



# Langtang Region

## Trek Guide

Big mountains, one day from Kathmandu

Five routes compared by duration, altitude, difficulty and season, with no domestic flight between you and the trail.



## What is inside this guide

Fifteen sections, from choosing a route to packing for it

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Every route in this guide is one we run ourselves. Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on [himalayaguidenepal.com](http://himalayaguidenepal.com).



## Introduction to Langtang region treks

Where it is, what makes it special, and who it suits

Langtang starts about 61 km north of Kathmandu, closer to the capital than any other major trekking region in Nepal. The routes run through Langtang National Park, from bamboo and rhododendron forest up to a glacier valley walled in by Langtang Lirung (7,234 m), with Tibet just over the ridge to the north.

### What makes Langtang region special

- No domestic flight. The trailhead at Syabrubesi is a 6 to 7 hour drive, and the Helambu and Gosaikunda routes finish on the edge of Kathmandu itself.
- Tamang culture with strong Tibetan roots: stone villages, mani walls, and monasteries at Kyanjin Gumpa and Gatlang.
- Gosaikunda, a glacial lake sacred to both Hindus and Buddhists, and the viewpoints of Kyanjin Ri (4,773 m) and Tserko Ri (5,033 m).
- Forest wildlife that the Khumbu cannot match, including red panda, Himalayan tahr and more than 250 bird species in the national park.

### Who can trek in Langtang Region

Langtang is the natural first Himalayan trek. The Langtang Valley and Tamang Heritage routes suit fit beginners and families, while Gosaikunda and Ganja La give experienced trekkers a real high-altitude challenge. It is also the right answer for anyone with a short window or a fear of the Lukla flight.

### Getting to Langtang Region

Most routes start at Syabrubesi (1,503 m) after a 6 to 7 hour drive on a road that is paved in sections and rough in others. The Helambu Circuit starts at Sundarijal, 30 minutes from Thamel. We use private jeeps for groups and can arrange a public bus for budget trips.

#### A note on altitude

Only the Tamang Heritage and Helambu routes stay below 4,000 m. The Langtang Valley viewpoints and Gosaikunda take you well above it, and the first long climb comes on day four, when you gain about 1,000 m from Lama Hotel to Langtang village. Section 10 explains how to read an altitude profile.



## All Langtang treks at a glance

Five routes, side by side

Use this table to shortlist two routes, then read the detailed profiles that follow. Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on [himalayaguidenepal.com](http://himalayaguidenepal.com).

| Trek                        | Days | Highest point           | Difficulty  |
|-----------------------------|------|-------------------------|-------------|
| Helambu Circuit Trek        | 7    | Tharepati about 3,640 m | Moderate    |
| Langtang Valley Trek        | 9    | Kyanjin Ri 4,773 m      | Moderate    |
| Tamang Heritage Trek        | 10   | Nagthali 3,165 m        | Easy        |
| Langtang Ganja La Pass Trek | 12   | Ganja La 5,130 m        | Challenging |
| Langtang Gosaikunda Trek    | 14   | Laurebina La 4,610 m    | Strenuous   |

### How to read the difficulty column

One grading key runs through every Himalaya Guide Nepal region guide. **Easy**: tops out below 3,500 m. **Moderate**: up to about 4,800 m with no pass above 4,500 m. **Strenuous**: a pass above 4,500 m or time above 5,000 m. **Challenging**: two or more high passes, a trekking peak, or remote camping. Section "Difficulty and altitude guide" explains each grade.

Tserko Ri (5,033 m) is an optional extra from Kyanjin Gumpa on the Valley and Gosaikunda routes. The table shows the highest point on the standard itinerary.



# Langtang Valley Trek

The valley of glaciers, and the best first trek in Nepal

From Syabrubesi the trail follows the Langtang Khola through forest to Lama Hotel, climbs past the rebuilt Langtang village, and opens out at Kyanjin Gumpa beneath Langtang Lirung. You spend a full day there climbing Kyanjin Ri, or Tserko Ri if you are feeling strong, before walking back down the same valley.

