

Langtang Kyanjin Gompa Trek - 7 Days

Langtang has its own specialty. Unlike other trekking routes, Langtang is more about exploring the different faces of nature, not only about the mountains. This valley combines the best Himalayan views with outstanding landscapes and terrains to invite a new and pleasant world into the eye of a beauty seeker. Plus, by blending the cultural villages and classic arts of the Monasteries, Langtang remains the emperor of the Himalayan world.

In this trek, you will explore the classic gompas (Khangjim Monastery and Kyanjin Monastery), quaint villages (Sherpa Gaon and Langtang Village), incredible viewpoint (Kyanjin Ri), serene lake (Lirung Lake), and number of inexplicable tiny surprises that assembles this overall highlight into a perfectly impeccable setting. This trek is accessible for all those beginners or avid trekkers who are willing to visit a unique and splendid place on Earth. Autumn season (September, October, and November) and Spring (March, April, and May) are perfect for this trek. So, for further information regarding the trip, catch a free inquiry ([E-mail](mailto:trekmanianepal@gmail.com)) with our expert travel planners now.

Planning:

Planning a trek to Langtang Kyanjin Gompa Trek in Nepal is an exhilarating adventure that requires careful preparation. Plan your trekking itinerary carefully, typically including stops at Dhunche, Shin Gompa, Laurebina, Gosaikunda, and Chandanbari, adjusting it to your pace and preferences.

Acclimatization is essential to avoid altitude sickness, so allocate at least one extra day at Gosaikunda or another high point to allow your body to adjust. Prioritize safety during your trek by carrying a fully charged mobile phone and informing someone of your trekking plans. Lastly, savor the journey by immersing yourself in the stunning Himalayan vistas, lush forests, and local culture along the way. Remember to be environmentally conscious, leaving no trace of your presence, and enjoy the natural beauty that the [Gosaikunda Trek](#) has to offer.

Similarly, appropriate gear is a must for crossing the incredible high passes of Langtang. A normal set of trekking gear is enough to cross these passes, however, in bad weather conditions, you might require some more advanced equipment.

The Best time to do the Langtang Kyanjin Gompa Trek?

Autumn (September, October, and November) is the best time for the Langtang Kyanjin Gompa Trek. The weather is stable, skies are clear, and temperatures are mild, making for an excellent trekking experience. The trails are dry, and you can enjoy breathtaking views of the Langtang Himalayas. This is also the peak trekking season, so you may find fellow trekkers on the route.

Spring (March, April, and May) is another great time for the trek. The weather is warm, and the rhododendron forests along the trail bloom beautifully. Unlike higher-altitude regions like [Everest](#) and [Annapurna](#), the risk of avalanches in Langtang is relatively low.

Monsoon (June, July, and August) is not recommended due to heavy rainfall, landslides, and leeches in the lower trails. However, the landscapes are lush and green, making it a unique experience for experienced trekkers.

Winter (December, January, and February) can be very cold, with temperatures dropping below freezing at Kyanjin Gumpa (3,870m). However, the skies remain clear, offering stunning mountain views. Well-prepared trekkers who can handle the cold may still enjoy trekking during this season.

Food and Accommodations:

Throughout the Langtang Trek, you'll find a network of teahouses and lodges in the villages along the trail. These provide accommodation and meals for trekkers. The quality and comfort of teahouses can vary, but most offer basic amenities such as beds with blankets, shared bathrooms (often squat toilets), and communal dining areas. Keep in mind that facilities may become more basic as you ascend to higher altitudes. Hot showers may not always be available, and heating can be limited at higher elevations.

You can also find a variety of food options but it is recommended to consult your guide for better and hygienic options.

Transportation:

The most common way to reach Dhunche, the starting point for the Langtang Trek, is by taking a local bus. Buses depart from the [Gongabu Bus Park](#) in Kathmandu. The journey typically takes around 7-9 hours, depending on road conditions, and offers scenic views along the way. And if you prefer a much more comfortable or faster option then you can also opt for a private vehicle. After reaching Dhunche, our journey will finally begin on foot and we will trek through lush forests, villages, and scenic landscapes to reach Langtang and its surrounding areas.

Necessary Permits & TIMS:

To trek to Langtang in Nepal, you will need to obtain the necessary permits, including the Langtang National Park permit and a [TIMS](#) (Trekking Information Management System) card. These permits are essential to ensure your safety, track trekkers in the region, and support local conservation efforts.

- The Langtang National Park permit is required for trekking in the [Langtang region](#).
- The TIMS card is an additional permit required for [trekking in Nepal](#). It is intended to help authorities keep track of trekkers for safety purposes.
- Depending on the specific route and villages you visit along the way, you may also need additional local permits. These are typically obtained at checkpoints during the trek. Your trekking agency or guide can assist with obtaining these permits if required.



