

Langtang Valley Trek Itinerary



Day 1



Day 1: Kathmandu → Syabrubesi

- Duration: 6–8 hours by road
- Distance: 80 km
- Elevation at Kathmandu: 1,400m
- Elevation at Syabrubesi: 1460m
- Travel Type: Sharing jeep or private jeep
- Today is a travel day as you make your way from the capital city to the remote villages of rasuwa. enjoy views of rivers, hills, and small towns along the Highway.
- Once in Syabrubesi, explore Local Village, Monastries and rest for the next day.



Day 2

Day 2: Syabrubesi → Lama Hotel

- Duration: 6–7 hours trek
- Distance: ~11 km
- Elevation Gain: 1,460 m → 2,470 m
- Follow the Bhote Koshi and Langtang rivers through lush rhododendron and bamboo forests. Spot langurs and birds as you ascend to the quiet hamlet of Lama Hotel.





Day 3



Day 3: Day 3: Lama Hotel → Langtang Village

- Duration: 6–7 hours trek
- Distance: ~14 km
- Elevation Gain: 2,470 m → 3,430 m
- The trail climbs steadily with magnificent views of Langtang Lirung. Pass Ghodatabela and small Tamang settlements before reaching Langtang Village, rebuilt after the 2015 earthquake.



Day 4



Day 4: Langtang Village → Kyanjin Gomba

- Duration: 3–4 hours on foot
- Distance: ~7 km
- Elevation Gain: 3,430 m → 3,870 m
- A short but scenic day. Trek through yak pastures and mani walls to the spiritual heart of the valley, Kyanjin Gomba. In the afternoon, visit the famous monastery or the local cheese factory.



Day 5



Day 5: Kyanjin Gomba → Kyanjin Ri (4,773 m) → Lama Hotel

- Duration: 7–8 hrs (2–3 hrs hike up, 4–5 hrs descent to Lama Hotel)
- Distance: ~18 km total
- Max Elevation: 4,773 m (Kyanjin Ri summit)
- Ending Elevation: 2,420 m (Lama Hotel)
- Trail Type: Steep early morning climb, then long downhill trek
- Highlights: Sunrise over Langtang Lirung, panoramic Himalayan views, glacier valleys





Day 6: Lama Hotel → Syabrubesi

- Duration: 5 hrs
- Distance: ~10 km
- Starting Elevation: 2,420 m
- Ending Elevation: 1,460 m
- Trail Type: Descending forest trail along Langtang Khola
- Highlights: Final walk through jungle, waterfalls, and river banks



Day 6



Day 7



Day 7: Syabrubesi → Kathmandu

- Duration: 7–9 hrs (drive)
- Distance: ~120 km
- Transportation: Sharing Jeep
- Starting Elevation: 1,460 m
- Ending Elevation: 1,400 m
- Highlights: Drive along the Trishuli River, terraced hills, village scenery

Return to Kathmandu by sharing transport, following a scenic road that winds through river valleys and hillside settlements.



Langtang Valley Trek: More Fun & Fascinating Facts

Q: Why is Langtang called the "valley of the yaks"?

A: Because legend says a Tibetan Lama discovered the Lantang Valley while chasing his lost yak and today, yaks still roam freely all over the trail.

Q: What's something unique you can taste along the trail?

A: Fresh yak cheese from the Kyanjin Gompa Cheese Factory, made the traditional way with help from Swiss experts.

Q: Can I spot wildlife on the trail?

A: Yes! You may see Himalayan monals (Nepal's national bird), langurs, and even deer in the lower forest.

Q: What's the highest viewpoint on the trek?

A: Tsergo Ri (5,033m), a non-technical summit with jaw-dropping views of Langtang Lirung, Ganesh Himal, and even distant Tibetan peaks.

Q: What makes this trek spiritually special?

A: You'll walk through ancient Buddhist villages, prayer flag-lined trails, and monasteries that have stood for centuries. It's peaceful and powerful.

