

Langtang Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Transport: Private Vehicle / Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Lodge to lodge

Max Elevation: 4965m

Group Size: Min 1 pax



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is one of the most popular trekking in the [Langtang region](https://www.marveladventure.com/langtang-trekking) (<https://www.marveladventure.com/langtang-trekking>) of Nepal. "Langtang" in particular is derived from the Tibetan words 'Lang' and 'Tang', which means 'following yak', citing to an incident where it is believed that once a Lama lost his yak and followed the trail till the valley and the valley is believed to have been discovered. Langtang valley is one of the most fascinating trekking regions for those wishing a short trek into the Himalayas with a desire to explore the natural beauty, ancient Tibetan culture, and panoramic mountain views.

The trek begins with a scenic drive from Kathmandu to Syabrubesi and heads forward through the banks of Langtang River. The trail to Langtang valley passes through marvelous alpine meadows, majestic waterfalls, and magnificent rhododendron forests. Langtang National Park preserves this region, the first Himalayan national park of Nepal, established in 1976.

Passing through this national park makes this trek more astonishing as it provides a great opportunity to witness various floras and faunas, including Danphe, red panda, musk deer, and Himalayan black bear. The Buddhist flags fluttering on the way during the trek.

After spending an overnight at the Lama Hotel, you can get to the **Langtang Valley**, located just below the Langtang Glacier. The ethnic generosity is surprising as the customary villages populated by the [Tamang people](https://www.marveladventure.com/people-and-culture-of-langtang) (<https://www.marveladventure.com/people-and-culture-of-langtang>) have preserved their traditional folk culture and customs, which is much similar to the Tibetan culture.

The trekking extends to the **Kyanjin Gumpa**, which is the central spiritual attraction in the Langtang region. Exploring the adjacent panoramas and the yak grazing pastures is an exciting day. The Himalayan views of Langtang Lirung, Mt. Gangchenpo, Ganesh Himal, and [Yala Peak](https://www.marveladventure.com/yala-peak-climbing) (<https://www.marveladventure.com/yala-peak-climbing>) are simply awe-inspiring.



Langtang valley, also known as the “valley of glaciers,” is described by the famous British mountaineer and explorer Bill Tilman as the most beautiful valley in the world. [Join us \(https://www.marveladventure.com/contact-us\)](https://www.marveladventure.com/contact-us) and explore this beautiful valley to discover one of the most rewarding treks in the nation of the Himalayas.

You might be interested in our [Langtang Trek 7 Days \(https://www.marveladventure.com/blog/langtang-trek-7-days\)](https://www.marveladventure.com/blog/langtang-trek-7-days) package.

The difficulty level of the Lantang valley trek

The difficulty level of treks in Nepal varies mostly based on the altitude of the trekking destination and the number of days taken. Four major trekking difficulty grades run from the easiest grade to the hardest.

Grade one (easiest) - Treks below the altitude of 3500 meters

Grade two (moderate) - Treks between the altitude of 3500 and 4500 meters

Grade three (moderately difficult)- Treks between altitudes of 4500 and 5600 meters

Grade four (difficult with technical climbing)- Treks between altitudes above 5600 meters

The Lantang valley trek varies in altitude, but the highest altitude it brings is 3900 meters. Such altitude treks are the moderate **grade two level** trek. So the difficulty level of the Lantang valley trek is moderate.

Is the trek beginner friendly?

The trek falls among the Mid level difficulty of Nepali trail treks. The trek is **definitely beginner friendly**



and poses very few dangers for a hike. If you wish to do a short trek with your friends and family, this could be the one. It allows any age group for a hike and is very simple.

Best time for Langtang valley trek

The best time for the Lantang valley trek is like any other trekking season in Nepal. **Autumn and spring** are the peak trekking season in Nepal. The same goes for the best time for the Lantang valley trek.

Spring in Nepal falls in March, April, and May, whereas autumn falls in October, November, and December. The spring and autumn seasons bring very clear and temperate weather. You do not have to face the hassle caused by a sweltering hot climate or freezing weather. The trails are very clear and dry as there is minimum to no chance of rainfall or snowfall.

The autumn seasons, specifically the months of October and November, are festival seasons in Nepal. The festive environment of the country aids in the season and is very suitable.

On the other hand, people also trek the Lantang region off-season during monsoon and winter. But it will need a lot of preparation and hassle. You ought to be prepared for rainy or snowy weather. Preparation of extra trekking gear for rain, raincoat, boots, etc., is necessary for the monsoon. The winter season requires heavy luggage for thick thermal wear to fight the cold.

Although the off-season treks could be challenging, they could still be positive. The trails in off-season treks are very quiet and peaceful. Hiking on such trails will be a great experience. Snowfall during winter in Nepal's Himalayas is quite a beauty.

Relate Trips:

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[Langtang Gosaikunda Trek \(https://www.marveladventure.com/langtang-gosaikunda-trek\)](https://www.marveladventure.com/langtang-gosaikunda-trek) (<https://www.marveladventure.com/langtang-gosaikunda-trek>)

- [Tamang Heritage Trek \(https://www.marveladventure.com/tamang-heritage-trek\)](https://www.marveladventure.com/tamang-heritage-trek)

Highlights

- Sightseeing of cultural heritages in Kathmandu
- Exploring Langtang National Park
- Culturally rich and hospitable Tamang villages
- Walking through blooming rhododendron forest
- Visiting Kyanjin Gompa, an ancient Buddhist monastery
- Spectacular mountain views of Langtang range

Day to Day Itinerary

Day 01: Drive to Syabrubesi (1450m)

Day 02: Syabrubesi to Lama Hotel (2480m)

Day 03: Lama Hotel to Langtang (3540m)

Day 04: Langtang to Kyanjin Gompa (3900m)

Day 05: Day hike up to Tsergo Ri (4985m) and back to Kyanjin Gompa

Day 06: Trek down to Rimche

Day 07: Trek Down to Syabrubesi

Day 08: Drive back to Kathmandu

Cost Includes

- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide



- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- All land transportation.
- TIMS (Trekking information Management System) card
- Langtang National Park entry permit
- Comprehensive first aid kit
- Government taxes and official expenses

Cost Excludes

- International Airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- Lunch and dinner whilst in Kathmandu
- Entrance fee in the heritage sites during city tour.
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)