

Earthbound Expeditions

Langtang Valley Trek

12 days, from US$1,087 per person

Duration **12 days**	Grade **Moderate**	Max altitude **4,984 m**
Start and end **Kathmandu**	On the trail **5 to 7 hours a day**	Best season **Mar to May, Oct to Nov**
Accommodation **Teahouses**	Meals **All meals on the trek**	Group size **Up to 10**
Getting there **By road**		

Langtang Valley Trek Overview

The closest Himalayan wilderness to Kathmandu: glacier valleys, yak pastures and Tamang hospitality within a short drive of the city.

Trek overview

Langtang is the nearest Himalayan valley to Kathmandu, and the shortest route from a capital city to a glacier anywhere in Nepal. You drive north for seven hours to Dhunche, walk for four days up a forested gorge into an open yak-grazing valley at 3,800 m, and reach the foot of Langtang Lirung at 7,227 m. There is no flight and no complicated acclimatisation schedule: the valley climbs steadily until you are above the treeline.

The 2015 earthquake

On 25 April 2015 the earthquake triggered an ice and rock avalanche from Langtang Lirung onto Langtang village, killing over three hundred people: villagers, guides, porters and trekkers. The old village lies under the debris and is now marked by a memorial and by mani walls carved with the names of the dead. The surviving Tamang families rebuilt the village a short distance away, largely with income from trekking. Trekking here directly supports the valley, and we ask you to pass the memorial quietly and respectfully.

Who this trip is for

This trek suits travellers with less than two weeks, or anyone who wants a first Himalayan trek without a mountain flight. It is the least expensive trek in our catalogue and one of the easiest, but it is still a full Himalayan trek: Kyanjin Gompa lies in a high valley with glaciers at its head, and the day hike up Tserko Ri at 4,984 m goes higher than Annapurna Base Camp. Families take this trek, as do people who want to find out how they cope with altitude before committing to Everest.

The two viewpoints above Kyanjin Gompa

At Kyanjin Gompa the climb up the valley ends and the day hikes begin. Kyanjin Ri, at 4,770 m, is a two to three hour climb behind the village. Tserko Ri, at 4,984 m, is a longer and harder day to the east, up the valley, and has the better view: a full panorama of Langtang Lirung, Dorje Lakpa and the peaks on the Tibetan border. Our itinerary includes a day for one of them, and if you are feeling strong you can do both by adding a night.

Key highlights of the Langtang Valley Trek

- Kyanjin Ri viewpoint (4,770 m)
- Langtang glacier & valley
- Tamang & Tibetan culture
- Local cheese factory visit

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	-	-	1,400 m
2	Kathmandu valley sites	-	-	1,400 m
3	Drive to Dhunche	7 hrs	-	1,960 m
4	Dhunche to Thulo Syaphru	5–6 hrs	11 km	2,250 m

5	Thulo Syaphru to Lama Hotel	6–7 hrs	13 km	2,470 m
6	Lama Hotel to Langtang village	6 hrs	14 km	3,430 m
7	Langtang to Kyanjin Gompa	3–4 hrs	7 km	3,870 m
8	Tserko Ri or Kyanjin Ri, acclimatisation day	6–7 hrs	-	4,984 m
9	Kyanjin back to Lama Hotel	6–7 hrs	21 km	2,470 m
10	Lama Hotel to Syabrubesi	5 hrs	12 km	1,460 m
11	Drive back to Kathmandu	7 hrs	-	1,400 m
12	Fly home	-	-	-

Day 1

Arrive in Kathmandu

A representative meets you at Tribhuvan International Airport and transfers you to your hotel. In the evening you can rest, and we give you a briefing about the trek.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu Valley sightseeing

After breakfast, you visit UNESCO World Heritage Sites including Swayambhunath, Pashupatinath, Boudhanath and Patan Durbar Square. The day covers Buddhist stupas, sacred Hindu sites and medieval royal palaces.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Drive from Kathmandu to Dhunche

The bus journey from Kathmandu to Dhunche takes about seven hours and passes through villages and forests, with views of rural Nepali life along the way.

