

Langtang Valley – Family Trek

A peaceful Himalayan valley journey through forests, traditional Tamang villages, and wide alpine meadows — thoughtfully paced for families seeking connection, culture, and mountain beauty.

Total Duration: 11 Days

Max Sleeping Elevation: 3,870m

Difficulty: Moderate

Accommodation: Teahouse Lodges

Best Season: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Welcome to Nepal and transfer to your hotel.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Airport transfer only

Day 2 – Kathmandu Preparation Day (1,400m)

Overview: Trek briefing, permit finalization, and gear preparation.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity Duration: Light city walking optional

Day 3 – Drive to Syabrubesi (1,460m) & Trek to Bamboo (1,970m)

Overview: Scenic mountain drive followed by gentle forest trekking.

Elevation Gain: +510m

Walking Duration: 2–3 hours

Accommodation: Teahouse (Bamboo)

Day 4 – Bamboo to Thyangsyap (3,140m)

Overview: Steady ascent through river valley forests and waterfalls.

Elevation Gain: +1,170m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Thyangsyap)

Day 5 – Thyangsyap to Langtang Village (3,430m)

Overview: Enter open valley landscapes and traditional mountain villages.

Elevation Gain: +290m

Walking Duration: 3–4 hours

Accommodation: Teahouse (Langtang Village)

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

Overview: Short alpine walk into the upper valley surrounded by peaks.

Elevation Gain: +440m

Walking Duration: 3 hours

Accommodation: Teahouse (Kyanjin Gomba)

Day 7 – Acclimatization Day / Optional Kyanjin Ri (~4,300m)

Overview: Optional morning viewpoint hike or relaxed exploration day.

Elevation Gain (Optional): +400m (day hike only)

Walking Duration: 2–4 hours optional

Accommodation: Teahouse (Kyanjin Gomba)

Day 8 – Kyanjin to Lama Hotel (2,470m)

Overview: Long scenic descent through alpine and forest terrain.

Elevation Loss: -1,400m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Lama Hotel)

Day 9 – Lama Hotel to Syabrubesi (1,460m)

Overview: Final forest descent to the trailhead village.

Elevation Loss: -1,010m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Syabrubesi)

Day 10 – Drive to Kathmandu (1,400m)

Overview: Return drive and team celebration dinner.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Duration: 6–7 hour drive

Day 11 – Departure or Free Day

Overview: Airport transfer or optional sightseeing.