## DURATION

9 days

## OPTIONAL SUMMIT

Tserko Ri 5,033 m

## BEST SEASON

Oct – Nov, Mar – May

## HIGHEST POINT

Kyanjin Ri 4,773 m

## DIFFICULTY

Moderate

## START AND FINISH

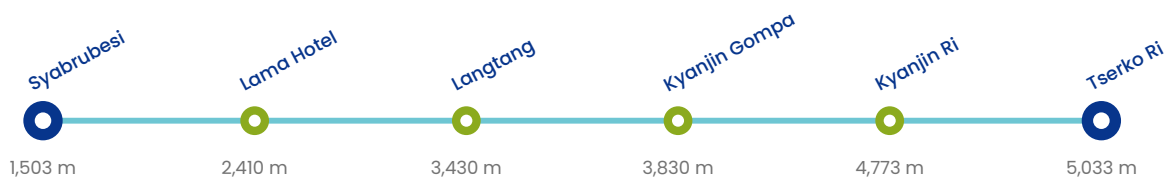
Kathmandu, by road

## Day by day Langtang Valley Trek Breakdown

| Day | Route                                       | Sleep at | Walking         |
|-----|---------------------------------------------|----------|-----------------|
| 1   | Arrive Kathmandu                            | 1,350 m  | –               |
| 2   | Drive to Syabrubesi                         | 1,503 m  | 6 – 7 hrs drive |
| 3   | Syabrubesi to Lama Hotel                    | 2,410 m  | 5 – 6 hrs       |
| 4   | Lama Hotel to Langtang village              | 3,430 m  | 5 – 6 hrs       |
| 5   | Langtang village to Kyanjin Gumpa           | 3,830 m  | 3 – 4 hrs       |
| 6   | Kyanjin Ri (4,773 m) or Tserko Ri (5,033 m) | 3,830 m  | 4 – 7 hrs       |
| 7   | Kyanjin Gumpa to Lama Hotel                 | 2,410 m  | 5 – 6 hrs       |
| 8   | Lama Hotel to Syabrubesi                    | 1,503 m  | 4 – 5 hrs       |
| 9   | Drive to Kathmandu                          | 1,350 m  | 6 – 7 hrs drive |



## Altitude profile of Langtang Valley Trek



Day four is the hardest stage: about 1,000 m of gain on a steep, rocky trail.



## Main attractions During Langtang Valley Trek

- Kyanjin Gumpa, a monastery rebuilt after 2015, and the yak cheese factory beside it that has run since Swiss-assisted beginnings in the 1970s.
- Kyanjin Ri, a 4 to 5 hour round trip with Langtang Lirung, Kimshung (6,781 m) and Langshisha Ri (6,370 m) in view.
- Tserko Ri, the highest standard viewpoint in the region, for an earlier start and 2 to 3 more hours.



# Langtang Gosaikunda Trek

The valley, the sacred lakes, and a walk back into Kathmandu

This route covers the full Langtang Valley, then turns south at Thulo Syabru instead of retracing to the trailhead. It climbs through Sing Gompa to the Gosaikunda lakes, crosses Laurebina La, and walks through Helambu and Shivapuri National Park to Sundarijal on the edge of Kathmandu. No other major trek in Nepal ends that way.