Altitude: 1,960 m On foot: None, 7 hr drive Night: Teahouse, Dhunche Meals: Breakfast, Lunch, Dinner

Day 4

Trek from Dhunche to Thulo Syabru

After an early breakfast, you begin the first day of trekking, a six-hour walk through forests and villages, with views of Langtang Lirung and other peaks.

Altitude: 2,250 m On foot: 11 km, 5–6 hrs Night: Teahouse, Thulo Syabru Meals: Breakfast, Lunch, Dinner

Day 5

Trek from Thulo Syabru to Lama Hotel

You head north, cross the Bhote Kosi on a suspension bridge and pass Old Syabru. The trail continues through forest beside streams and waterfalls, crossing more bridges, and reaches Lama Hotel in about seven hours.

Altitude: 2,470 m On foot: 13 km, 6–7 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 6

Trek from Lama Hotel to Langtang village

You trek through Ghoda Tabela, known for its horse stables, and continue above the treeline to Langtang village. In the evening you can watch the sunset behind the mountains.

Altitude: 3,430 m On foot: 14 km, 6 hrs Night: Teahouse, Langtang village Meals: Breakfast, Lunch, Dinner

Day 7

Trek from Langtang village to Kyanjin Gompa

A short walk takes you to the mountain village of Kyanjin Gompa, with close views of the Langtang range. You visit the monastery and see the snow-capped peaks.

Altitude: 3,870 m On foot: 7 km, 3–4 hrs Night: Teahouse, Kyanjin Gompa Meals: Breakfast, Lunch, Dinner

Day 8

Acclimatisation day in Kyanjin Gompa

You stay in Kyanjin Gompa to acclimatise, with a hike up Kyanjin Ri (4,770 m) or Tserko Ri (4,984 m) for mountain views. You return to the village for the night.

Altitude: 3,870 m On foot: Optional 6–7 hrs Night: Teahouse, Kyanjin Gompa Meals: Breakfast, Lunch, Dinner

Day 9

Trek from Kyanjin Gompa to Lama Hotel

After exploring the Langtang region, you retrace your route to Lama Hotel via Langtang village. Overnight at a teahouse.

Altitude: 2,470 m On foot: 21 km, 6–7 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 10

Trek from Lama Hotel to Syaprubesi

A five-hour walk takes you back to Syaprubesi, on the Trishuli River. The town is known for white-water rafting.

Altitude: 1,460 m On foot: 12 km, 5 hrs Night: Teahouse, Syabrubesi Meals: Breakfast, Lunch, Dinner

Day 11

Drive from Syaprubesi to Kathmandu

After breakfast, you take a seven-hour public bus back to Kathmandu and check in to your hotel. In the evening there is a cultural show and dinner.

Altitude: 1,400 m On foot: None, 7 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 12

Departure

We arrange your transfer to the airport according to your flight schedule.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & national park fees
- Meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear

- Tips & personal expenses
- Nepal entry visa (on arrival)

Permits and other costs

Permit	Fee	Issued by
Langtang National Park entry permit. SAARC nationals pay NPR 1,500 and Nepali citizens NPR 100. Valid for one month from issue.	NPR 3,000, about $22	Kathmandu, or at the Dhunche checkpost
TIMS card. Since April 2023, individual trekkers cannot buy one themselves. SAARC nationals pay NPR 1,000.	NPR 2,000, about $15	Through a registered trekking agency only
Licensed guide. Compulsory for foreign trekkers in the national parks since April 2023, and checked at Dhunche.	Inside the trek price	-
Restricted area permit. Langtang is a national park, not a restricted area, which is a main reason this is our least expensive trek. The neighbouring Gosaikunda and Helambu routes do not need any additional permits either.	Not required	-

