

Langtang Valley Trek

By Trekking Team

www.Trekkingteam.com





Explore Untouched Beauty: 11- Day Langtang Valley Trek Adventure

Trip overview

Embark on an 11-day journey through the breathtaking Langtang Valley, renowned for its stunning landscapes, diverse flora and fauna, and rich cultural heritage. This trek offers a perfect blend of natural beauty and cultural immersion, taking you through traditional Tamang villages and pristine alpine forests to the high-altitude pastures of Kyangjin Gompa. Ideal for those seeking a serene yet adventurous experience, the Langtang Valley Trek promises unforgettable memories in the heart of the Himalayas. Join us to discover the hidden gems of Langtang Valley and enjoy an enriching trekking adventure.



Outline itinerary

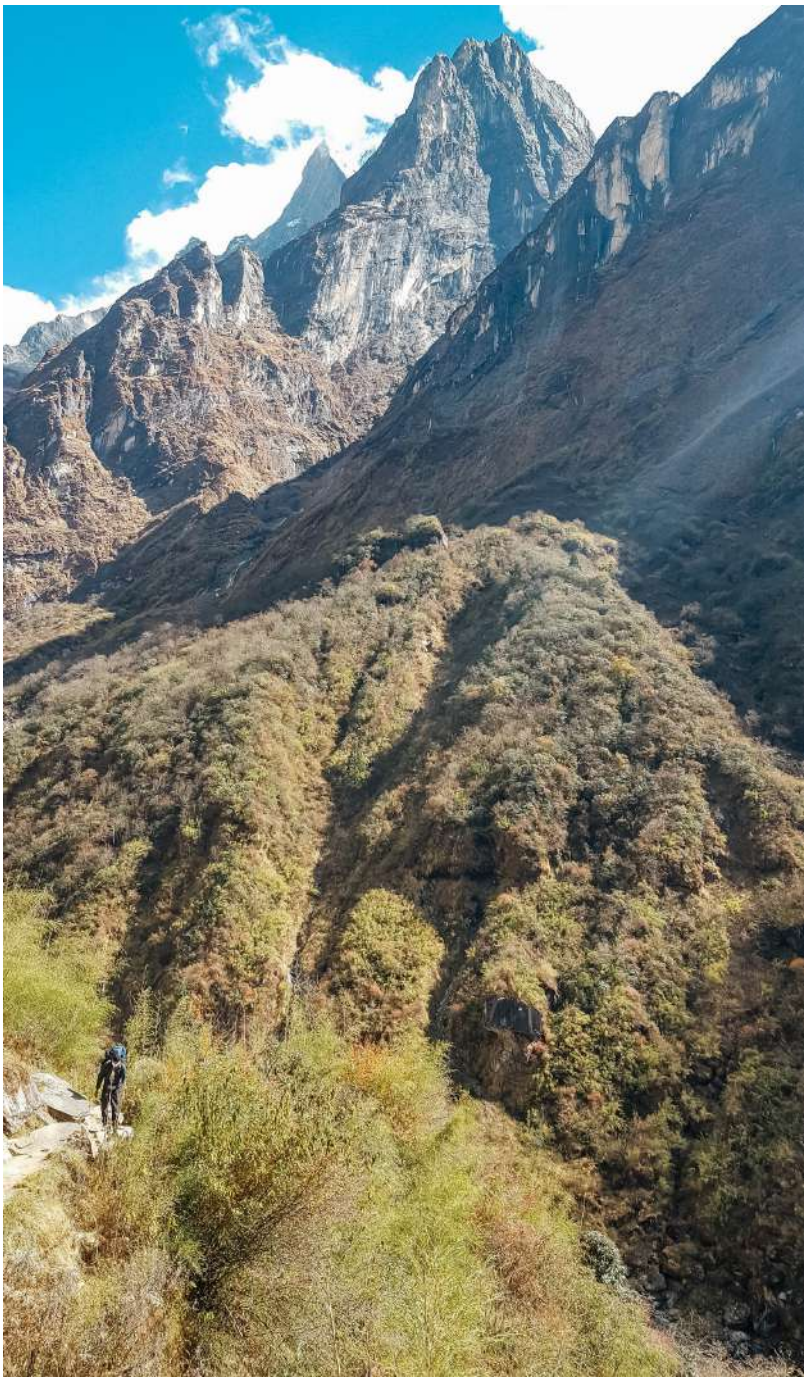
- **Day 1: Arrival in Kathmandu (1,350m/4,429ft)**
- **Day 2: Kathmandu: Sightseeing and Trek Preparation (1,350m/4,429ft)**
- **Day 3: Drive from Kathmandu to Syabrubesi (1,550m/5,086ft) - 7-8 hrs**
- **Day 4: Trek from Syabrubesi to Lama Hotel (2,380m/7,809ft) - 6 hrs**
- **Day 5: Trek to Mundu via Langtang Village (3,543m/11,625ft) - 6-7 hrs**
- **Day 6: Trek from Mundu to Kyangjin Gompa (3,870m/12,697ft) - 4-5 hrs**