## DURATION

14 days

## SACRED LAKE

Gosaikunda 4,380 m

## BEST SEASON

Oct – Nov, Mar – May

## HIGHEST POINT

Laurebina La 4,610 m

## DIFFICULTY

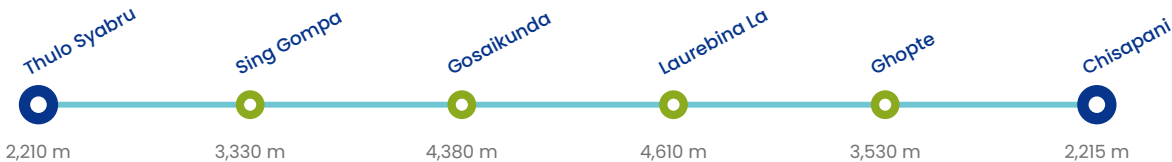
Strenuous

## FINISH

Sundarijal, 30 min from Thamel



## The Gosaikunda section



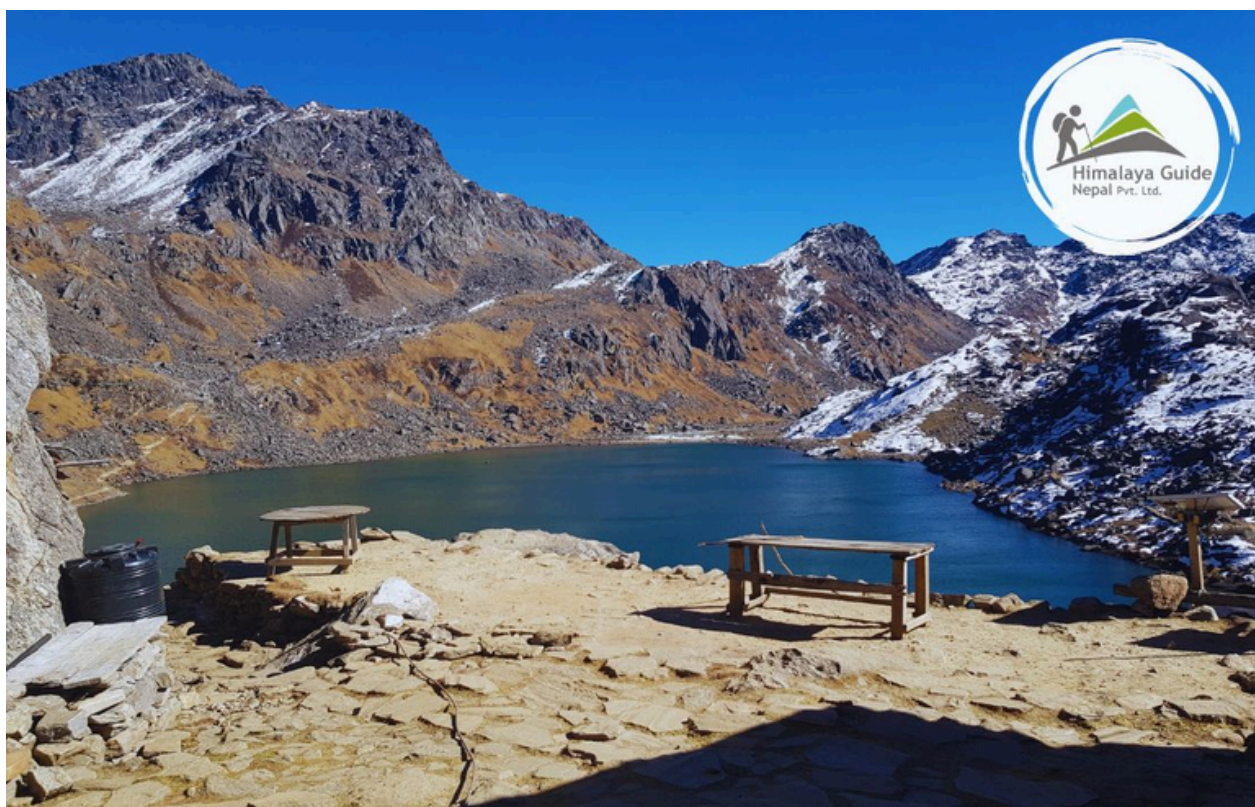
## Gosaikunda in August

During the Janai Purnima festival in August, tens of thousands of pilgrims walk up from Kathmandu to bathe in the lake. It is an extraordinary sight, but the trail is wet and crowded. Out of season the lake is almost silent.



## Day by day of Langtang Gosaikunda Trek

| Day   | Route                                                              | Sleep at | Walking   |
|-------|--------------------------------------------------------------------|----------|-----------|
| 1 – 6 | Kathmandu to Kyanjin Gumpa and exploration day, as the Valley Trek | 3,830 m  | –         |
| 7     | Kyanjin Gumpa to Lama Hotel                                        | 2,410 m  | 6 – 7 hrs |
| 8     | Lama Hotel to Thulo Syabru                                         | 2,210 m  | 6 – 7 hrs |
| 9     | Thulo Syabru to Sing Gumpa                                         | 3,330 m  | 5 – 6 hrs |
| 10    | Sing Gumpa to Gosaikunda via Lauribinayak                          | 4,380 m  | 5 – 6 hrs |
| 11    | Gosaikunda over Laurebina La (4,610 m) to Ghopte                   | 3,530 m  | 7 – 8 hrs |
| 12    | Ghopte to Kutumsang via Tharepati                                  | 2,470 m  | 6 – 7 hrs |
| 13    | Kutumsang to Chisapani                                             | 2,215 m  | 6 – 7 hrs |
| 14    | Chisapani to Sundarijal, drive to Kathmandu                        | 1,350 m  | 3 – 4 hrs |



## Culture and short treks

Tamang villages and the Helambu hills

Two routes that trade altitude for village life. Both suit beginners, families and anyone with a week, and both can be walked outside the main seasons.

