

Langtang Lirung Base Camp Trek: A Complete Himalayan Adventure

Overview:

The Langtang Lirung Base Camp Trek is a rewarding Himalayan journey that combines dramatic mountain scenery, authentic Tamang culture, and an exploration of the remote landscapes beneath Langtang Lirung (7,227 m), the highest peak in the Langtang Valley. Located within Langtang National Park, this scenic teahouse trek follows the Langtang Valley through rhododendron and bamboo forests, traditional mountain villages, yak pastures, and glacial landscapes before reaching the peaceful settlement of Kyanjin Gompa.

The trail gradually climbs from the lower valley toward the high Himalayas, revealing a changing landscape with every step. Along the way, trekkers experience the warmth of Tamang communities, visit Buddhist monasteries, and gain insight into the traditions and resilience of the people who call this valley home. The route also reflects the remarkable recovery of the Langtang community after the devastating 2015 earthquake.

The major highlight of the trek is the hike to Langtang Lirung Base Camp (approximately 4,500 m), where trekkers are rewarded with close views of the Langtang Glacier, towering ice formations, and the impressive north face of Langtang Lirung. Standing beneath one of Nepal's most prominent peaks provides a powerful sense of scale and a deeper connection with the Himalayan landscape.

With comfortable teahouse accommodation, diverse scenery, and fewer visitors than Nepal's more established trekking regions, the Langtang Lirung Base Camp Trek is an excellent choice for trekkers looking for an authentic Himalayan adventure. It offers the perfect balance of mountain wilderness, cultural encounters, and a memorable journey through one of Nepal's most beautiful valleys.

Quick facts:

Cost: USD per Person

Destinations: Syabru Besi / Langtang Valley / Kyanjin Gompa / Langtang Lirung Base Camp / Lama hotel

Duration: 11 Days

Trek starting point: Syabru Besi

Trek ending point: Syabru Besi

Grade: Moderate

Transportation: tourist coach / local Jeep / private vehicle

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,500 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

▣ **Day 3: Drive from Kathmandu to Syabrubesi (1,460 m): 120 – 130 km | 6 – 7 hours**

After breakfast in Kathmandu (1,400 m / 4,593 ft), we begin our journey by private vehicle towards Syabrubesi (1,460 m / 4,790 ft), the gateway to the Langtang region. Leaving the bustling capital behind, the drive initially follows a smooth highway through scenic countryside, terraced fields, and small settlements.

As we progress, the road gradually becomes more winding and narrow, offering beautiful views of rivers, hills, and traditional villages along the way. We pass through towns such as Trishuli and Dhunche, with glimpses of distant Himalayan foothills enhancing the journey. The road conditions vary between paved and rough mountain sections, adding a sense of adventure to the drive.

After approximately 6 – 7 hours of driving (around 120 – 130 km depending on route conditions), we arrive at Syabrubesi (1,460 m / 4,790 ft), a small riverside town nestled at the confluence of the Bote Koshi and Langtang rivers. Surrounded by green hills and mountain scenery, Syabrubesi serves as the starting point for treks into the Langtang Valley. Overnight stay at a local lodge.

▯ **Day 4: Trek from Syabrubesi to Lama Hotel (2,480 m) : Walking Distance: 11 – 12 km | 5 – 6 hours**

Leaving Syabrubesi (1,460 m / 4,790 ft) behind, we begin our trek into the Langtang region following the trail along the Bhoté Koshi River. The route initially descends slightly before crossing suspension bridges and gradually climbing through subtropical forests of bamboo, oak, and rhododendron.

As we move deeper into the valley, the trail continues along the river, passing small settlements and occasional teahouses. The sound of rushing water and the dense forest setting create a peaceful trekking atmosphere. Along the way, we may encounter wildlife such as langur monkeys and a variety of bird species.

