

Langtang Valley – Small Group Trek

A stunning Himalayan valley trek through dense forests, Tamang villages, glacial rivers, and high alpine landscapes — designed for steady ascent, strong group rhythm, and panoramic Himalayan viewpoints.

Total Duration: 11 Days

Trek Duration: 8 Days

Max Elevation: 4,773m (Kyanjin Ri – optional hike)

Max Sleeping Elevation: 3,870m (Kyanjin Gompa)

Difficulty: Moderate

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

Best Seasons: March–May / September–November

Day 1 – Arrival in Kathmandu (1,400m)

Overview: Airport pickup and hotel transfer; informal group meet-up in the evening.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Activity: Transfer only

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

Overview: Trek briefing, permit checks, gear preparation, and welcome dinner.

Elevation Change: —

Accommodation: Hotel (Kathmandu)

Day 3 – Drive to Syabrubesi (1,460m)

Overview: Scenic drive through Trishuli River valley into the Langtang region.

Elevation Gain: +60m

Duration: 7–8 hours

Accommodation: Teahouse (Syabrubesi)

Day 4 – Syabrubesi to Lama Hotel (2,470m)

Overview: Gradual forest ascent along the Langtang River through bamboo and rhododendron.

Elevation Gain: +1,010m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Lama Hotel)

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

Overview: Climb through open valley with expanding mountain views and yak pastures.

Elevation Gain: +960m

Walking Duration: 5–6 hours

Accommodation: Teahouse (Langtang Village)

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

Overview: Short but scenic trek deeper into the valley with dramatic alpine scenery.

Elevation Gain: +440m

Walking Duration: 3–4 hours

Accommodation: Teahouse (Kyanjin Gomba)

Day 7 – Acclimatization & Optional Kyanjin Ri (4,773m)

Overview: Acclimatization day with optional early hike to Kyanjin Ri for panoramic views.

Elevation Gain (Optional Hike): +900m up / -900m down

Walking Duration: 4–5 hours (optional)

Accommodation: Teahouse (Kyanjin Gomba)

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

Overview: Long but gradual descent retracing the valley trail.

Elevation Loss: -1,400m

Walking Duration: 6–7 hours

Accommodation: Teahouse (Lama Hotel)

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

Overview: Final descent through forest and river valley back 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 to Kathmandu.

Elevation Loss: -60m

Duration: 7–8 hours

Accommodation: Hotel (Kathmandu)

Evening: Group farewell dinner

Day 11 – Departure or Free Day

Overview: Airport transfer or optional cultural exploration in Kathmandu.