### Tamang Heritage Trek

Opened in 2004 as a community tourism route, it winds west from Syabrubesi through Gatlang, the Tatopani hot springs and Nagthali viewpoint, to the Rasuwagadhi fort ruins on the Tibetan border and the homestay village of Briddim. Families still rebuilding after 2015 host you, and dinner is cooked over a wood fire by the person who owns the house.

**DURATION**  
10 days

**DIFFICULTY**  
Easy

**HIGHEST POINT**  
Nagthali 3,165 m

**BEST FOR**  
Culture, families, homestays



### Helambu Circuit Trek

Starts at Sundarijal on the rim of the Kathmandu Valley and loops through Chisapani, Kutumsang and Tharepati to the Hyolmo villages of Tarkeghyang and Melamchi Ghyang. Helambu is a Buddhist pilgrimage area linked to Padmasambhava, known for its apples, its monasteries, and a ridgeline with views from Langtang to Gaurishankar.

**DURATION**  
7 days

**DIFFICULTY**  
Moderate

**HIGHEST POINT**  
about 3,640 m

**BEST FOR**  
No long drive, short timelines

#### Why these two work in winter

Both stay mostly below 3,500 m, so December to February brings clear, cold mornings rather than closed trails. Expect frost at Tharepati and on the Nagthali ridge.



## Langtang Ganja La Pass Trek

The hardest route in the region, over a pass most people never hear of

Ganja La follows the Langtang Valley to Kyanjin Gumpa, then crosses the icy Ganja La pass (5,130 m) south into Helambu, finishing through Tarkeghyang. There are no lodges on the crossing, so the route includes three nights of camping with a full crew.

### DURATION

**12 days**

### DIFFICULTY

**Challenging**

### BEST SEASON

**Oct – Nov, Apr – May**

### HIGHEST POINT

**Ganja La 5,130 m**

### ACCOMMODATION

**Teahouses plus 3 nights camping**

### PRIOR EXPERIENCE

**Required**



The views reach from Langtang Lirung, Dorje Lakpa and Yala Peak to Shishapangma (8,027 m) in Tibet. The final approach to the pass is steep, loose and often snow-covered, and the descent on the far side is long.

### Ganja La is weather-dependent

Snow can close the pass outside the core autumn and spring windows. Our guides make the crossing decision at Kyanjin based on current conditions, and the itinerary can fall back to the Valley Trek if the pass is not safe.



## The valley after 2015

What happened, and what the trail is like now

On 25 April 2015 a 7.8 magnitude earthquake shook Nepal. Above Langtang, an avalanche and landslide came off the mountain and buried the original Langtang village in seconds. Several hundred people died, villagers and trekkers among them.

Survivors rebuilt the village about 100 metres uphill from where the old one lies. One house from the original settlement did not fall, and it still stands below the new village, visible from the trail on the day you walk up from Lama Hotel. Our guides stop there.

## The Langtang Valley Trail today

The route from Syabrubesi to Kyanjin Gompa is fully open and, in many sections, in better shape than before 2015, with replaced bridges and trail rerouted onto safer ground. Kyanjin Gompa has been rebuilt and the cheese factory runs as it did before.

### Where your money goes

Trekkers who sleep in Langtang's teahouses, eat there and buy the yak cheese are part of how the valley recovered. Choose family-run lodges and village homestays, and the money stays in the valley.



## Trek comparison by category

The short answer, depending on what you want most

### BEST FOR FIRST-TIME TREKKERS

#### Langtang Valley Trek

Nine days, a big glacier valley, and a 4,773 m viewpoint without a pass crossing.

### BEST FOR CULTURE

#### Tamang Heritage Trek

Homestays, stone villages and hot springs, topping out at 3,165 m.

### BEST FOR MOUNTAIN VIEWS

#### Tserko Ri from Kyanjin

The highest standard viewpoint in the region, at 5,033 m.

### BEST FOR ADVENTURE

#### Ganja La Pass Trek

A 5,130 m crossing with three nights of camping.

### BEST SHORT TREK

#### Helambu Circuit Trek

Seven days, starting 30 minutes from Thamel.

### BEST COMBINED TREK

#### Langtang Gosaikunda Trek

The valley, the sacred lakes and a walk back to Kathmandu.