Other cost	Amount	Note
Bus or jeep, Kathmandu to Dhunche	$60–140	A private jeep is at the top of this range, the tourist bus at the bottom
Langtang National Park entry permit	$22	NPR 3,000. SAARC nationals NPR 1,500
TIMS card	$15	NPR 2,000, and issued only through a registered agency
Teahouse bed	$4–10 a night	The least expensive lodging of any trek in our catalogue
Food on the trail	$18–26 a day	Three meals and tea. About a third less than on the Everest trek
Licensed guide	$28–35 a day	Plus their accommodation and meals. The same rate as on Annapurna treks
Porter, one per two trekkers	$20–25 a day	Plus their accommodation and meals. Also the same rate as on Annapurna treks
Kathmandu hotel	$35–60 a night	Three star, three nights
Travel insurance to 5,000 m	$90–150	Must cover helicopter rescue. Tserko Ri is 4,984 m
Hot shower, charging, wifi	$2–5 each, each time	Not included, cash only

Yak cheese at Kyanjin	$4 a slab	From the factory built with Swiss assistance in 1955. The cheese is very good
Tips, guide and porter	$100–150	Per trekker, at the end

Packing list

Luggage allowance

Your porter carries a strict maximum of 20 kg, shared between two trekkers. Because you travel by road, no luggage is weighed on this trek. We provide the duffel bag and the sleeping bag, and store anything else free of charge at our Kathmandu office.

Head

- Sun hat with a brim, and a warm hat that covers your ears
- Buff or neck gaiter, two of them
- Sunglasses, category 3. The sun is stronger than the temperature suggests
- Headtorch and spare batteries
- Sunscreen SPF 50 and lip balm with sun protection

Clothing

- Three or four merino or synthetic base layers, no cotton
- Two mid layers; fleece is sufficient
- A light down or synthetic jacket for the evenings
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one lined
- Underwear for four or five days, to wash along the way

Hands and feet

- Light gloves, and a warmer pair for the mornings
- Trekking boots with ankle support. They must be broken in before the trek
- Four pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Gaiters, if you are travelling in winter or early spring

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 30 to 35 litres, with a rain cover
- Dry bags or thick liners. Nothing stays waterproof for long on a Himalayan trail

Sleeping

- Sleeping bag rated to -10°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are plywood

Health

- Personal first aid: blister plasters, tape, painkillers, rehydration salts
- Anything you take routinely, in its original packaging
- Water purification: tablets, a filter, or a SteriPen
- Hand sanitiser and wet wipes
- Throat lozenges. A dry high-altitude cough is close to universal

Documents and money

- Passport valid for six months, plus two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing trekking cover to your maximum altitude
- $150 to $250 in small notes. The last cash machine is at Dhunche, and it is unreliable

For this trek

- Trekking poles for the long descent from Kyanjin back to Lama Hotel
- An extra warm layer for Tserko Ri at dawn, which is 1,100 m above where you sleep and much colder than the valley
- Something to occupy you on the two seven-hour drives, which are the most tiring part of the trip
- Leech socks if you are travelling close to the monsoon. The gorge below Lama Hotel is wet forest

Altitude profile

Day	Place	Sleep at	Highest point
1	Kathmandu	1,400 m	-
2	Kathmandu	1,400 m	-
3	Dhunche	1,960 m	-
4	Thulo Syaphru	2,250 m	-
5	Lama Hotel	2,470 m	-
6	Langtang village	3,430 m	-
7	Kyanjin Gompa	3,870 m	-
8	Kyanjin Gompa	3,870 m	4,984 m
9	Lama Hotel	2,470 m	-
10	Syabrubesi	1,460 m	-
11	Kathmandu	1,400 m	-

Getting to the trailhead

There is no airstrip and no reliable helicopter pad on this route, and the only access is one mountain highway that is damaged by the monsoon every year. This section explains the journey by road.

No flights

No part of this trek can be cancelled because of cloud. The Everest itineraries depend on a nineteen-seat aircraft landing on a sloping runway at Lukla, whereas this trek starts with a bus. If you have twelve days rather than sixteen and cannot risk losing three of them to weather, this is the main reason to choose Langtang.

The road

Kathmandu to Dhunche is about 120 km and takes seven hours, because the road climbs from 1,400 m to 1,960 m over a ridge at 2,400 m, with many hairpin bends. The drive is spectacular, but it does mean seven hours in a vehicle at each end of the trek, which is the trade-off for a trailhead this close to the capital.

