DESTINATION: LANGTANG VALLEY TREK

Langtang Valley *Trek*

8 Days

8 days Duration	**Kathmandu** Starts at	**Kathmandu** Ends at
Spring and autumn Best season	**about 4,770 m at Kyanjin Ri** Max altitude	**Moderate** Difficulty
1 to 15 people Group size		

Travel notice
Currently not recommended. The 26 August 2026 flood damaged the road and trail around Syabrubesi, where this trek starts. The road link to Rasuwa reopened on 11 October, but we do not recommend this trek until the route is confirmed safe. We'll update this notice when it is. Ask us about other treks, such as Ghorepani Poon Hill or Mardi Himal.

OVERVIEW

The trip

The Langtang Valley trek is an eight-day teahouse trek that runs north from Kathmandu into Langtang National Park, one of the closest true Himalayan valleys to the capital. It begins with a long mountain drive to the trailhead at Syabrubesi, then climbs through river forest and Tamang villages along the Langtang Khola to Kyanjin Gompa at about 3,870 metres, beneath the ice of Langtang Lirung. From the settlement you climb the Kyanjin Ri viewpoint for a dawn panorama of glaciers and peaks before retracing the valley back to the road. It is graded moderate, walked on well-worn trails with simple lodges each night, and it takes in a working monastery and the local cheese factory on the way. This route suits trekkers basing themselves in Kathmandu who want big mountains without a long journey to the trailhead.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: about 4,770 m at Kyanjin Ri
- Difficulty: Moderate
- Best season: Spring and autumn
- Walking: about 4 to 6 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1

Drive from Kathmandu to Syabrubesi

- Long scenic mountain drive of about 6 to 7 hours north from Kathmandu
- Follow the Trishuli River and climb into the Langtang foothills
- Overnight in Syabrubesi at about 1,550 m, the trailhead town

2

Trek from Syabrubesi to Lama Hotel

- Cross the Langtang Khola and climb through dense river forest
- Watch for langur monkeys and birdlife along the shaded trail
- Overnight at Lama Hotel at about 2,480 m, roughly 6 hours walking

DAY 3

Trek from Lama Hotel to Langtang Village

- Climb steadily as the forest thins and the valley opens out
- First clear views of Langtang Lirung rising above the trail
- Reach the rebuilt Langtang Village at about 3,430 m

4

Trek to Kyanjin Gompa and Explore

- Short walk of about 2 to 3 hours past mani walls and yak pastures
- Arrive Kyanjin Gompa at about 3,870 m with plenty of the day left
- Visit the monastery and cheese factory, then a short acclimatisation hike

DAY 5

Hike Kyanjin Ri, then Descend to Langtang Village

- Early climb to the Kyanjin Ri viewpoint for a Langtang Lirung sunrise
- Return to Kyanjin Gompa for a warm breakfast
- Trek back down the valley to Langtang Village for the night

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Trek to Lama Hotel

- Retrace the trail down through the upper valley
- Descend back into the rhododendron and oak forest
- Overnight at Lama Hotel beside the river

DAY 7

Trek to Syabrubesi

- Final forest descent following the Langtang Khola downstream
- Cross back over the river to the valley floor
- Overnight in Syabrubesi at the trailhead

DAY 8

Drive from Syabrubesi to Kathmandu

- Scenic mountain drive back down toward the capital
- Follow the Trishuli valley past terraced hillsides and roadside villages
- The trek concludes back in Kathmandu

INCLUSIONS

What's included

Included

- Private jeep, Kathmandu to Syabrubesi and back
- Licensed guide
- Lodge nights with meals on the trek
- Langtang National Park entry

Not included

- Lunch on day 8, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$930 / person
2 people	$675 / person
3 people	$590 / person
4 people	$548 / person
5 people	$522 / person
6 people	$375 / person
7 people	$553 / person
8 people	$536 / person
9 people	$523 / person
10 people	$513 / person
11 people	$543 / person
12 people	$533 / person
13 people	$524 / person
14 people	$516 / person
15 people	$510 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1 **30% — at booking confirmation**
This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.

2 **40% — 15 days before your trip starts**
The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.

3 **Balance — 2–3 days before departure**
Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.