### Still undecided?

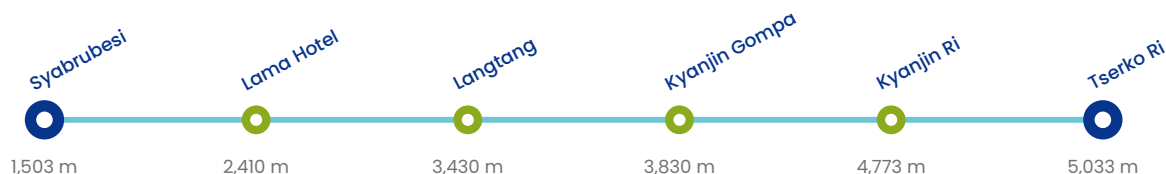
Section 14 turns this into a short decision table based on the days you have.



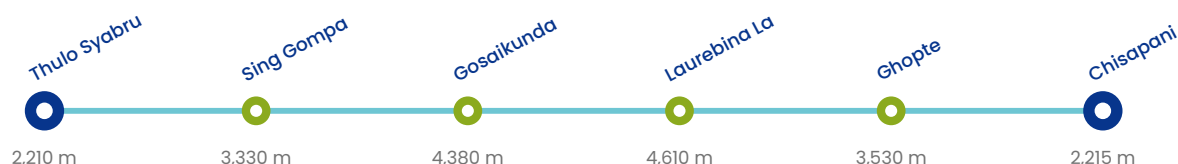
## Langtang region trek routes

The villages, junctions and passes you will hear named

### Langtang Valley, Syabrubesi to Tserko Ri



### Gosaikunda and Helambu



### Major junctions and places During Langtang Region Trek

| Place            | Altitude | Why it matters                                                                 |
|------------------|----------|--------------------------------------------------------------------------------|
| Syabrubesi       | 1,503 m  | Trailhead for the Valley, Gosaikunda, Ganja La and Tamang Heritage routes      |
| Langtang village | 3,430 m  | Rebuilt after 2015, and the end of the hardest day on the valley route         |
| Kyanjin Gompa    | 3,830 m  | Monastery, cheese factory, and base for Kyanjin Ri and Tserko Ri               |
| Thulo Syabru     | 2,210 m  | Where the Gosaikunda route leaves the valley trail                             |
| Laurebina La     | 4,610 m  | The pass between Gosaikunda and Helambu                                        |
| Gatlang          | 2,238 m  | Best-preserved Tamang village on the Heritage trail, and a link to Ruby Valley |
| Sundarijal       | 1,350 m  | Start of Helambu and finish of Gosaikunda, on the Kathmandu Valley rim         |

Altitudes are the figures in common use on the trail and vary a little between sources and signboards.



## Difficulty and altitude guide During Langtang Trek

What the grades actually mean on the ground

| Grade       | Daily walking | Top altitude                                       | What it feels like                                                 |
|-------------|---------------|----------------------------------------------------|--------------------------------------------------------------------|
| Easy        | 4 – 6 hours   | Below 3,500 m                                      | Good trail, village nights, no acclimatisation days needed         |
| Moderate    | 5 – 7 hours   | 3,500 – 4,800 m, no high pass                      | Long days, thin air at the top, one acclimatisation stop           |
| Strenuous   | 5 – 8 hours   | A pass above 4,500 m or time above 5,000 m         | Cold nights, pre-dawn starts, one or two very long days            |
| Challenging | 6 – 9 hours   | Two or more high passes, a peak, or remote camping | Snow underfoot, basic facilities, prior altitude experience needed |

### Daily walking expectations During Langtang Region Trek

Most Langtang days are 5 to 7 hours. The valley route climbs steadily rather than steeply, apart from day four. The Gosaikunda crossing day is 7 to 8 hours, and Ganja La is longer again.

### Why the exploration day at Kyanjin matters

The day at Kyanjin Gompas is your acclimatisation day. Climbing Kyanjin Ri and sleeping back at 3,830 m follows the climb high, sleep low rule, and it is what makes Tserko Ri or the Gosaikunda crossing safe later.

