



"Discover the Majesty of the Himalayas"

LANGTANG KYANJIN GOMPA TREK

15 DAYS

"Embark on a journey into the heart of the Himalayas with the Langtang Kyanjin Gomba Trek, an adventure that blends breathtaking landscapes, rich Tamang culture, and awe-inspiring Himalayan peaks. Often called the "Valley of Glaciers," Langtang offers towering snow-capped summits, cascading waterfalls, lush forests, and high-altitude pastures where yaks graze peacefully. This trek is not just about reaching the sacred Kyanjin Gomba Monastery but about immersing yourself in a world of natural beauty, spiritual serenity, and exhilarating mountain trails. Adding even more depth to your journey, this experience is enriched with a cultural sightseeing tour in Kathmandu Valley, where you explore Nepal's UNESCO-listed heritage sites, unraveling centuries of history, art, and spirituality."

As you step onto the trails of Langtang, the scenery unfolds like a dream. The trek begins with a walk through dense rhododendron, oak, and bamboo forests, where the sounds of rustling leaves and birdsong accompany your journey. The Langtang River roars beside you, cutting through steep gorges as you ascend towards traditional Tamang villages. The warmth of the locals, their intricate wooden homes, prayer wheels spinning in the breeze, and ancient chortens, make the trek a deeply cultural experience. Walking through Langtang Village, you witness the resilience of a community that has rebuilt itself after the 2015 earthquake, offering a humbling insight into the strength and spirit of the Himalayas.

As you reach Kyanjin Gomba (3,850m), the landscape transforms into an alpine wonderland, surrounded by towering peaks and vast glacial moraines. The monastery, standing in quiet contemplation against the mountains, invites you to pause and absorb the profound tranquility of this sacred space. A visit to the Yak Cheese Factory adds a unique touch to the experience, where you can taste fresh, locally made Himalayan cheese. But the real adventure begins as you ascend Kyanjin Ri (4,773m) and Tserko Ri (5,033m)—two of the most stunning viewpoints in the Langtang region. Standing at the summit, a panorama of Langtang Lirung (7,227m), Dorje Lakpa (6,966m), Shishapangma (8,027 m), and countless other snow-capped giants unfolds before you, leaving you breathless in more ways than one.

Beyond the trek, your adventure extends into the cultural heart of Nepal with a sightseeing tour of Kathmandu Valley. Walking through the ancient courtyards of Patan and Bhaktapur Durbar Squares, you witness Nepal's rich architectural heritage, where intricately carved temples, golden pagodas, and centuries-old palaces tell stories of a glorious past. At Swoyambhunath (Monkey Temple) and Boudhanath Stupa, the spiritual pulse of Nepal comes alive as prayer flags flutter and monks chant in the background, creating an atmosphere of peace and devotion.

The Langtang Kyanjin Gomba Trek is an adventure for those who seek more than just mountains—it's a journey into the heart of the Himalayas, where nature, culture, and spirituality intertwine. Unlike the crowded trails of Everest and Annapurna, Langtang remains pristine and less traveled, offering a raw and authentic trekking experience. Whether you are drawn to the thrill of high-altitude hikes, the warmth of Himalayan hospitality, or the serenity of ancient monasteries, this trek promises a journey that is both soul-stirring and unforgettable. Embark on this extraordinary adventure, embrace the wild, and let the Himalayas leave an everlasting imprint on your spirit!

Trip Highlights:

- Breathtaking Himalayan Views: Enjoy panoramic views of towering peaks like Langtang Lirung (7,227m), Dorje Lakpa (6,966m), and Shishapangma (8,027m).
- Kyanjin Gomba – A Scenic Himalayan Settlement – This picturesque high-altitude village, the final stop of the Langtang Valley trek, features stunning landscapes, stone-built houses, Buddhist chortens, and fluttering prayer flags, offering a peaceful retreat in the Himalayas.
- Kyanjin Ri & Tserko Ri: Hike to Kyanjin Ri (4,773m) and Tserko Ri (5,033m) for spectacular views of the Langtang range and glaciers.
- Langtang Village: Explore the rebuilt Langtang Village (3,430m), showcasing the strength and resilience of the local community after the 2015 earthquake.
- Langtang National Park: Trek through the Langtang National Park, home to unique wildlife like the Red Panda, Himalayan Tahr, Snow Leopard, Himalayan Black Bear, and various species of birds..
- Kathmandu Valley Tour: Before the trek, visit Swoyambhunath, Boudhanath Stupa, Basantapur Durbar Square, Bhaktapur Durbar Square and Patan Durbar Square for cultural immersion.