The monsoon

The Trishuli road is cut into steep, wet hillside and is damaged by the monsoon every year. Between June and September the drive takes longer, sometimes much longer, and may involve walking around a landslide and changing vehicles. We do not run this trek in the monsoon, mainly because of this road.

Leaving early

Walking out from Kyanjin to Syabrubesi takes two to three days, and from there you travel by road. Helicopters land at Kyanjin Gompa and Langtang village and reach Kathmandu in about forty minutes. Because the valley is so close to the city, this is the shortest rescue flight of any trek in our catalogue.

Accommodation

Teahouse accommodation

Every night on the trail is spent in a teahouse: a family-run lodge, usually kept by a Tamang family, with one warm dining room heated by a single stove and simple twin rooms with foam mattresses and thin walls. Bring a sleeping bag. In Dhunche, Thulo Syabru and Syabrubesi, most lodges, or the better ones, have private bathrooms.

Higher up the valley

Lama Hotel, where you stay on the way up and again on the way down, is a group of lodges in the forest with shared bathrooms. The lodges in Langtang village were all rebuilt after the 2015 earthquake. Kyanjin Gompa, where you spend two nights, has the best lodges on the route, with shared bathrooms and a hot shower for a fee. Higher up, charging and wifi are paid for separately.

Where	Nights	Type	Room	Bathroom
Kathmandu	3	Three-star hotel	Twin or double	Private, hot water
Dhunche	1	Teahouse	Twin	Private in most lodges
Thulo Syaphru	1	Teahouse	Twin	Private in the better lodges
Lama Hotel	2	Teahouse in the forest	Twin	Shared
Langtang village	1	Teahouse, fully rebuilt since 2015	Twin	Shared, hot shower for a fee
Kyanjin Gompa	2	Teahouse, the best on the route	Twin	Shared, hot shower for a fee
Syabrubesi	1	Teahouse	Twin	Private, hot water

Heating

One stove in the dining room, lit at dusk. Bedrooms are not heated at any altitude.

Hot shower

Available up to Kyanjin Gompa, $2 to $5, heated by gas or solar. None above Kyanjin Gompa.

Charging

$2 to $4 per device. Most of the valley has micro-hydro power, which is more reliable than solar, so charging is rarely a problem here.

Wifi

Free or a couple of dollars in most lodges, and it works well as far as Kyanjin. This is one of the better-connected treks in Nepal.

Phone signal

Ncell and NTC cover the valley as far as Kyanjin, with gaps in the gorge below Lama Hotel.

Water

Boiled water costs $1 to $3 a litre. There are safe drinking water stations at Thulo Syabru and Langtang village.

Sleeping bag

Provided, rated to -10°C. You use it on the trek and return it to us afterwards.

Bedding
A mattress, a pillow and a blanket. Use your sleeping bag on top of these, not instead of them.

Meals

Meal	Time	What it is like
Breakfast	7:00–7:30	Porridge, Tibetan bread, eggs, chapati, pancakes, tea or coffee
Lunch	12:00–13:00	Dal bhat, fried rice, noodles, soup, momo, and potatoes prepared in many ways
Dinner	18:30–19:30	Dal bhat, pasta, thukpa, curry and rice, soup to start
Tea	on arrival	Black, milk, lemon, ginger or masala tea. Included at every stop.

Diet	How we manage it
Vegetarian	Easy throughout the trek. Dal bhat is vegetarian and is the best dish on the menu.
Vegan	Manageable with notice. Tell us when you book so the guide can order ahead.
Gluten free	Rice, dal, potatoes and eggs are safe. Bread, noodles and momo are not, and cross-contamination in a teahouse kitchen cannot be ruled out.
Halal	There is no certified halal kitchen on the route. Vegetarian meals are the practical option.
Meat	Available, but we advise against eating meat above Lama Hotel, because it is carried up for two days without refrigeration.

