

NEPAL

Langtang Valley Trek 10 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



Take part in one of Nepal's most fulfilling short treks through the beautiful Langtang Valley. This 11-day journey offers a mix of natural beauty and cultural charm, with changing landscapes, rich forests, local wildlife, and warm village hospitality.

Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

The Langtang Valley Trek is one of Nepal's most rewarding short treks, offering stunning alpine scenery and a chance to experience the unique culture of the region. Just a few days' walk from Kathmandu, this journey brings you deep into the heart of the Himalayas.

Most trekkers complete the trek in about a week, though adding a couple of extra days allows more time for acclimatization and side trips that make the experience even richer. You'll pass through Langtang National Park, home to a wide range of plant and animal life, which adds to the beauty of the journey.

Along the trail, you'll walk through lush forests, traditional Tamang villages, and wide alpine meadows, with snow-capped peaks rising in the background. The route is easy to follow and combines adventure with cultural exploration. Keep your eyes open for wildlife such as monkeys, musk deer, pika, and Nepal's colorful national bird, the Danphe.

There are two popular starting points for the Langtang trek: Dhunche and Syabru Besi. Most trekkers begin from Syabru Besi, following the trail through dense forests to Lama Hotel, then on to Ghodetabela, where you'll enjoy impressive mountain views and may even spot a red panda.

From there, the trail continues to Langtang Village, which has been rebuilt after the 2015 earthquake, and then to Kyanjin Gumpa. This beautiful village features an ancient monastery, incredible Himalayan views, a local cheese factory, and cozy mountain bakeries.

Whether it's your first trek or you've done many, the Langtang Valley Trek is a great choice. Its combination of scenic beauty, cultural encounters, and a true Himalayan adventure makes it a memorable experience for anyone visiting Nepal.

Trip Overview

Country - Nepal

Trip Duration - 10 Days

Trip Grade - Demanding

Activity - Trekking / Hiking

Maximum Altitude - 4,984 m / 16,351 ft

Best Season - Jan-June, Sep-Dec

Meals - Included (Breakfast, Lunch, Dinner)

Accommodation: Hotel and tea houses

Price - USD 1140



Trip Highlights

- Wake up to stunning sunrises as the first light touches the peaks of the Langtang Range.
- Enjoy sweeping views of the Himalayas from the summit of Tserko Ri.

- Visit the traditional yak cheese factory in Kyanjin Gumpa and learn about local production.
- Experience the rich culture and daily life of the Tamang people native to the Langtang region.
- Trek deeper into the valley to witness the beauty of the Langtang Glacier.
- Discover ancient Buddhist monasteries that add spiritual depth to the serene landscapes.

Itinerary

Day 1: Kathmandu (1,300m/4,264ft)

Day 2: Drive to Syabru Besi from Kathmandu (1,503 m / 4,931 ft)

Day 3: Trek to Rimche from Syabru Besi (2,500 m / 8,202 ft)

Day 4: Trek from Rimche to Langtang Village (3,430 m / 11,253 ft)

Day 5: Trek from Langtang Village to Kyanjin Gumpa (3,830 m / 12,566 ft)

Day 6: Rest day at Kyanjin Gumpa for acclimatization and exploration

Trek back from Kyanjin Gumpa to Lama Hotel (2,500 m)

Day 8: Trek from Lama Hotel back to Syabru Besi (1,503 m)

Day 9: Drive from Syabru Besi to Kathmandu by private tourist vehicle

Day 10: Transfer to Tribhuvan International Airport for your final departure

Important Note on Itinerary

While we follow a planned itinerary for every trek, changes can occasionally happen due to circumstances beyond our control. These might include weather issues, natural disasters, changes in local regulations, political unrest, or a trekker's health condition. If such situations arise, we do our best to find suitable alternatives and continue the trek safely and efficiently. Your understanding and flexibility during such moments are greatly appreciated.

We recommend arriving in Kathmandu at least a day before your trek begins. This allows time to rest and pick up any last-minute gear or clothing you may need. It's also wise to book your international flights with some buffer days before and after the trek. This helps in case of any unforeseen flight delays or cancellations.

If you'd like to extend your trip, we can help you customize the itinerary by adding sightseeing tours in Kathmandu, short day trips, or even adventure activities around Nepal, either before or after your trek.

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Physical Conditioning and Safety Tips

This trek is 5-9 hours a day. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.