DETAIL ITINERARY

13th Oct, 2025

Day 1: Arrival in Kathmandu (1,355m) and Transfer to Hotel

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by your local representative. After a smooth transfer to your hotel, you can take the rest of the day to unwind, recover from your flight, and adjust to the time zone. Kathmandu is a vibrant city, filled with history, culture, and surrounded by the grandeur of the Himalayas. If you're feeling energetic, take a short walk around the bustling streets of Thamel, a lively neighborhood known for its shops, cafes, and restaurants. The evening is free for you to relax or enjoy some local Nepali dishes at a nearby restaurant, before heading back to your hotel for a restful night..

14th Oct, 2025

Day 2: Full-Day Sightseeing in Kathmandu (1,355m)

After breakfast, get ready for a full day of exploration in the Kathmandu Valley. First, you'll visit Boudhanath Stupa, one of the largest and most sacred Tibetan Buddhist stupas in Nepal. Here, you can observe the rhythmic chanting of Buddhist monks and watch pilgrims perform their circular walk around the stupa, spinning prayer wheels along the way. The area is filled with colorful prayer flags fluttering in the wind, creating a serene and spiritual atmosphere.

Next, head to Swayambhunath, also known as the Monkey Temple. This ancient stupa sits atop a hill and provides panoramic views of Kathmandu Valley and the surrounding Himalayan range. The temple is a sacred site for both Hindus and Buddhists, and as you explore the complex, you'll encounter playful monkeys that roam freely.

In the afternoon, you will visit Basantapur Durbar Square, located in the heart of Kathmandu. This UNESCO World Heritage Site is home to the ancient Hanuman Dhoka Palace and several stunning temples, such as Kumari Ghar, the residence of the Living Goddess. The square is an architectural masterpiece, showcasing intricate woodwork, courtyards, and sculptures that reflect the grandeur of Nepal's royal history. After a fulfilling day of sightseeing, return to your hotel to relax and reflect on the historical beauty of Kathmandu.

15th Oct, 2025

Day 3: Full-Day Sightseeing in Patan and Bhaktapur (1,355m)

After breakfast, you will venture outside Kathmandu to explore the ancient cities of Patan and Bhaktapur. Your first stop will be Patan Durbar Square, a stunning open-air museum of Nepali art and architecture. Patan is renowned for its intricately carved woodwork, gilded temples, and statues. The square is also home to the Patan Museum, which houses a rich collection of Nepali art and historical artifacts. Don't forget to visit the Golden Temple, a unique Buddhist shrine made entirely of metal, and a revered pilgrimage site for Tibetan Buddhists.

After lunch, continue your journey to Bhaktapur, another UNESCO-listed city known for its medieval charm. Bhaktapur is often referred to as the "City of Devotees" due to its rich history and stunning temples. Explore Bhaktapur Durbar Square, famous for its beautiful pagodas, the 55-Window Palace, and the Vatsala Temple. The narrow cobblestone streets of Bhaktapur are lined with small craft shops selling pottery, textiles, and woodwork, offering you a chance to experience the traditional artistry of the local people. Be sure to try the famous juju dhau (king curd), a sweet dessert that is a local specialty. After a full day of cultural immersion, return to Kathmandu in the evening and rest at your hotel.