A typical day

Time	What happens
6:00	Tea in your room and a bowl of warm water for washing
6:30	Pack, and put the duffel outside your door for the porter
7:00	Breakfast together in the dining room
8:00	On the trail. The guide sets a steady, slow pace
12:00	Lunch at a teahouse on the route, about an hour
13:00	Two to four hours more, depending on the day
15:30	Arrive at the teahouse, tea, check in to your room, wash and rest
17:00	Oxygen saturation and pulse taken, and written down
18:30	Dinner, and the guide briefs you on the next day
20:30	Bed. At 4,000 m most people are asleep by nine

Difficulty and preparation

Difficulty 3 of 5

A steady walk up one valley, with one hard optional day at the top.

- Five to seven hours of walking a day for eight days, on good trail with no passes to cross.
- The climb from Lama Hotel to Langtang village on day 6 gains 960 m and is the hardest of the walking days.
- The Tserko Ri hike on day 8 involves 1,100 m of ascent and descent at nearly 5,000 m, and is optional. Kyanjin Ri is the shorter alternative.
- There is nothing technical: no ropes, and no snow underfoot in the trekking seasons.
- The two seven-hour drives at the start and end are more tiring than any of the walking days, so plan for them.

Getting ready

8 weeks before: Build endurance
Three cardio sessions a week, 40 minutes each, at a conversational pace. For a trek of this length, that covers most of what you need.

6 weeks before: Add hill walking
Replace one session with a one-hour hill walk with 300 m of ascent. Day 6 climbs 960 m and day 8 climbs 1,100 m, so train for sustained ascent.

5 weeks before: Train in your boots with a pack
Walk in the boots you will trek in, carrying the daypack you will use, loaded to 5 kg. Blisters are the most common problem on a trek of this length.

3 weeks before: Walk on consecutive days
Take a four-hour walk at the weekend, then walk for two hours the next morning on tired legs. The trek involves eight consecutive days of walking.

1 week before: Rest
Halve the volume, keep the frequency, and do not break in any new equipment. Prioritise sleep.

Altitude and safety

You sleep at 3,870 m at Kyanjin Gompa and, if you choose, climb to 4,984 m on Tserko Ri. This is higher than Annapurna Base Camp, and you reach it with less time to adjust, because Langtang is a short trek that gains height steadily rather than a long one with rest days built in. The steepest gain in the profile is on day 6, from Lama Hotel at 2,470 m to Langtang village at 3,430 m, a gain of 960 m to sleep. Most altitude headaches on this trek begin on that day, which is why day 7 is kept short.

What to watch for

- A headache that does not ease with water and paracetamol
- Nausea, or loss of appetite
- Dizziness, or feeling drunk without having drunk alcohol
- Breathlessness at rest rather than while climbing
- Sleeping badly at Langtang village or Kyanjin, or waking short of breath

- Loss of coordination, which means you must descend immediately

How to prevent it

- Take day 7 slowly. It is only three or four hours to Kyanjin, and there is no benefit in arriving early.
- Do not climb Tserko Ri on the morning after a bad night. Kyanjin Ri is 200 m lower, takes half the day, and is the sensible alternative.
- Drink three litres of water a day, even though you will not feel thirsty enough to do so.
- No alcohol above Lama Hotel, and no sleeping pills at any altitude.
- If you feel unwell at Langtang village, tell your guide before day 7, not after it.

What we do

1. Daily health checks
Your guide carries a pulse oximeter and records your oxygen saturation and pulse each evening above 3,400 m, from Langtang village onwards, and again on any morning you feel unwell.

2. Mild symptoms
The itinerary includes a spare day at Kyanjin, which also serves as a buffer. A rest day at 3,870 m resolves most mild cases, and the only cost is missing the hill climb.

3. Serious symptoms
Langtang village is 440 m below Kyanjin and Lama Hotel is 1,400 m below it, and both can be reached in a day. Descent is the only effective treatment, and it is straightforward in a single valley with a good trail.

4. Helicopter evacuation
Helicopters land at Kyanjin Gompa and Langtang village and reach Kathmandu in about forty minutes, the shortest rescue flight of any trek we run. Your insurance must cover this: the cost is $2,500 to $4,000, and the helicopter will not take off without a payment guarantee.

5. Medical facilities
Langtang has no Himalayan Rescue Association post. There is a small health post at Kyanjin, staffed intermittently in the season. Your guide's first aid training and the daily readings provide your medical cover.

