

# Itinerary for Langtang Valley Trek | Cost and Itinerary 2025 Package

## **Day 1:** Drive to Syabru Besi (1,503 m) from Kathmandu – 7 to 9 hours.

7 to 9 hours drive from Kathmandu to Syabrubesi by local bus or jeep, covering distance about 122 Km. Enjoy the views along the Trisuli River and witness the welcoming sight of the mountains. The road may get bumpy as you reach Dhunche. We continue to Syabrubesi for overnight stay in preparation for the trek.

## **Day 2:** Trek to Lama Hotel (2,500 m) from Syabru Besi – 6-7 hours.

Trekking 6 to 7 hours to Lama Hotel from Syabrubesi, covering about 11 km, will excite you with a beautiful forest backdrop with Langtang Lirung in view. Pass Ghora Tabela, enter green meadows, and witness the Langtang Range on both sides of the valley. Bamboo will be the lunch place in between. Overnight at Lama Hotel tea house.

## **Day 3:** Trek to Langtang village (3,430 m) from Lama Hotel – 6-7 hours.

Pass through the forest, reaching Ghoretabela, a horse stable for a healthy lunch. 6 to 7 hours trek through picturesque landscapes to reach Langtang Village, rebuilt after the 2015 earthquake. Explore the thriving village with community amenities, schools, markets, and monasteries. Today you will be covering about 14 km of distance, overnight at Langtang village.

## **Day 4:** Trek to Kyanjin Gomba (3,830 m) from Langtang village – 4 to 5 hours.

5 hours trek from Langtang village to Kyanjin Gomba covering a distance of 6 km. Experience a shorter trek with Buddhist artifacts, waterfalls, and yak pastures along the way. Reach Kyanjin Gomba by lunchtime, surrounded by spirituality and stunning mountain views. Optionally hike towards Langshisha Kharka to enhance your experience.

## **Day 5:** Acclimatization and Exploration Day at Kyanjin Gomba, Hike to Tserko ri or Kyanjin ri.

An exciting but challenging hike to Tserko Ri (5,000m / 16,404 ft) or Kyanjin ri (4770 m / 15,656). Enjoy breathtaking views of over 20 peaks, the Langtang Valley, and frozen lakes. Return to Kyanjin Gomba for a second night and a well-deserved dinner.

## **Day 6:** Trek Back to Lama Hotel (2,500 m) from Kyanjin Gomba – 6-7 hours.

Descending to Lama Hotel from Kyanjin Gomba will take around 6 hours. Retrace your steps to Lama Hotel, crossing streams and hiking through forests. Relax after the challenging trek of the previous day and stay overnight at Lama Hotel.

### **Day 7:** Trek to Syabru Besi (1,503 m) from Lama Hotel – 4-5 hours.

On the final trekking day, choose between two routes back to Syabrubesi. Retrace the outbound route through the forest and villages or take a shorter but steeper route with stunning views of the Langtang Valley. Overnight in Syabrubesi.

### **Day 8:** Drive Back to Kathmandu from Syabru Besi – 7 to 9 hours.

- **Drive Time:** 6 hours
- **Accommodation:** Tea House
- **Distance:** 122 km / 75 miles

Retrace the journey along the highway back to Kathmandu, concluding the Langtang Valley Trek.

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