After several hours of steady trekking, the trail begins a more consistent ascent as we enter thicker forested terrain. The valley narrows, and the landscape becomes more shaded and alpine in character. We finally reach Lama Hotel (2,480 m / 8,136 ft), a small settlement surrounded by forest on the banks of the Langtang River. The trek covers approximately 11 – 12 km (6.8–7.5 miles) and takes around 5 – 6 hours depending on pace and trail conditions. Overnight at a teahouse in Lama Hotel.

▯ **Day 5: Trek from Lama Hotel to Langtang Village (3,430 m): Walking distance : 14 – 15 km | 6 – 7 hours**

Departing from Lama Hotel (2,480 m / 8,136 ft), we begin our trek deeper into the Langtang Valley, following the trail that steadily ascends alongside the Langtang Khola. The route initially winds through dense forests of rhododendron, oak, and bamboo, with the river running close by and occasional clearings revealing glimpses of the surrounding hills.

As we continue, the forest gradually thins with increasing altitude, and the valley begins to open up. We pass through settlements such as Ghodatabela (3,030 m / 9,940 ft), where the landscape transitions into alpine meadows and expansive mountain scenery. Snow-capped peaks start to dominate the skyline, marking our entry into a more high-altitude environment.

Further along, the trail continues its steady ascent through open yak pastures and glacial terrain before reaching Langtang Village (3,430 m / 11,253 ft). This rebuilt Tamang settlement sits in a dramatic mountain setting surrounded by rugged Himalayan peaks.

The trek covers approximately 14–15 km (8.7–9.3 miles) and takes around 6–7 hours, depending on pace and conditions. Overnight at a teahouse in Langtang Village.

▣ **Day 6: Trek from Langtang to Kyanjing Gomba (3,798 m): Walking distance: 6 – 7 km | 3 – 4 hours**

Continuing from Langtang Village (3,430 m / 11,253 ft), we set out on a gradual ascent deeper into the upper Langtang Valley towards Kyanjin Gomba. The trail follows a wide glacial valley, passing through open alpine terrain with scattered yak pastures and traditional stone settlements. The surrounding scenery becomes increasingly dramatic, with snow-capped peaks rising sharply on both sides of the valley.

As we progress, we pass through small seasonal settlements such as Mundu and Sindum, where the landscape reflects the high-altitude lifestyle of the local Tamang communities. The valley widens further, offering spectacular views of peaks including Langtang Lirung, which dominates the skyline throughout the day's journey.

The trail continues with a steady, gentle climb along the glacial river, with occasional suspension bridges and mani walls marking the cultural significance of the region. After several hours of trekking, we reach Kyanjin Gomba (3,798 m), a beautiful settlement surrounded by towering Himalayan peaks and glaciers.

The trek covers approximately 6 – 7 km (3.7 – 4.3 miles) and takes around 3 – 4 hours, depending on pace and acclimatization. Overnight at a teahouse in Kyanjin Gomba.

▣ **Day 7: Explore Langtang Lirung Base Camp (4,500 m): Walking Distance | 8 – 10 km | 5 – 7 hours**

Today's adventure begins with a rewarding hike from Kyanjin Gomba (3,870 m / 12,697 ft) towards Langtang Lirung Base Camp (4,500m), following a rugged trail across alpine meadows, glacial moraine, and rocky terrain beneath the towering north face of Langtang Lirung (7,227 m / 23,711 ft). As we gain elevation, the landscape becomes increasingly dramatic, offering magnificent views of the Langtang Glacier, icefalls, and the surrounding snow-capped Himalayan peaks.

The round-trip hike takes approximately 5 – 7 hours and covers around 8 – 10 km (5–6.2 miles), depending on the turnaround point and trail conditions. Although the ascent is gradual, the high altitude and uneven moraine terrain make this one of the more demanding days of the trek, requiring a steady pace and frequent breaks.

Upon reaching the upper glacial basin at approximately 4,500 m (14,764 ft), we are rewarded with breathtaking close-up views of the Langtang Lirung massif and its impressive glacier. After spending time admiring the pristine alpine scenery and capturing unforgettable photographs, we retrace our steps to Kyanjin Gomba, where we spend another night in a comfortable teahouse surrounded by the spectacular Himalayan landscape.