### Altitude considerations During Langtang Region Trek

- Above 3,000m, keep sleeping – altitude gains to roughly 300 to 500 m per night.
- Plan a full acclimatisation day for about every 1,000 m of altitude gained.
- Drink far more than feels necessary, three to four litres a day.
- Mild headache, poor appetite and broken sleep are common. A worsening headache, breathlessness at rest, confusion or loss of balance are not, and mean descending straight away.
- Talk to a travel doctor about altitude medication before you leave home, and tell your guide about any medication you carry.

#### Descent is the treatment

No drug, oxygen bottle or rest day replaces going down. Every itinerary we run has descent options identified in advance, and every guide carries a first aid kit and a way to call for help. Helicopter evacuation depends on weather, which is why travel insurance covering evacuation to the maximum altitude of your trek is a condition of joining any trip in this guide.



## Best time for Langtang treks

Choosing your season, and what each one costs you

| Season                      | Advantages                                                           | Disadvantages                                                                        |
|-----------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Autumn</b><br>Oct – Nov  | Clear skies, stable weather, every lodge open                        | Busiest months, though still far quieter than Everest or Annapurna                   |
| <b>Spring</b><br>Mar – May  | Rhododendron forest in flower, warmer nights, long days              | Haze builds in May, and Ganja La can still hold heavy snow in March                  |
| <b>Winter</b><br>Dec – Feb  | Very quiet, clear mornings, Tamang Heritage and Helambu are pleasant | Rooms above 3,000 m are well below freezing, Gosaikunda and Ganja La often snowbound |
| <b>Monsoon</b><br>Jun – Sep | Green valleys and the Janai Purnima festival at Gosaikunda           | Landslides on the Syabrubesi road, leeches, and cloud over the peaks                 |



### Sleeping bag rating

Bring a bag rated to minus 10 Celsius for spring and autumn, and minus 15 for winter. Teahouse rooms are never heated.



## Permits and preparation

Paperwork, logistics and getting your body ready

### Permits During Langtang Trek

- Langtang National Park entry permit, required on every route in this guide.
- TIMS card, checked at Dhunche and other checkpoints.

Fees are revised periodically. We arrange every permit before you leave Kathmandu and confirm current fees in writing when you book. Checkpoints inspect originals, not phone photos, so carry them in a waterproof pouch.

#### Licensed guide rule

Since April 2023, foreign trekkers in Nepal's national parks and conservation areas must walk with a licensed guide arranged through a registered agency. Restricted areas have always required one. We provide licensed guides for solo travellers and groups of every size, and we confirm the current rules in writing when you book.

### Money and connectivity Info For Trek to Langtang Region

Plan on no card payments and no reliable ATM once you leave Kathmandu. Budget roughly NPR 3,000 to 5,000 a day above your package for hot showers, charging, snacks and drinks. Mobile signal reaches most villages up to Kyanjin, but is patchy on Gosaikunda and Ganja La.

### Accommodation During Langtang Region Trek

Family-run tea houses on the Valley, Gosaikunda and Helambu routes, homestays on the Tamang Heritage Trek, and three nights of camping on Ganja La.

### Travel insurance For Langtang Trek

Your policy must cover trekking to the maximum altitude of your itinerary and must include helicopter evacuation and repatriation. Many standard travel policies stop at 3,000 or 4,000 m. Read the altitude clause, not the summary.

### Physical preparation During Langtang Trek

- Start eight to twelve weeks out. Consistency beats intensity.
- Uphill walking with a loaded pack is the most useful training there is. Flat cardio alone does not prepare you for the stairs.
- Add two or three cardio sessions a week, and one long walk of four hours or more at the weekend.
- Break your boots in properly. Blisters end more treks than altitude does.
- If you have a heart, lung or blood pressure condition, get medical clearance before booking.



