

Langtang Valley Trek

10 days · Moderate to challenging · Request a quote

Walk from the forested lower Langtang valley to Kyanjin Gumpa, with intermediate overnight stops and a second night beneath the surrounding mountain peaks.

Overview

Langtang offers a mountain journey north of Kathmandu with forest walking, villages and an open upper valley around Kyanjin Gumpa. The route passes through communities with strong Tamang cultural connections and a landscape shaped by both mountain geography and the rebuilding that followed the 2015 earthquake.

This 10-day outline starts with a road journey to the Thulo Syabru area, then walks through Lama Hotel, Ghodatabela and Langtang village before reaching Kyanjin. Separate lower and middle valley nights spread the ascent instead of compressing the journey from the forest directly to Kyanjin. The exact roadhead and intermediate lodges must suit conditions for your travel dates.

A second night at Kyanjin gives time to enjoy the valley without immediately moving on. A modest walk toward the lower Kyanjin Ri viewpoint, around 4,300 m, is an optional activity for travelers who are feeling well and when the trail is suitable. **The upper Kyanjin Ri summit and Tserko Ri are not part of this outline.** Adding a higher summit changes the effort, exposure and acclimatization demands.

The return follows the valley toward Lama Hotel and Thulo Syabru before the drive back to Kathmandu. Several days are deliberately shorter on the ascent; the return to Lama Hotel is longer. If you want shorter descent stages or additional time around Kyanjin, extend the schedule rather than compress the ascent to make room.

Read the [Langtang planning guide](#) for route and viewpoint choices. Your [personal quotation](#) should confirm accommodation, transport, meals, permits and staffing for the exact itinerary.

Day-by-day itinerary

Day 1: Arrive and prepare in Kathmandu

Settle in and review the agreed route, equipment and access arrangements. Tell the team about your recent walking experience and any altitude concerns. The exact vehicle meeting point and intermediate lodge availability should be confirmed before the mountain journey begins.

Kathmandu → Kathmandu · No scheduled trekking · Highest visited: 1400 m · Overnight: 1400 m · Hotel · As agreed in your quotation

Day 2: Travel to Thulo Syabru

Travel north through the Dhunche area toward the current access point for Thulo Syabru. Road conditions can change the final vehicle section and may require a short walk into the village. The journey commonly takes much of the day; remain flexible about stops and arrival time.

Kathmandu → Thulo Syabru · Short access walk if required; road travel about 7–9 hours · Overnight: 2210 m · Teahouse · As agreed in your quotation

Day 3: Walk into the valley toward Lama Hotel

Descend from the village toward the Langtang valley trail, then follow forested paths and the river corridor toward Lama Hotel. The route loses height before climbing again, so the modest difference between overnight elevations understates the work. Take time on uneven or wet trail sections.

Thulo Syabru → Lama Hotel · About 5–7 hours · Highest visited: 2500 m · Overnight: 2480 m · Teahouse · As agreed in your quotation

Day 4: Make the intermediate ascent to Ghodatabela

Continue through the forest as the valley gradually opens toward Ghodatabela. Stop here rather than combining this stage with the full walk to Langtang or Kyanjin. The intermediate overnight is part of the ascent plan and depends on a suitable lodge being available for your dates.

Lama Hotel → Ghodatabela · About 3–4 hours · Highest visited: 3030 m · Overnight: 3030 m · Teahouse · As agreed in your quotation

Day 5: Continue through the valley to Langtang village

Follow the widening valley toward Langtang village, with a measured pace and time to appreciate the changing surroundings. Be respectful at memorial areas and of the community's earthquake history. This is a shorter walking day, leaving the afternoon for rest before the next increase in sleeping altitude.

Ghodatabela → Langtang village · About 3–4 hours · Highest visited: 3430 m · Overnight: 3430 m · Teahouse · As agreed in your quotation

Day 6: Walk to Kyanjin Gumpa

Pass the upper settlements and continue into the broad mountain setting of Kyanjin. Avoid adding a major viewpoint climb on arrival simply because the walking day is relatively short. Settle in, rest and review how you are feeling before considering an optional walk the next day.

Langtang village → Kyanjin Gumpa · About 3–4 hours · Highest visited: 3870 m · Overnight: 3870 m · Teahouse · As agreed in your quotation

Day 7: Spend a second night at Kyanjin

Remain at Kyanjin. If you feel well and conditions are suitable, take a measured walk toward the lower Kyanjin Ri viewpoint, around 4,300 m, and return to the same lodge. A gentle valley walk or complete rest is also appropriate. The upper summit and Tserko Ri are not assumed in this schedule.

Kyanjin Gumpa → Kyanjin Gumpa · Optional local walking, about 2–4 hours · Highest visited: 4300 m · Overnight: 3870 m · Teahouse · As agreed in your quotation

Day 8: Return down the valley to Lama Hotel

Retrace the valley through Langtang and Ghodatabela before descending into forest. This is a long walking day despite the overall loss of height. Keep a steady pace, take care on steps and loose sections, and consider an added overnight if shorter descent stages suit you better.

Kyanjin Gumpa → Lama Hotel · About 7–8 hours · Highest visited: 3870 m · Overnight: 2480 m · Teahouse · As agreed in your quotation

Day 9: Walk back toward Thulo Syabru

Follow the lower-valley return route and climb back toward Thulo Syabru. The final ascent into the village can feel substantial after several trekking days. Confirm the next day's road access and transport rather than assuming the outward journey time will be repeated exactly.

Lama Hotel → Thulo Syabru · About 5–7 hours · Highest visited: 2500 m · Overnight: 2210 m · Teahouse · As agreed in your quotation

Day 10: Return by road to Kathmandu

Travel back through the Dhunche area to Kathmandu. Allow the full day for road travel and possible delays. This outline ends in Kathmandu; keep an additional margin before an international flight and agree any onward arrangements separately.

Thulo Syabru → Kathmandu · No scheduled trekking; road travel about 7–9 hours · Overnight: 1400 m · Hotel · As agreed in your quotation

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

Route access and lodging

Road and bridge conditions can change the most practical access point. This outline uses Thulo Syabru; a Syabrubesi start is a route variation requiring different walking stages. Ghodatabela is an intentional intermediate overnight, not an assumed unlimited supply of rooms. If the appropriate lodge is unavailable, agree another overnight plan and any extra day rather than simply combining the ascent to Kyanjin.

Altitude and optional viewpoints

The planned highest overnight is Kyanjin at approximately 3,870 m. The optional lower viewpoint is approximately 4,300 m; the upper Kyanjin Ri and Tserko Ri climbs are different objectives. The 10-day schedule cannot guarantee acclimatization. Do not ascend with symptoms and seek help if they appear; worsening symptoms call for descent. Consult the [CDC altitude guidance](#) and a qualified clinician for personal advice.

Park access, transport and services

Check [NTB Langtang information](#), the [park-entry schedule](#) and [TIMS guidance](#) for current requirements. The quotation identifies applicable charges and services. Kathmandu road journeys can be delayed; leave extra time before international travel and confirm how additional nights or alternative transport are handled.