16th Oct, 2025

Day 4: Drive from Kathmandu to Shyaphru Besi (1467m)

After breakfast, you will embark on a scenic drive from Kathmandu to Syabrubesi, the gateway to Langtang Valley. The drive takes you through winding mountain roads, past terraced fields, rivers, and remote villages. Along the way, you will get glimpses of the Ganesh Himal and Langtang mountain ranges. As you descend into the Trishuli River valley, the landscape transitions from bustling towns to lush green hills. After 7 to 8 hours on the road, you'll arrive at Syabrubesi, a small but lively village where you will spend the night.

17th Oct, 2025

Day 5: Trek from Syabrubesi to Sherpa Gaun (2,563m)

Today's trek takes you from Shyaphru Besi (1,467m) to Sherpa Gaun (2,563m), a 7-8 hour journey. The trail starts with a gradual ascent through lush forests of oak, pine, and rhododendron, with the sounds of the Langtang River gradually fading into the distance. As you climb, the scenery becomes more vibrant, and you'll pass through small Tamang and Sherpa villages, where you can interact with the locals and get a glimpse of their traditional lifestyle.

Upon reaching Sherpa Gaun, a peaceful village offering magnificent views of the surrounding mountains, you'll have time to rest. The village's tranquil atmosphere is a perfect place to unwind after a challenging day. Enjoy a warm meal at one of the local teahouses and soak in the beauty of your surroundings. This day's trek is demanding, but the stunning vistas and serene village make it a truly rewarding experience.

18th Oct, 2025

Day 6: Trek from Sherpa Gaun to Langtang Village (3,430m)

Today's trek takes you from Sherpa Gaun to Langtang Village, a journey of approximately 7-8 hours. The trail winds through dense pine and rhododendron forests, gradually ascending towards Langtang Village. As you trek, you'll get glimpses of the stunning Langtang Lirung (7,227m), one of the highest peaks in the region, dominating the skyline with its snow-capped beauty.

The trek is moderate, with some uphill sections, and as you pass through small Tamang villages, you'll experience the warmth and hospitality of the locals. The forested paths open up as you approach Langtang Village, where the breathtaking views of the Langtang range and Langtang Lirung will take your breath away.

Once in the village, you can rest, soak in the views, and reflect on the rewarding trek. Despite being a physically demanding day, the striking beauty of Langtang Lirung and the peaceful surroundings of Langtang Village make the journey unforgettable.

19th Oct, 2025

Day 7: Trek from Langtang Village to Kyanjin Gomba (3,850m) & Hike to Kyanjin Ri (4,773m)

Today's trek takes you from Langtang Village to Kyanjin Gomba, which is about 3 hours away. The trail is relatively gentle, winding through yak pastures, rocky terrain, and small stone huts, with Langtang Lirung (7,227m) dominating the skyline. As you ascend, the views grow more stunning, and you'll pass through small settlements with a chance to interact with local Tamang villagers.

Upon reaching Kyanjin Gomba, a tranquil Himalayan settlement nestled beneath towering peaks, you'll enjoy a well-earned break and lunch. Its serene ambiance provides the perfect setting to relax and reflect on your journey.

Afterward, you'll take a short but steep 2-hour hike to the 1st summit of Kyanjin Ri peak up to 4,300m. However, those seeking a more challenging climb can continue another 30-45 minutes to reach the higher summit at 4,773m. From here, you'll be rewarded with breathtaking, 360-degree views of the Langtang Himal range, including Langtang Lirung, Gang Chhenpo, and Dorje Lakpa. The panoramic mountain vistas are truly awe-inspiring, providing a perfect opportunity for photos and to take in the majesty of the Himalayas. You'll return to Kyanjin Gomba in the late afternoon to rest and enjoy the tranquil surroundings before an overnight stay. This day is a perfect blend of rewarding trekking and unforgettable mountain views.

20th Oct, 2025

Day 8: Hike to Tserko Ri (5,033m) and Return to Kyanjin Gomba (3,850m)

After breakfast at Kyanjin Gomba (3,850m), you'll begin the steep ascent towards Tserko Ri (5,033m), which will take approximately 4-5 hours. The trail is challenging but offers increasingly spectacular views of the Langtang Himal range, including Langtang Lirung (7,227m), Gang Chhenpo (6,388m), and Dorje Lakpa (6,966m). Upon reaching the summit at Tserko Ri, you'll be treated to a 360-degree panoramic view of snow-capped peaks, glaciers, and valleys. It's the perfect spot to relax and enjoy a packed lunch while taking in the breathtaking scenery.

