



Marvel Treks & Expedition Pvt. Ltd.

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The Land Of Sherpas

Langtang Valley

Duration: 7 Days

Max Altitude: 4,380 m (Kyanjin Viewpoint, optional)

Trek Grade: Moderate

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu & Teahouse during trek

Best Season: March-May | September-November

Group Type: Private or Group Joining



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Overview

The **Langtang Valley Trek** is a beautiful Himalayan trek in Nepal, perfect for those looking for **shorter, lower-altitude trekking** with stunning views. The trail goes through Langtang National Park, passing forests, waterfalls, and snow-capped mountains. Along the way, you can see yak pastures, traditional villages, and wildlife like **red pandas, Himalayan deer, and monkeys**. After the 2015 earthquake, locals have rebuilt teahouses and lodges, making it a great way to support the community. The trek starts at Syabru Besi and goes to **Kyangjin Gompa**, where you can climb **Kyangjin Ri** for 360-degree Himalayan views. This trek is ideal for those who want an off-the-beaten-path adventure in Nepal.

Trip Highlights

- Trek through forests, rivers, and terraced fields from Syafrubensi to Sherpagaun.
- Visit traditional Nepalese villages and rhododendron forests on the way to Langtang Village.
- Explore **Kyangjin Gompa** and enjoy amazing mountain views from Kyangjin Viewpoint.
- Hike down through peaceful valleys and forests back to Syafrubensi.
- Experience the natural beauty and calm atmosphere of the Langtang region.

Itinerary

Day 1: Begin your adventure by traveling from the bustling streets of Kathmandu to the peaceful village of Syafrubensi, trekking through lush forests and rivers at 1,530 m over 6-7 hours.

Day 2: Ascend higher as you hike from Syafrubensi to Sherpagaun at 2,520 m, surrounded by terraced fields and the crisp mountain air, taking 8-9 hours.

Day 3: Continue your journey to Langtang Village at 3,455 m, passing through traditional villages and dense rhododendron forests, with the trek lasting 8-9 hours.

Day 4: Venture from Langtang Village to the serene Kyangjin Gompa at 3,875 m. For the adventurous, an optional hike to Kyangjin Viewpoint at 4,380 m rewards you with breathtaking panoramic views of the Langtang Himal. Trekking takes 3-4 hours, with the hike adding about 3 hours.



Day 5: Begin your descent to Lama Hotel at 2,445 m, enjoying spectacular valley views and the tranquil sounds of nature over 7-8 hours.

Day 6: Trek further down from Lama Hotel to Syafrubensi at 1,530 m, retracing your steps through forests and rivers for 5-6 hours.

Day 7: Conclude your trek with a scenic journey from Syafrubensi back to Kathmandu at 1,350 m, reflecting on your Himalayan adventure as you arrive after 6-7 hours.

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 requires good physical fitness, as it involves long walking hours and steep trails at high altitude. Proper training before the trip is recommended.

Altitude Sickness: High altitudes carry a risk of altitude sickness. Our itinerary includes acclimatization days, but you must follow your guide’s instructions and report any symptoms immediately. Descending is mandatory if symptoms worsen.

Weather: Himalayan weather can change quickly, especially during monsoon and winter. Flights to and from Lukla may be delayed, so flexibility is essential.

Luggage Limits: Lukla flights typically allow 10–12 kg per person for checked baggage. Extra luggage may need to be carried by a porter or transported separately.

