

Langtang Valley Trek - 6 Days

Langtang is best known for its outstanding landscapes and magnetic Gompas. But, the mountains equally enjoy showing up their snowy body at different modes of the trail. You will come across some of the exquisite houses, whose windows are carved with the traditional patterns of classic artistry. These villages guide you through some extraordinary ravines and ridges, ultimately taking your expedition to a grand level. This trek is indeed the finest way to explore the mysteries of the unparalleled Himalayas.

Through this Short Langtang Trek, you will be able to explore significant treasures of the [Langtang region](#) in a very short time. This itinerary has all the reasons to entertain you throughout the journey. Plus, if you have any better ideas for making this trip more grand and personal to you, we are open to your suggestions. All you need to do is tell us your interest, and we will shape this itinerary into a perfect model.

Langtang Lirung trek is best to attempt in the Spring (March, April, and May) and Autumn season (September, October, and November). Monsoon (blends with the summer) is wet; but, the Langtang poses no threat in the monsoon as in other snowy sections. Nevertheless, it is better to avoid this season. Likewise, the cold of winter is certainly unbearable for most of the trekkers. So, avoid this season as well.

Planning the short trek in Langtang:

Planning a short trek to Langtang Region in Nepal is an exhilarating adventure that requires careful preparation. Plan your [Langtang short trekking itinerary](#) carefully, typically including stops at Dhunche, Shin Gompa, Laurebina, Gosaikunda, and Chandanbari, adjusting it to your pace and preferences.

Acclimatization is essential to avoid altitude sickness, so allocate at least one extra day at Gosaikunda or another high point to allow your body to adjust. Prioritize safety during your trek by carrying a fully charged mobile phone and informing someone of your trekking plans.

Lastly, savour the journey by immersing yourself in the stunning Himalayan vistas, lush forests, and local culture along the way. Remember to be environmentally conscious, leaving no trace of your presence, and enjoy the natural beauty that the Gosaikunda Trek has to offer.

Similarly, appropriate gear is a must for crossing the incredible high passes of Langtang. A normal set of trekking gear is enough to cross these passes, however, in bad weather conditions, you might require some more advanced equipment.

The Best time to do the Langtang Short Trek:

Autumn season (September, October, and November) is the perfect time to do the Langtang Trek. The weather is warm and clear with perfect sceneries, eye-dazzling mountain panorama, lush greenery and the blossoms of herbs and vegetation.

Similarly, the Spring season (March, April, and May) is also good for trekking in Langtang, Nepal.

In these months, you can also search for a group to accompany you (any trekker) to join you in the Langtang Short Trek.

Monsoon season and Summer Season (June, July, and August) are highly not recommended for the Langtang Short Trek. Plus, the cold of the winter (December, January, and February) is unbearable for an ordinary trekker.

Food and Accommodations in Langtang, Nepal:

Throughout the Langtang Short Trek, you'll find a network of teahouses and lodges in the villages along the trail. These provide accommodation and meals for trekkers. The quality and comfort of teahouses can vary, but most offer basic amenities such as beds with blankets, shared bathrooms (often squat toilets), and communal dining areas.

Keep in mind that facilities may become more basic as you ascend to higher altitudes. Hot showers may not always be available, and heating can be limited at higher elevations.

You can also find a variety of food options but it is recommended to consult your guide for better and hygienic options.

Transportation used for Langtang Short Trek:

The most common way to reach Dhunche, the starting point for the Langtang Trek, is by taking a local bus. Buses depart from the Gongabu Bus Park in Kathmandu. The journey typically takes around 7-9 hours, depending on road conditions, and offers scenic views along the way.

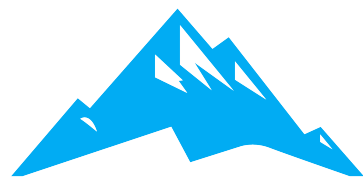
And if you prefer a much more comfortable or faster option then you can also opt for a private vehicle. After reaching Dhunche, we will take yet another vehicle(public or private to Syabrubesi) which is the starting point of the Langtang trek. Once we reach Syabrubesi, our journey will finally begin on foot and we will trek through lush forests, villages, and scenic landscapes to reach Gosaikunda and its surrounding areas.

Necessary Permits & TIMS required for Langtang Trek:

To trek to the Langtang region in Nepal, you will need to obtain the necessary permits, including the Langtang National Park permit and a [TIMS](#) (Trekking Information Management System) card.

These permits are essential to ensure your safety, track trekkers in the region, and support local conservation efforts.

- The Langtang National Park permit is required for trekking in the Langtang region.
- The TIMS card is an additional permit required for [trekking in Nepal](#). It is intended to help authorities keep track of trekkers for safety purposes.