Weather by month

This trek is lower than most in our catalogue, which gives it a longer season and makes it possible to walk in winter.

Month	Day at Kyanjin	Night at Kyanjin	Dawn on Tserko Ri	Conditions	Note
January	6°C	-8°C	-16°C	Hard	Cold, clear and very quiet. Snow above Langtang village, and some lodges at Kyanjin are closed.
February	8°C	-6°C	-14°C	Good	Cold with excellent conditions. The clearest air of the year and very few trekkers.
March	12°C	-3°C	-11°C	Best	The season opens and the rhododendrons in the lower gorge begin to flower. Excellent conditions.

April	15°C	0°C	-8°C	Best	The best month in spring. The forest below Lama Hotel is in full flower.
May	17°C	3°C	-5°C	Good	Warm, becoming hazier through the month. Cloud builds in the valley in the afternoon.
June	18°C	6°C	-3°C	Hard	The monsoon arrives. Leeches in the gorge, and landslides begin on the Trishuli road.
July	18°C	7°C	-2°C	We do not run it	We do not run this trek in this month, mainly because of the road conditions.
August	18°C	7°C	-2°C	We do not run it	As in July. Landslides on the Dhunche road are common.
September	16°C	4°C	-5°C	Good	The weather clears through the month and the road is repaired. Excellent conditions from about the 25th.
October	13°C	0°C	-9°C	Best	The most reliable month and the busiest, although the trail is still quiet.
November	10°C	-4°C	-12°C	Best	Cold, clear and becoming quieter. Our favourite month in this valley.
December	7°C	-7°C	-15°C	Good	Clear and very quiet. One of the few high treks that is suitable in December.

Averages from Nepal DHM station data for the Langtang valley. This trek tops out lower than the others here, which is why its usable season is longer.

Guides and porters

Your guide

A government-licensed guide with wilderness first aid training leads every departure, and there is one porter for every two trekkers. From 11 trekkers a second guide joins the group, so nobody is left alone at the back. Our guides come from the hill regions where they lead treks.

Porters and luggage

Each porter carries a maximum of 20 kg, which is your duffel and one other. This is below the 25 kg limit set by the trekking association and well below the loads you will see on the trail. If your bag is over the limit, the load is split rather than added to. Porters carry luggage, not daypacks: you keep your water, camera, jacket and snacks for the day with you.

Staff pay and insurance

Salary, insurance, food and accommodation for every guide and porter are included in the price you pay, and are not collected on the trail. Every guide and porter is insured for altitude and helicopter evacuation on the same terms we require of you. Porters in this industry have often carried too much, in unsuitable footwear, for very low pay. We include fair pay in the package price so that this does not happen on our treks.

Tipping

Tipping is customary but not compulsory, and it never replaces wages. For this trip, $100 to $150 per traveller for the whole team is usual, given together on the last evening rather than daily. Your guide will not ask for a tip, and would prefer that you do not hand it over in front of the group.

Responsible travel

Why your visit matters

On 25 April 2015 an avalanche from Langtang Lirung buried Langtang village and killed over three hundred people. The valley was left with almost no economy and no buildings from which to rebuild one. The surviving Tamang families rebuilt it lodge by lodge over about five years, funded by income from trekking. This is not a reason to visit out of sympathy, as the trek is worthwhile in its own right. It is a reason to spend your money in the valley rather than bringing supplies in and out.

The memorial

The old village site lies under the debris field you cross before reaching the new village, and is marked by a memorial stone and mani walls carved with the names of the dead. Some of your porters and guides may have lost family members there. Pass quietly, do not photograph people at the memorial, and if your guide does not raise the subject, do not raise it yourself.

Drinking water

A trekker who relies on bottled water uses around twenty-five plastic bottles on this trip, all of which are carried up a seven-hour road and must be carried back down. Boiled water costs a dollar or two a litre at every lodge, and there are safe drinking water stations at Thulo Syabru and Langtang village. Bring purification as a backup rather than as your main supply.