Afterward, you'll descend back to Kyanjin Gomba, which will take around 2-3 hours. The descent is easier, giving you time to reflect on the incredible landscapes you've seen. Once back in Kyanjin Gomba, you can unwind and enjoy the peaceful surroundings, appreciating the serene beauty of the Langtang Valley. This hike is one of the trek's highlights, offering some of the best views of the region.

21st Oct, 2025

Day 9: Trek from Kyanjin Gomba to Langtang Village (3,430m)

Today's trek is an easier descent from Kyanjin Gomba to Langtang Village, taking about 3 hours. The trail winds through forests and past terraced fields, offering beautiful views of the Langtang range.

Once in Langtang Village, you'll have time to rest, enjoy a shower, and explore the village's Tibetan-influenced architecture and culture. It's a relaxed day, allowing you to unwind and reflect on your journey. You can also take a short walk around or simply enjoy the peaceful atmosphere before preparing for the trek to Lama Hotel tomorrow.

22nd Oct, 2025

Day 10: Trek from Langtang Village to Lama Hotel (2,470m)

Today, you'll descend from Langtang Village to Lama Hotel, a 5-6 hour trek. The path winds through lush rhododendron and oak forests, with the Langtang River flowing alongside. Along the way, you'll pass small Tamang villages, giving you a glimpse into local life. The descent is gradual, with plenty of opportunities to stop and enjoy the views of the Langtang peaks in the distance. As you reach Lama Hotel, you'll be welcomed by a peaceful environment, perfect for relaxing after the day's trek. Enjoy a warm meal and a restful evening, reflecting on your journey so far, as you prepare for tomorrow's trek to Shyaphru Besi.

23rd Oct, 2025

Day 11: Trek from Lama Hotel to Shyaphru Besi (1,467m)

Today's trek takes you from Lama Hotel (2,470m) back to Shyaphru Besi (1,467m), a descent of approximately 5-6 hours. The trail follows the Langtang River, passing through lush forests and small villages as you make your way down. As you descend, the terrain becomes easier, and you'll enjoy the gradual changes in vegetation, from alpine forests to subtropical woodlands. Along the way, you'll encounter local Tamang villages, where you can interact with the friendly people and get a glimpse into their everyday lives. The scenic beauty of the Langtang Valley is still impressive, with glimpses of the surrounding peaks.

Upon arriving at Shyaphru Besi, you'll have time to relax and unwind after the day's trek. This is the last night in the Langtang region, offering a chance to reflect on your incredible journey. You'll stay overnight in Shyaphru Besi, preparing for the drive back to Kathmandu tomorrow.

24th Oct, 2025

Day 12: Drive from Shyaphru Besi to Kathmandu (1,355m)

After breakfast, you'll drive back to Kathmandu, a 7-8 hour journey along winding roads. The route offers scenic views of villages, terraced fields, and the Trishuli River. As you approach the city, the landscape transitions to a more urban setting. Upon arrival in Kathmandu, you'll be transferred to your hotel to rest. The evening is free for exploring or relaxing, marking the end of your trekking adventure in Langtang.

25th Oct, 2025

Day 13: Trekkers or Ayurvedic Body Massage (option), Shopping, and Farewell Dinner

Today is a well-deserved rest and relaxation day after your trekking adventure you'll have plenty of free time for shopping around Kathmandu. Explore the bustling streets of Thamel, where you can find souvenirs, local crafts, trekking gear, and more. Take time to wander through the vibrant shops, bargain for unique items, and enjoy the lively atmosphere of the city.

As an option (not included in the offer) you can go to a special massage center for a Trekkers/Ayurvedic body massage session. This treatment is designed to rejuvenate your muscles, relieve tension, and restore energy after days of trekking in the Himalayas. It's a perfect way to relax and pamper yourself, giving your body the recovery it needs.