## Packing essentials For Langtang Trek

Tick as you pack. Aim for 10 to 12kg the porter bag

| CLOTHING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FOOTWEAR AND GEAR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | HEALTH AND EXTRAS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Base layers, 2 sets<br><input type="checkbox"/> Fleece or midlayer<br><input type="checkbox"/> Down jacket<br><input type="checkbox"/> Waterproof shell jacket<br><input type="checkbox"/> Waterproof trousers<br><input type="checkbox"/> Trekking trousers, 2<br><input type="checkbox"/> Trekking shirts, 3<br><input type="checkbox"/> Warm hat and sun hat<br><br><input type="checkbox"/> Buff or neck gaiter<br><input type="checkbox"/> Liner and insulated gloves<br><input type="checkbox"/> Underwear and sports bras<br><br><input type="checkbox"/> Trekking socks, 4 pairs | <input type="checkbox"/> Broken-in trekking boots<br><input type="checkbox"/> Camp shoes or sandals<br><input type="checkbox"/> Gaiters, for pass routes<br><input type="checkbox"/> Trekking poles<br><input type="checkbox"/> Daypack, 30 to 35 L<br><input type="checkbox"/> Duffel bag for the porter<br><input type="checkbox"/> Dry bags or pack liner<br><input type="checkbox"/> Sleeping bag (see rating below)<br><input type="checkbox"/> Sleeping bag liner<br><input type="checkbox"/> Headtorch and spare batteries<br><input type="checkbox"/> Microspikes or crampons, pass routes only | <input type="checkbox"/> Sunscreen, factor 50<br><input type="checkbox"/> SPF lip balm<br><input type="checkbox"/> Category 4 sunglasses<br><input type="checkbox"/> Personal medication<br><input type="checkbox"/> Blister kit and tape<br><input type="checkbox"/> Rehydration salts<br><input type="checkbox"/> Water bottles, 2 to 3 L<br><input type="checkbox"/> Purification tablets or filter<br><br><input type="checkbox"/> Quick-dry towel<br><input type="checkbox"/> Wet wipes and hand sanitiser<br><input type="checkbox"/> Power bank, 20,000 mAh<br><br><input type="checkbox"/> Universal adapter<br><input type="checkbox"/> Passport, permits, insurance<br><input type="checkbox"/> Cash in Nepali rupees |

### Langtang-specific additions

Leech socks or salt if you trek in late spring or early autumn, a swimsuit for the Tatopani hot springs, and a little spare space for Kyanjin yak cheese.



## Quick trek selection guide

Start with the days you have, not the trek you have heard of

Have a week?

**Helambu Circuit Trek, 7 days**

Have 9 or 10 days?

**Langtang Valley Trek or Tamang Heritage Trek**

Want culture over altitude?

**Tamang Heritage Trek, 10 days**

Want the sacred lakes?

**Langtang Gosaikunda Trek, 14 days**

Want a real pass crossing?

**Langtang Ganja La Pass Trek, 12 days**

Want to add Ruby Valley?

**Tamang Heritage plus Ruby Valley, see our Ruby Valley guide**



### Two questions that settle most of it

How many days do you have? Our durations include arrival and departure days in Kathmandu. Leave one spare day for road delays in the monsoon shoulder weeks.

Have you been above 4,000 m before? If not, start with the Langtang Valley. Save Ganja La for a second trip, once you know how your body handles altitude.



## Final Langtang region trek list

One page. Print it, or keep it on your phone

| Trek                | Days | Highest point | Difficulty  | Best season          | Main highlight                 |
|---------------------|------|---------------|-------------|----------------------|--------------------------------|
| Helambu Circuit     | 7    | 3,640 m       | Moderate    | All but monsoon      | Hyolmo villages, no long drive |
| Langtang Valley     | 9    | 4,773 m       | Moderate    | Autumn, spring       | Kyanjin Gumpa and Kyanjin Ri   |
| Tamang Heritage     | 10   | 3,165 m       | Easy        | All but monsoon      | Homestays and hot springs      |
| Ganja La Pass       | 12   | 5,130 m       | Challenging | Oct – Nov, Apr – May | A 5,130 m camping crossing     |
| Langtang Gosaikunda | 14   | 4,610 m       | Strenuous   | Autumn, spring       | Sacred lakes and Laurebina La  |



### Ready to pick one?

Send us your dates and the two routes you are weighing up, and we will come back with a day-by-day itinerary, a firm price and the current permit position. WhatsApp +977 9851193013 or [info@himalayaguidenepal.com](mailto:info@himalayaguidenepal.com). We would rather talk you onto the right trek than sell you the famous one.

Altitudes, durations and seasons reflect our standard itineraries and commonly published figures, which vary a little between maps and signboards. Conditions on the ground, permit fees and regulations change. Confirm current details with us before you travel.





# Plan your trek with people who live here

Himalaya Guide Nepal is a Nepali-owned trekking company based in Kathmandu, running guided treks and peak climbs across Everest, Annapurna, Manaslu, Langtang, Ruby Valley and Nepal's restricted areas. This guide covers the Annapurna region. Every itinerary in this guide can be adjusted to your dates, pace and budget.

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