Outline itinerary

- **Day 7: Acclimatization Day - Explore Tserko Ri (5,000m/16,405ft) - 7-8 hrs**
- **Day 8: Trek from Kyangjin Gompa to Lama Hotel (2,380m/7,809ft) - 6-7 hrs**
- **Day 9: Trek from Lama Hotel to Syabrubesi (1,550m/5,086ft) - 4-5 hrs**
- **Day 10: Drive from Syabrubesi to Kathmandu (1,350m/4,429ft)**
- **Day 11: Final Departure from Kathmandu**





Day 01:

Arrival in Kathmandu (1,350m/4,429ft)

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by our representative and transferred to your hotel. After settling in, you can explore the vibrant streets of Thamel or relax at your hotel. In the evening, there will be a briefing about the trek.





Day 02:

Kathmandu: Sightseeing and Trek Preparation (1,350m/4,429ft)

Spend the day exploring the cultural heritage of Kathmandu. Visit UNESCO World Heritage Sites such as Swayambhunath (Monkey Temple), Boudhanath Stupa, Pashupatinath Temple, and Kathmandu Durbar Square. Prepare for the trek and meet with the team for final preparations.



Day 03:

**Drive from Kathmandu to
Syabrubesi (1,550m/5,086ft) - 7-8
hours**

We start our journey with a scenic drive to Syabrubesi, the gateway to the Langtang Valley. Enjoy the beautiful landscapes and small villages along the way. Overnight at a teahouse in Syabrubesi.



Day 04:

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

Today's trek takes us through dense forests along the Langtang River. We pass through beautiful rhododendron and oak forests before reaching Lama Hotel. Overnight at a teahouse in Lama Hotel.

Day 05:

Trek to Mundu via Langtang Village (3,543m/11,625ft) - 6-7 hours

We continue our trek, gradually ascending through the valley. We pass through the village of Ghoda Tabela and the old Langtang Village, which was heavily affected by the 2015 earthquake. We reach Mundu, where we stay overnight at a teahouse.

Day 06:

**Trek from Mundu to Kyangjin
Gompa (3,870m/12,697ft) - 4-5
hours**

Today's trek takes us through high-altitude pastures and small streams before reaching Kyangjin Gompa. Enjoy the stunning views of Langtang Lirung and other surrounding peaks. Overnight at a teahouse in Kyangjin Gompa.



Day 07:

Acclimatization Day - Explore Tserko Ri (5,000m/16,405ft) - 7-8 hours

We spend the day acclimatizing and exploring the area. You can hike to Tserko Ri for a panoramic view of the Langtang range. The hike is challenging but offers spectacular views. Overnight at a teahouse in Kyangjin Gompa.



Day 08:

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

We retrace our steps, descending through the valley back to Lama Hotel. The trail offers beautiful views as we pass through lush forests and along the Langtang River. Overnight at a teahouse in Lama Hotel.



Day 09:

**Trek from Lama Hotel to
Syabrubesi (1,550m/5,086ft) - 4-5
hours**

We continue our descent, passing through dense forests and small villages as we make our way back to Syabrubesi. Overnight at a teahouse in Syabrubesi.



Day 10:

Drive from Syabrubesi to Kathmandu (1,350m/4,429ft)

We take a scenic drive back to Kathmandu, enjoying the beautiful views of the countryside along the way. Upon arrival, you can rest at your hotel or explore more of the city. Overnight at a hotel in Kathmandu.



Day 11:

Final Departure from Kathmandu

After breakfast, our representative will transfer you to the airport for your departure flight, marking the end of an unforgettable adventure.