The cheese factory

The yak cheese factory at Kyanjin Gompa was set up in 1955 with Swiss help and rebuilt after the earthquake, again with Swiss help. It provides employment in the highest village in the valley, the cheese is very good, and buying a slab is the most direct way to support the local economy on this trek.

Booking and payment

How to book

Write to us, or send a message on WhatsApp, and tell us your approximate dates. You will receive a reply from someone who has done this trip, not a form. Nothing is payable at that stage, and there is no obligation until you pay a deposit.

Deposit

A deposit of thirty per cent holds your dates, and the balance is paid when you arrive in Kathmandu, in cash or by card. At the same time we ask for a copy of your passport, your insurance certificate and any dietary or medical information.

Payment

You can pay by bank transfer, or by card through a secure link. Card payments carry the bank's fee of about 4 per cent, which we show you before you pay. The balance in Kathmandu can be paid in US dollars, pounds, euros or Nepali rupees.

Cancellation

If you cancel more than 30 days before departure, your deposit can be transferred to any other date or trip we run, with no time limit. Within 30 days the deposit is retained, because the permits, flights and crew have been booked by then. If we cancel for any reason other than weather, you receive a full refund.

Private and group departures

Both cost the same for a group of five or more. A private departure runs on your dates at your pace and can be arranged for one person. A group departure runs on the dates in the table above. Most travellers book privately, at no extra cost.

Late bookings

A week's notice is enough, and we have organised this trek with two days' notice. Nothing on this trek depends on a flight seat or a government permit office, so Langtang is a good option when another plan has fallen through.

Optional extras

Gosaikunda lakes
from $290, +4 days
Return over the Lauribina La at 4,610 m, past a chain of sacred lakes, instead of walking back down the valley. This turns the out-and-back route into a loop, and it is the extension we recommend most on this trek.

Tamang Heritage Trail
from $260, +3 days
A lower loop west of Syabrubesi through Tamang villages, with a hot spring at Tatopani and views into Tibet. It focuses on culture rather than altitude and works well at the start of the trek.

Both viewpoints at Kyanjin
$90, +1 day
An extra night at Kyanjin, so you can climb Kyanjin Ri and Tserko Ri on separate days instead of choosing one. We recommend this low-cost addition.

Helambu trek to Kathmandu
from $340, +5 days
Continue south from Gosaikunda through the Helambu villages and finish a couple of hours' drive from Kathmandu. This covers three regions in one trek.

Private jeep instead of the bus
$160
For both road days. Seven hours on a mountain road is much more comfortable in a jeep with six people than in a bus with forty.

Single room
$90
For the nights in Kathmandu and wherever the lodges have single rooms. Above Lama Hotel, most lodges do not.

Frequently asked questions

Answers to the 20 questions travellers ask us most often. If your question is not here, contact us and we will answer it.

Is this a good first Himalayan trek?
Yes. It is one of the two treks we recommend most for a first trek, alongside Annapurna Base Camp. It takes twelve days, has no flights that can be cancelled, follows a single valley that is easy to understand, and has a highest overnight stop of 3,870 m, with a 4,984 m hill above it if you want to go higher. It is also the least expensive trek we offer, so it is a low-risk way to find out whether trekking suits you.

How does it compare with Everest Base Camp?
Langtang is shorter, lower, less expensive, closer to Kathmandu and much less likely to be interrupted. The Everest trek reaches 5,545 m, takes sixteen days and depends on a flight to Lukla. On the Langtang trek you sleep no higher than 3,870 m, the trek takes twelve days, and it starts with a bus journey. The scenery at Kyanjin is fully Himalayan, and Langtang Lirung, at 7,227 m, rises directly above the village.

How fit do I need to be?
You need to be able to walk for six hours a day for eight days. The hardest walking day is day 6, which climbs 960 m from Lama Hotel to Langtang village. The Tserko Ri climb on day 8 is harder than any other day, but it is optional, and a shorter hill is available as an alternative.

Can I bring children?
Yes. Families choose this trek more often than any other in our catalogue. The days are manageable, the altitude is moderate, the lodges are close together, and there is a road at both ends instead of a mountain flight. The minimum age is ten.

