated hotel. After a short rest, you can visit Taleju Adventure's office to discuss more about the trek. Alternatively, you can have a discussion at your hotel. Overnight in Kathmandu.

DAY 2

Trekking preparation day, Heritage sightseeing

After short introduction with our tour guide, you will be having a tour to Kathmandu UNESCO world heritage sites with our tour guide. First visit would be to Pashupatinath Temple (Nepal's biggest Hindu temple). It is also a place for dead body cremation for Hindu community.

Then we drive to Bouddhanath Stupa, one of the most revered and biggest Stupa of Nepal. It was damaged by 2015 earthquake but now completely repaired. Then after we drive to Swyambhunath Stupa, popularly known as "monkey temple". This stupa is on the small hill where you can see the entire Kathmandu valley. Last visit would be to Patan Durbar Square, an "Ancient Royal Palace". Inside the square you can see different Hindu temples, among which Krishna Temple is very popular. Besides, you can study the Newari architecture, arts and culture. Overnight in Kathmandu.

DAY 3

Drive to Syabrubesi (1550m/5,086ft): 7- 8 hours

Your **Langtang Valley Trek** begins with an early morning pickup from your hotel by your guide. From there, you will head to the bus or jeep station, depending on your chosen mode of transport - a local bus for an authentic travel experience or a private jeep for added comfort.

The journey to **Syabrubesi**, the starting point of your trek, takes you through a diverse and scenic landscape. As you drive out of the Kathmandu Valley, the road winds through traditional villages and charming mountain towns such as **Trishuli, Kalikasthan, and Dhunche.** Be prepared for a mix of paved sections and bumpy, off-road stretches—but the breathtaking views of terraced fields, deep valleys, and distant Himalayan peaks will more than make up for it. By late afternoon, you'll arrive at **Syabrubesi,** a peaceful riverside village nestled on the banks of a glacial river. This tranquil mountain settlement offers a glimpse into rural life in the Himalayas and serves as the perfect base for the days of trekking ahead. Overnight in Syabrubesi.

DAY 4

Trek from Syabrubesi to Lama Hotel (2,380m/7,809ft): 6 - 7 hours

As you start your trek, it will initially ascend and then descend toward the river, where you will cross a sturdy metal bridge. From there, the path follows a rough jeep track for a short distance before branching off onto a winding stone stairway leading to **Domen.** The route then dives into a lush, dense forest filled with **oak and alder trees**. Keep your eyes peeled—you may spot playful **langurs** swinging through the canopy above. To your right, the **Langtang River** crashes powerfully through the gorge, creating a dramatic natural soundtrack to your journey. After a challenging uphill climb, you'll arrive at **Pahiro,** a popular rest stop where you can catch your breath and take in the surrounding beauty. Continuing onward, you'll reach **Bamboo**, a peaceful riverside village to have lunch. From Bamboo, the trail continues through forests and across a suspension bridge, with occasional steep ascents. Eventually, you will arrive at **Lama Hotel** for the overnight stay.

DAY 5

Lama Hotel to Mundu via Langtang village (3,543m/11,625ft): 6 - 7 hours

Initial trail will be steady ascent and the path winds through serene forest landscapes and numerous cascading waterfalls. As you gain elevation, the dense forest begins to open up, revealing expansive alpine meadows. Soon, you'll arrive at **Ghoda Tabela**—a beautiful, green pastureland where the **first views of the Langtang Himalayan range** come into sight. The name Ghoda Tabela, meaning "Horse Stable," reflects the area's past as a grazing ground for horses and yaks. You will pass a **Buddhist monastery**, adding a peaceful spiritual element to the journey. Eventually, you'll reach the site of the **old Langtang Village**, tragically destroyed in the April 2015 earthquake. Walking through this area is a sobering reminder of nature's power and the resilience of the people who rebuilt their lives from the rubble.

Continuing a bit farther, you'll arrive at **Mundu,** your stop for the night. Surrounded by mountain views and traditional stone houses, Mundu offers a quiet and reflective atmosphere in the heart of the Langtang Valley.

DAY 6

Mundu to Kyangjin Gompa (3,870m/12,697ft): 3-4 hours

Today's trek is relatively short but incredibly rewarding, as it takes you deeper into the Himalayas and closer to the towering peaks that define this majestic valley. As you make your way along the trail, you'll pass a series of **prayer wheels, chortens, water mills,** and **mantra-inscribed stones**, all reflecting the deep Buddhist heritage of the region. One of the highlights is walking alongside **Nepal's largest mani wall,** a long stretch of stone inscribed with sacred prayers—an awe-inspiring symbol of faith and devotion. Upon reaching **Kyangjin Gompa**, you'll have the afternoon free to explore. A unique highlight here is the **Yak Cheese Factory,** established with support from the Swiss government. Using locally sourced yak milk, the factory produces the famous **Langtang Yak Cheese**, which is not only popular in Nepal but also exported abroad. Spend the rest of the day interacting with the **Langtangpa people,** learning about their culture, resilience, and way of life in this remote Himalayan community.

DAY 7

Acclimatization – Explore Tsergo Ri (5050m/16,564ft)

Today is set aside for **acclimatization and exploration.** You will begin early in the morning with a challenging yet rewarding hike to **Tserko Ri** (5,050 meters), one of the highest points in the Langtang Valley offering **spectacular panoramic views.** The trail takes you through **high-altitude yak pastures,** gradually ascending over rocky terrain as the landscape opens up to reveal towering Himalayan giants. Reaching the summit of Tserko Ri just in time for **sunrise** is an unforgettable experience—the golden light spilling over the **Langtang Lirung range,** surrounding glaciers, and distant peaks like **Dorje Lakpa** creates a truly awe-inspiring scene.

Then you will make your way back down to **Kyangjin Gompa.** The rest of the day can be spent exploring more of the village and its surroundings.

DAY 8

Kyangjin Gompa to Lama Hotel (2,380m/7,809ft): 5 - 6 hours

After breakfast, you will begin your descent from **Kyangjin Gompa,** retracing your steps along the trail toward **Lama Hotel.** Though you're following the same route, the experience feels fresh, with new perspectives of the Himalayan scenery and views that you may have missed on the ascent.

Most of today's trek is downhill, making it less physically demanding. By late afternoon, you'll arrive at **Lama Hotel,** where you'll check in at a local teahouse for a restful evening in the heart of the forested Langtang Valley. Overnight in Lama Hotel.

DAY 9

Lama Hotel to Syabrubesi (1550m/5,086ft): 4-5 hours

Today marks the final day on the trail as you retrace your steps back to **Syabrubesi**. The trek is mostly downhill, making for an easier and more relaxed walk compared to the earlier days of ascent. Overnight in Syabrubesi

DAY 10

Syabrubesi to Kathmandu: 6-7 hours

After breakfast, you will begin the scenic drive back to Kathmandu. Upon arrival in Kathmandu, you'll be transferred to your hotel. The rest of the day is yours to relax, pack, and perhaps do some last-minute souvenir shopping. In the evening, we will have a farewell dinner. Overnight in Kathmandu.

DAY 11

Final Departure

Our adventure in Nepal comes to an end today! A Taleju Adventure representative will escort you to the airport approximately 3 hours before your scheduled flight. On your way home, you have plenty of time to plan your next adventure in the wonderful country of Nepal.