▮ **Day 8: Trek from Kyanjin Gumpa to Lama Hotel (2,500 m): Walking distance: 17 – 19 km | 6 – 7 hours**

Leaving Kyanjin Gumpa in the morning, we begin our long descent back towards Lama Hotel (2,500 m / 8,202 ft), retracing the scenic trail through the Langtang Valley. The route follows the Langtang Khola, passing through open alpine landscapes, yak pastures, glacial streams, and the reconstructed section of Langtang Village, before continuing into dense rhododendron and oak forests.

The trek takes approximately 6 – 7 hours and covers around 17 – 19 km (10.6 – 11.8 miles), depending on pace and trail conditions. Although the route is mainly downhill, it includes several short ascents and uneven forest sections, making it a full and steady trekking day.

As we descend, the scenery gradually shifts from high alpine terrain to lush woodland, with chances to spot wildlife and enjoy continuous views of Langtang Lirung and surrounding peaks. We eventually arrive at Lama Hotel, nestled in a peaceful river valley, where we spend the night in a teahouse surrounded by forest.

▮ **Day 9: Trek from Lama Hotel to Syabru Besi (1,462 m): Walking distance: 11 km | 5 – 6 hours**

Following breakfast at Lama Hotel, we begin our trek towards Syabrubesi (1,462 m), descending through the peaceful Langtang River valley along forested trails and riverside paths. The route gradually winds downhill through dense bamboo, oak, and rhododendron forests, passing small settlements such as Rimche, Bamboo, Pairo, and Domen along the way. Several suspension bridges and cascading waterfalls add scenic highlights throughout the journey.

The trek takes approximately 5 – 6 hours and covers around 11 km, depending on pace and trail conditions. As this is mostly a descending route from Lama Hotel (2,500 m), the trek is physically less demanding than previous days, though some rocky and uneven sections require careful footing, especially after rain.

As we continue lower into the valley, the alpine scenery slowly transitions into warmer subtropical forests filled with birdlife and traditional hillside landscapes. The sound of the Langtang Khola accompanies much of the trail, creating a calm and relaxing atmosphere on the final trekking day.

We arrive at Syabrubesi, the gateway village of the Langtang region, where we spend the night in a teahouse surrounded by terraced hillsides and local village life. This peaceful riverside settlement marks the conclusion of the trekking journey before returning to Kathmandu. Overnight stay at a teahouse.

▮ **Day 10: Drive from Syabrubesi to Kathmandu (1,400 m): 120 – 130 km | 6 – 8 hours**

After breakfast in Syabrubesi (1,550 m), we begin our scenic drive back to Kathmandu (1,400 m), following the winding mountain highways alongside the Trishuli River. Leaving the Langtang region behind, the journey passes through terraced hillsides, rural villages, riverside settlements, and lush mid-hill landscapes, offering a final glimpse of Nepal's countryside.

The drive takes approximately 6 – 8 hours, depending on road and traffic conditions, and covers around 120 – 130 km. The road is partly paved and partly rough mountain terrain, especially in sections closer to Syabrubesi, making the journey adventurous yet rewarding.

Along the route, we pass through small towns and roadside markets where short breaks can be taken for tea, lunch, and refreshments. As we gradually descend toward the Kathmandu Valley, the scenery transitions from remote mountain landscapes to busy urban surroundings.

Upon arrival in Kathmandu, we transfer to the hotel and enjoy a well-deserved rest after completing the Langtang trekking adventure.

▯ **Day 11: Departure day:**

Today marks the completion of your Langtang Lirung Base Camp Trek. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward departure.

As you leave Nepal, we hope you take with you unforgettable memories of the Langtang Valley, its beautiful mountain scenery, traditional Tamang culture, and peaceful Himalayan trails. Thank you for being part of this journey, and we look forward to welcoming you again for future adventures in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Langtang National Park Entry Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.