What happened in Langtang in 2015, and is it safe now?
On 25 April 2015 the earthquake triggered an ice and rock avalanche from Langtang Lirung onto Langtang village, killing over three hundred people. The valley is safe to walk today: the trail and the lodges have been rebuilt, and the geological risk is no higher than in any other Himalayan valley. The debris field remains, and you cross it before reaching the new village.

Is there a memorial?
Yes. The old village site is marked with a memorial stone and mani walls carved with the names of the dead, on the trail as you approach the new village. Some of your guides and porters may have lost family members there. Please pass quietly and do not photograph people at the memorial.

Have the lodges been rebuilt?
Yes, completely, and most are better than before. The surviving families rebuilt Langtang village a short distance from the original site, and Kyanjin Gompa now has the best lodges in the valley. Much of the rebuilding was funded by trekking income, which is worth considering when you decide where to spend your money on this trip.

Will I get altitude sickness?

You may have mild symptoms. The steepest gain in the profile is on day 6, which climbs 960 m to sleep at 3,430 m, and this is where most headaches on the Langtang trek start. Day 7 is kept short for that reason. Tserko Ri, at 4,984 m, is high, but you spend only about an hour at the top.

Should I do Tserko Ri or Kyanjin Ri?

Choose Tserko Ri if you slept well and feel strong, because it has the better panorama. Choose Kyanjin Ri if you did not: it is 200 m lower, takes half the day, and still gives a close view of Langtang Lirung. Your guide will help you decide at breakfast on the day rather than the night before.

Do I need insurance covering helicopter rescue?

Yes, it is a condition of booking. Your policy must cover you to 5,000 m, because Tserko Ri is 4,984 m. A rescue flight from Kyanjin to Kathmandu is the shortest of any trek we run, about forty minutes, but it still costs $2,500 to $4,000, and a payment guarantee is needed before the helicopter takes off.

What are the lodges like?

The lodges are simple and improving quickly, as most of them are less than ten years old. Kyanjin Gompa has the best lodges, with hot showers and good food. Lama Hotel is a small group of buildings in the forest and is the most basic night. Micro-hydro power makes charging more reliable here than on treks that rely on solar power.

Is there wifi?

Yes. Wifi works well all the way to Kyanjin and is free or costs a couple of dollars in most lodges. Langtang is one of the better-connected treks in Nepal.

Can I visit the yak cheese factory?

Yes. The yak cheese factory at Kyanjin Gompa was built in 1955 with Swiss assistance and rebuilt after the earthquake, again with Swiss assistance. You can visit it. It provides employment in the highest village in the valley, and the cheese is very good. A slab costs four dollars, and buying it is one of the most direct ways to support the local economy.

What are the drives like?

Each drive takes seven hours on a winding road with many hairpin bends, and the drives are the most tiring part of the trip. A private jeep instead of the tourist bus makes a real difference and costs $160 for both days.

Which permits do I need?

Two: the Langtang National Park entry permit at NPR 3,000 and a TIMS card at NPR 2,000. Both are included and we arrange them. No restricted area permit is required, which is a main reason this is the least expensive trek we offer.

Why is this trek less expensive than the others?

There is no mountain flight, no restricted area permit and no second conservation permit, and the trek takes twelve days instead of sixteen. Together these account for a difference of about $700. Staff are not paid less: the guide and porter rates on this trek are the same as on our Annapurna treks.

How much cash should I take?

Bring 150 to 250 US dollars in Nepali rupees, in small notes. There is a cash machine at Dhunche, but it is unreliable, so plan to withdraw what you need in Kathmandu.

When should I go?

October and November, or March and April. Langtang also has the longest season of any high trek we run: February and December are also suitable. They are cold, clear and very quiet.

How late can I book?

A week's notice is enough, and we have organised the trek with two days' notice. Nothing on this trek depends on a flight seat or a permit office, so Langtang is a good alternative when another plan falls through, including a cancelled Lukla flight.

What should I add if I have more time?

Gosaikunda. Returning over the Lauribina La at 4,610 m, past the sacred lakes, turns the trek into a loop instead of an out-and-back route. It adds four days and is the best-value extension in our catalogue.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/langtang-valley-trekking