In the evening, you'll enjoy a farewell dinner at an authentic Nepali restaurant, Paleti Bhanchhaghar, where you can savor traditional Nepali dishes while reflecting on your journey. The dinner will be a memorable cultural experience, and you'll also receive an appreciation certificate from Asia Buddhist Tours & Treks for completing the trek. This day is about relaxing, shopping, and celebrating your trekking achievements in the heart of Kathmandu.

26th Oct, 2025

Day 14: Free Day & Relaxation in Kathmandu

Today is a full day to relax and enjoy Kathmandu at your own pace. After a leisurely breakfast, you have free time to explore local shops in Thamel for any last-minute souvenirs, or simply relax at a café, reflecting on your trek and soaking in the atmosphere of the city. You can also take it easy and rest, giving your body time to recover fully. In the evening, enjoy a calm dinner, celebrating your adventure and preparing for your departure the following day.

27th Oct, 2025

Day 15: Final Departure

After breakfast, you'll have some free time to pack and reflect on your incredible journey. When it's time, you'll be transferred to Tribhuvan International Airport for your departure. As you head home, the memories of your trek and experiences in Nepal will stay with you. Safe travels and we hope you carry a piece of Nepal in your heart.

Cost Includes

- ❖ Free international Airport pick-up and drop-off (Airport-Hotel-Airport) by private vehicle
- ❖ 6-night deluxe hotel room in Kathmandu on a twin or double sharing basis with a bed & breakfast plan.
- ❖ Accommodation in tea houses/lodges on a twin/double sharing basis during the trek in the mountains
- ❖ Meals on a full board basis (breakfast, lunch, and dinner/main course), plus two cups of tea/coffee per day during the mountain trek.
- ❖ Private bus transportation from Kathmandu to Shyaphru Besi and from Shyaphru Besi back to Kathmandu.
- ❖ Guided Sightseeing tour of UNESCO heritage sites of Kathmandu valley as per the itinerary
- ❖ One Experienced, government-licensed, English-speaking trekking guide/Sherpa from Asia Buddhist Tours & Treks
- ❖ One assistant guide for groups of 10 or more trekkers
- ❖ Porter assistance for carrying luggage, with two trekkers sharing one porter (max weight limit for a porter: 20kg; 10kg per trekker)
- ❖ All necessary permits Langtang National Park ticket and TIMS card (Trekking Information Management)
- ❖ An oximeter to measure oxygen and pulse levels during the trek, useful for monitoring high altitude sickness
- ❖ Comprehensive first aid kit (carried by the guide throughout the trek)
- ❖ Arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- ❖ Secure storage for non-essential items in Kathmandu during the mountain trek.
- ❖ Asia Buddhist Tours & Treks appreciation certificate upon successful completion of the trek.
- ❖ Farewell Dinner
- ❖ All government, local taxes/VAT, and official expenses.

Cost Not Includes

- ❖ International flight costs
- ❖ Nepal entry visa fees (\$30 for 15 Days & \$50 for 30 Days for a tourist visa, obtainable at Kathmandu Airport upon arrival)
- ❖ Meals (Breakfast, Lunch & Dinner) in Kathmandu.
- ❖ Personal clothing and trekking equipment & gears.
- ❖ Travel insurance (must cover emergency rescue evacuation from high altitudes up to 6000 m)
- ❖ Personal expenses such as single supplementary rooms, additional meals, mineral water, laundry, telephone calls, shopping, extra porters, and beverages including tea, coffee, cold drinks, juice, alcohol, etc.
- ❖ Additional expenses such as Hot drinking water, Hot bucket shower, mobile & battery charging, WIFI, etc. during the trek.
- ❖ Additional costs caused by circumstances beyond management control, such as landslides, weather conditions, itinerary modifications due to safety concerns, illness, changes in government policies, and strikes.
- ❖ Additional cost for rescue & evacuation process.
- ❖ Tipping and Gratitude to the guides and staff (Recommended by Nepali culture)
- ❖ Any other expenses not mentioned in the above selected package.

Cost Details

Price: US \$1650 per person