

Langtang Trek

A beautiful trek through dense forests, traditional Langtang Valley villages, and alpine meadows, culminating at Kyanjin Gompa for panoramic Himalayan views.

Total Duration: 11 Days

Trek Duration: 7–8 Days

Max Elevation: 3,870m (Kyanjin Gompa)

Max Sleeping Elevation: 3,870m

Difficulty: Moderate

Accommodation: Hotel (Kathmandu) | Teahouse Lodges (Trek)

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Airport pickup and hotel transfer.

Accommodation: Hotel

Day 2 – Trek Preparation & Briefing (1,400m)

Gear organization, permit processing, and optional sightseeing.

Accommodation: Hotel

Day 3 – Drive to Syabrubesi & Trek to Bamboo (1,970m)

Drive to the trailhead, then an easy forest trek.

Elevation Gain: +570m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 4 – Bamboo to Thyangsap (2,310m)

Trek through forested trails and small villages.

Elevation Gain: +340m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 5 – Thyangsap to Langtang Village (3,150m)

Steady climb through scenic valley to the main Langtang village.

Elevation Gain: +840m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 6 – Langtang to Kyanjin Gompa (3,870m)

Final ascent through alpine meadows to Kyanjin Gompa.

Elevation Gain: +720m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 7 – Optional Hike or Rest at Kyanjin Gompa (3,870m)

Explore surrounding ridges, glacial moraines, or rest.

Elevation Gain (Optional): +200–400m

Accommodation: Teahouse

Day 8 – Kyanjin Gompa to Lama Hotel (2,550m)

Descent through forest and village trails.

Elevation Loss: -1,320m

Walking Duration: 5–6 hours

Accommodation: Teahouse

Day 9 – Lama Hotel to Syabrubesi (1,970m)

Final descent to the trailhead.

Elevation Loss: -580m

Walking Duration: 4–5 hours

Accommodation: Teahouse

Day 10 – Drive to Kathmandu (1,400m)

Return drive to Kathmandu.

Elevation Loss: -570m

Duration: 5–6 hours

Accommodation: Hotel

Evening: Optional team dinner

Day 11 – Departure or Free Day

Airport transfer or optional sightseeing.
