



Marvel Treks & Expedition Pvt. Ltd.

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KYANJIN VALLEY TREK

Through Langtang's Majestic Valleys and Peaks

Duration: 7 Days

Max Altitude: 4,773 m (Kyanjin Ri)

Trek Grade: Moderate

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu & Teahouses along the trek

Best Season: March–May | September–November

Group Type: Private or Group Joining



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Overview

The Kyanjin Valley Trek is a shorter high-altitude trek in the Langtang region, offering stunning Himalayan views, traditional Tamang villages, and cultural experiences. The trek leads to Kyanjin Gompa and includes an optional hike to Kyanjin Ri for panoramic vistas of the Langtang Himal and Ganesh Himal ranges.

Trip Highlights

- Explore Kyanjin Gompa and surrounding alpine landscapes
- Optional ascent of Kyanjin Ri (4,773 m) for breathtaking panoramic views
- Trek through lush forests, terraced fields, and remote Tamang villages
- Peaceful trail with less crowded paths and spectacular Himalayan scenery

Itinerary

Day 1: Drive Kathmandu → Syabru (1,400 m)

Drive from Kathmandu to Syabru (6-7 hours), passing through terraced valleys, rivers, and forests. Overnight stay in a lodge.

Day 2: Trek Syabru → Lama Hotel (2,470 m)

Start trekking through forests, terraced fields, and traditional villages along the Langtang Khola. Duration: 5-6 hours. Overnight in a lodge.

Day 3: Trek Lama Hotel → Langtang Village (3,500 m)

Continue through pine and rhododendron forests with views of Langtang peaks. Duration: 5-6 hours. Overnight in a lodge.

Day 4: Trek Langtang Village → Kyanjin Gompa (3,800 m)

Moderate ascent through alpine terrain to reach Kyanjin Gompa, a small village at the base of Langtang Lirung. Duration: 3-4 hours. Overnight in a lodge.

Day 5: Kyanjin Gompa → Kyanjin Ri → Lama Hotel (4,773 m / 2,470 m)

Optional hike to Kyanjin Ri for panoramic views of the Langtang Himal. Descend back to Lama Hotel. Duration: 7-8 hours. Overnight in a lodge.

Day 6: Trek Lama Hotel → Syabru Besi (1,470 m)

Descend through forests and traditional villages along the Langtang Khola valley. Duration: 5-6 hours. Overnight in a lodge.

Day 7: Drive Syabru Besi → Kathmandu (1,350 m)

Drive back to Kathmandu (6-7 hours), concluding the trek.



All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.



- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.



11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

Fitness Level: This trek is moderate, suitable for trekkers with prior trekking experience. It involves long trekking days, steep ascents, and high-altitude travel. Proper physical training and endurance preparation are recommended.

Altitude Sickness: Maximum altitude reaches 4,773 m. The risk of acute mountain sickness (AMS) exists. Follow your guide’s instructions, monitor symptoms, and descend immediately if feeling unwell.

Weather Conditions: Weather can change rapidly, especially at higher elevations. Snow, strong winds, and cold temperatures are common. Spring and autumn offer the clearest skies and best trekking conditions.

Accommodation: Teahouses and lodges along the trail; basic facilities at higher altitudes. Carry warm clothing and essential personal gear.

Luggage Limits: Porters are available for hire. Pack light (10–12 kg max) due to limited supplies in remote areas.

Cultural & Environmental Notes: The trail passes through Tamang villages and yak pastures. Respect local customs and traditions.





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