Price Includes

Accommodation

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 7 nights in guesthouses during the trek (twin-sharing), (some lodges may offer dorm-style rooms depending on the location and availability)

Meals & Drinking Water

- Breakfast, Lunch, and Dinner during the trek
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All airport transfers in Kathmandu (international and domestic) by private tourist vehicle
- Round-trip private vehicle between Kathmandu and Syabru Besi

Guide & Support Staff

- Experienced, government-licensed trekking guide, fluent in English and trained in first aid
- Porter support (1 porter per 2 trekkers) to carry luggage
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Langtang National Park Entry Permit
- TIMS (Trekkers' Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement – Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Trip Departure

We organize both solo and group travel, ensuring amazing experiences alongside adventurers from all over the world. Before departure, we reconfirm the number of clients in your group. When a person signs up for the expedition, we guarantee all group departure dates, even if there is only a single person.



Difficulty Level

This trek is suitable for individuals with above-average physical fitness. There is no need for special technical skills, making it accessible to beginners and hikers. However, the trek does reach high altitudes and requires a significant level of physical exertion. Despite trekking for 5 to 9 hours, you will gain substantial elevation.

Packing List

Here is a list of what you might want to pack for Langtang Valley Trek- 10 Days. Please take this as a starting point. You'll need layers of warmer clothing during the winter.

We provide a 75-liter duffel bag for you to use for the trek. It will be given to you during your pre-trip meeting in Kathmandu. The duffel bag is yours to keep.

General

- ✓ Four-season sleeping bag (rated to 0°C or lower) (Rental available: USD 35)
- ✓ Sleeping bag liner
- ✓ Insulated down jacket (Rental available: USD 35)
- ✓ Daypack (35-45 liters recommended) with rain cover

Upper Body Essentials

- ✓ Sun hat or cap (Complimentary Ama Adventure cap included)
- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses

Torso Clothing Essentials

- ✓ Moisture-wicking base layers - lightweight for warmer seasons, thermal for colder months
- ✓ Two short-sleeve and two long-sleeve trekking shirts made of quick-dry technical fabric
- ✓ Windproof and waterproof outer shell or jacket
- ✓ Warm fleece jacket or pullover for added insulation

Lower Body Essentials

- ✓ Thermal base layers - lightweight for warm months, heavier for cold conditions
- ✓ Two pairs of durable hiking pants
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell pants for protection against rain and wind
- ✓ One pair of hiking shorts (ideal for lower altitudes and warm days)

Handwear Essentials

- ✓ Liner gloves made of wool or technical fabric for warmth and flexibility
- ✓ Insulated outer gloves with a hard shell - ideal for wind and cold at higher altitudes

Footwear Essentials

- ✓ Warm socks made of wool or technical fabric
- ✓ Hiking socks (several pairs recommended)
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof trekking/hiking boots - well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

Undergarments & Sleepwear

- ✓ Quick-drying, moisture-wicking underwear (technical fabric recommended) – adjust quantity based on personal preference
- ✓ Sports bras (for women) – supportive and breathable
- ✓ Pajamas or comfortable sleepwear for chilly nights in the mountains

Note: Laundry opportunities are limited, so pack accordingly.

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

Optional Items


These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Guide Book
- ✓ Power bank or spare batteries
- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)
- ✓ Basic Medicine (Pepto, Bismol, Advil, Imodium)
- ✓ Bandana for dust and wind

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Other Essential Gear

- ✓ Valid passport

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- ✓ Extra passport-sized photos (for permits or emergency use)
 - ✓ Airline tickets (leave a copy with our office in Kathmandu)
 - ✓ Reusable water bottle or hydration bladder
 - ✓ Water purification tablets or UV water purifier
 - ✓ Lightweight towel
 - ✓ Pillowcase (for hygiene in teahouses)
 - ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)
 - ✓ Toilet paper (2 rolls minimum)
 - ✓ High-protein snacks (nuts, energy/protein bars)
 - ✓ Waterproof/dry bags to protect documents and valuable
 - ✓ Yaktrax especially for fall and early spring season
 - ✓ Outlet Adapter

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff

Important Notes

Your safety is always our first priority while traveling with Ama Adventure. Please be noted that;

Your trip leader has the authority to change all itineraries based on local conditions and judgments of your leader.

We also have the right to modify the itinerary due to medical considerations, unexpected weather conditions, and Natural Disasters, etc.

Our leader crew always tries to provide high-quality services and ensure that the trip runs according to plan but we heartily request to be prepared and to be flexible if needed.

Weather Information

At the beginning of the trek, daytime temperatures are generally mild, averaging around 72°F (22°C), but it gets noticeably cooler as you gain altitude. Higher up, daytime temperatures drop to the 40s and 50s°F (5-15°C), and nights can be quite cold-sometimes dipping as low as 20°F (-6°C). If you plan to hike up to Kyanjin Ri, it's important to pack warm layers.

Autumn usually brings stable and clear weather in the Langtang region, though you might still catch some rain in September or a light snowfall by November. In early February, snow is possible as well. Spring (April to May) is especially beautiful, with the trails lined with blooming rhododendrons, magnolias, and green fir trees.

[Current Weather Conditions Here](#)

Regards,
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