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PRICE INCLUDES

- Airport pickup and drop service
- Accommodation 3 nights in Kathmandu ([Hotel Chhimeki](#))
- All food during the trek (B, L, D)
- Accommodation during the trek
- Transportation costs: Comfortable Drive from Kathmandu to Trekking Starting Point and Trekking Ending Point by Local Jeep, by car, or by local bus. (depending upon the price and group size)
- Government license holder trekking guide.
- Guide salary, lodging, food, and insurance.
- Trekking permits: Langtang National Park and TIMS card
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map with company logo
- Rescue Management Service
- All Tax (13% VAT and 10% Service charge)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks
- Visa fee to enter Nepal
- International flight tickets
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 15 to 17kg).
- All required trekking gear like sleeping bags and down jackets made available on rent.
- Travel insurance/ Rescue operation costs
- All personal expenses
- Tip for guide and porters

ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Syabrubesi (1,503 m) – Local Bus or Jeep

To reach Syabrubesi from Kathmandu, there are two route options, both of them with their own pros and cons. The road via Kakani offers scenic and pristine views of the beautiful landscapes and mountains (particularly of Ganesh Himal) as compared to that from the road via Galchi.

However, on the Kakani side, the highway is relatively rough and bumpy, mostly inaccessible in the monsoon. Plus, it takes 7 hours via Galchi and 2 hours more via Kakani (because of the road). So, choose a suitable option. What's more, the bus, although cheap, is a highly unrecommended means of travel. Prefer the Jeep instead.

Day 2: Trek to Lama Hotel or Changdam (2,480 m)

From Syabrubesi, we will follow the upper track to Lama Hotel via Sherpa Gaon; the lower route being boring. For the first few hours, the views are not so wow-like. The Khangjim monastery, with a beautiful chain of 10 prayer wheels, becomes a relief point after a tiring ascend over the steep bluff.

But, as soon as you reach Sherpa Gaon, the tantalizing peaks of the Ganesh Himal and Langtang range open up in their full charisma. Until Rimche, these views are undisturbed. After that, a few indigenous hamlets lead us to a nice and warm village of Changdam, popularly known as Lama Hotel.

Day 3: Trek to Langtang village (3, 430 m)

The higher you attempt from the Lama Hotel, the better the views become. You will begin to notice the vegetation changing from tropical to semitropical and the houses from concrete to traditional, the typical red Nepali houses.

Once across the Ghodatebela, the fleeting glimpses of Langtang Lirung and Ganesh Himal welcome you to Chyamki, across the suspension bridge. Langtang village is just a couple of minutes away.

Day 4: Trek to Kyanjin Gumpa (3,830 m) & Hike to Lirung lake

The walk to the Kyanjin Gumpa is indeed very much gratifying as the exposed trails invite an array of glorious mountain views and outstanding landscapes. The beautifully inscribed Chortens and large black [Mani walls](#) follow you throughout the trail.

And, most importantly, it is the little smiles of the local kids that welcome you to the fabulous and classic monastery of Kyanjin Gumpa, the largest of the Langtang valley. Explore the monastery's interior and exterior design, which represent Tibetan-styled architecture.

If the time favors then, you shouldn't miss the Lirung Lake. It lies hidden in between the massive cliffs that look into the vast panorama of northern mountains. It is just incredible. But, it is better to head slowly and acclimatize properly in the altitude.

Day 5: Hike to Kyanjin Ri (4,400 m) and return to Lama Hotel (2,480 m)

Kyanjin Ri is probably the best point that introduces you to the grand beauty of the Langtang Valley. It has everything to surprise the eye of an adventure lover. From the long-spread views of the northern peaks to the incredible Ganja

La pass, there remain no other beauties superior to this.

It simply puts the fire in your soul. After spending, some quality time on the top, we will descend back to the Kyanjin village and retrace our steps back to the Lama Hotel or Changdam.

Day 6: Return to Syabrubesi (1,503 m)

Once again, the time has come to follow the steps back to Syabrubesi. But, instead of following the same course, we will turn to the lower route and run parallel to the Langtang Khola. Although the views are not quite special, they are not even disappointing. Once you arrive at Syabrubesi, explore the local areas and capture some outstanding moments in your memories.

Day 7: Drive to Kathmandu (1,338 m)

Finally, the day has come to return to Kathmandu. If you had come via Galchi in the beginning then, you may change the course and follow the route via Kakani, or vice-versa.

FAQ

1. What makes the Langtang Kyanjin Gumpa Trek special?

The trek offers stunning Himalayan views, rich Tamang culture, and the chance to visit the historic Kyanjin Gumpa monastery. You'll also see glaciers, yak pastures, and the famous Langtang Lirung (7,227m).

2. How do I reach the starting point of the trek?

The trek starts from Syabrubesi, which is a 6–7 hour drive from Kathmandu by local bus or private jeep.

3. What kind of accommodation is available on the trek?

Teahouses along the route provide basic rooms with shared bathrooms. Most offer Nepali and Tibetan meals, Wi-Fi (paid), and charging facilities.

4. Is altitude sickness a concern on this trek?

Yes, altitude sickness can be an issue, especially at Kyanjin Gumpa (3,870m) and higher. Acclimatization and staying hydrated are essential.

5. Can I see wildlife during the trek?

Yes! The Langtang region is home to red pandas, Himalayan tahrs, langur monkeys, and various birds within Langtang National Park.