Trek Mania Nepal Pvt. Ltd.

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PRICE INCLUDES

- Airport pickup and drop service
- Accommodation 3 nights in Kathmandu Hotel Chhimeki
- All food during the trek (B, L, D)
- Accommodation during the trek
- Transportation costs: Comfortable drive from Kathmandu to trekking starting Point and trekking ending point by local bus. (depending upon the price and group size)
- Government license holder English speaking trekking guide.
- Guide salary, lodging, food and insurance.
- Langtang National permits and TIMS card
- First aid medical box
- T-shirt, Duffel Bag and Trekking Map with company logo
- Rescue Management Service
- All Tax (13% VAT and 10% Service charge)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks
- Visa fee to enter Nepal
- International flight tickets
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 15 to 17kg).
- All required trekking gear like sleeping bags and down jackets are made available on rent.
- Travel insurance/ Rescue operation costs
- All personal expenses
- Tip for guide and porters

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ITINERARY IN DETAIL

Day 1: Drive to Syabrubesi (1,503 m) from Kathmandu (1,338 m)

Out of two options- via Kakani or Galchi- to reach Syabrubesi, the road via Galchi is much better. But, in the context of scenery, Kakani is more lively and wow-inspiring, particularly the splendid peak of the Ganesh Himal. It takes about 7 hours to reach Syabrubesi via Galchi and 2 hours more via Kakani, so the choice is yours. Catching a local bus is not a good idea if you want a comfortable drive. The roads are zigzag and bumpy, so you are very much likely to gain a new experience during the drive.

Day 2: Trek to Lama Hotel (2,480 m) via Sherpagaon (2,563 m)

From Syabrubesi, we will proceed to the Lama Hotel via the upper route through Sherpa Gaon. This way, the views of the mountains and the monasteries are worthwhile.

For the first few hours, the trail appears challenging, but then, you will get used to it. The Khanjim monastery, before Sherpa Gaon, is a huge Buddhist complex to gain perfect insight into Buddhism.

The spinning prayer wheels and the beautifully carved Chortens enhance the glamour of this monastery. Then, after the Sherpa Gaon, Mani walls (prayer-inscribed Buddhist stones) line up the trail. Ganesh Himal offers its fleeting glimpses, time and again until we reach the Changdam, popularly known as the Lama Hotel.

[Note: the downward route is not as interesting as the upper one, but is a quicker option to reach Lama Hotel.]

Day 3: Trek to Langtang Village (3,430 m)

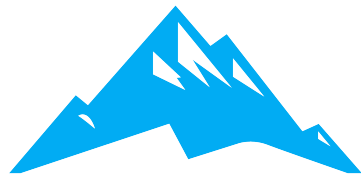
Leaving Lama Hotel in the early morning, we will enter a semi-tropical forest (with pleasant shrubs and trees) and continue to Ghoretabela through a profound canyon. On the way, the beguiling view of Langtang Lirung Peak becomes a great inspiration for continuing the journey.

Even the Mani walls emphasize the beauty of the walk. Soon, after crossing a suspension bridge, the village of Chyamki is reached. Not very far away, a Gumba village shows the steep way up to the Langtang village. The reminiscing view of Gangchempo Peak is worthwhile at this point. Very soon, you will arrive at the Langtang village.

Day 4: Hike to Kyanjin Gompa (3,830m)

Kyangjin Gompa is not very distant from Langtang village. Despite that, walking has become a challenge today because of the altitude. So, it is better to proceed slowly and easily to acclimatize (adjust with the altitude) with the increasing heights. The path is usually uphill and downhill, except that the stupendous ravines and glamorous peaks spice up the journey.

The mani walls are all around to create a perfectly religious tone. The quaint houses, on the way to the Kyangjin gompa, display an array of beautifully carved windows and doors. It is indeed a wonderful setting. Once you are on the ridge, the below views of the valleys and settlements appear so amazing, as if you are a god watching your descendants enjoying nature.



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Within a short while, a beautiful set of Chortens welcomes you to the Kyanjing Gompa. There are wonderful paintings of Buddha and his disciples, hung around the walls, in different positions. Everything is so vivid and peaceful there. Later, you will descend back to Langtang village.

Day 5: Trek back to Syabrubesi (1,500 m)

Follow the same route back to Syabrubesi. It is a wonderful walk. You may as well change your course and descend through the lower path.

Day 6: Drive back to Kathmandu (1,338 m) by local bus or Jeep

From Syabrubesi, catch the earliest possible bus or jeep to Kathmandu. The route descriptions are mentioned above.

