

# LANGTANG VALLEY TREKKING : GENTLE TREK FOR WOMEN

## GENERAL DETAILS

Category:	Treks for Women
Sub Category:	Langtang Region
Region:	Langtang
Duration:	12 days
Accommodation:	Hotel / Tea House
Altitude:	3870 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Moderate
Activity:	Trekking
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	65 km / 40 miles
Transportation:	Private vehicle

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## GROUP DISCOUNTS

2 - 4 pax	: \$ 998.99
6 - 12 pax	: \$ 749.00
14 - 24 pax	: \$ 699.00

\* The above price resembles price per person.

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## TRIP OVERVIEW

**Langtang Valley Trekking** is a moderate adventure trek with a slight touch of high Altitude region of Nepal. **Langtang Valley**, is located north of Kathmandu city, and it is the nearest

Himalayan range from Kathmandu Valley. On a clear day, **views of Langtang Himal** peaks can be seen from Kathmandu also. It is a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow female explorers, and it's an ideal choice for a **female only trekking guide agency in Nepal** to accompany you on your journey.

The Langtang Valley Trekking involves an exciting drive heading north to the cool hills of Rasuwa district. The trek begins from Syabrubesi, leading trekkers uphill through farmland and traditional rural villages. Next, enter a river gorge covered in dense trees of tall rhododendrons and pine trees with some bamboo thickets.

The walk progresses with a slow climb, then entering a wide scenic valley of Langtang at Kyanjin Gumpa. Kyanjin Gumpa is the highest point for overnight stops. The Langtang Valley is enclosed by Langtang Himal, and arrays of snow peaks.

Kyanjin Gumpa is a perfect place to enjoy the extra day to explore its scenic viewpoints for the best mountain panorama. **Tserko-Ri**, at 5,033 m and Kyanjin-Ri 4,773 m, offers spectacular panoramic views of surrounding giant peaks.

You can witness the views of all of **Langtang Himal range** from Langtang-Ri, Langtang Lirung, and **Yala Peak** as far as Jugal Himal. The views also includes Dorje Lakpa and Naya Kanga with Shisapangma in Tibet, which forms the boundary between Nepal and Tibet / China. You can also explore the local lifestyle of women and learn about their efforts toward **women's empowerment**. At Kyanjin Gumpa visit the small cheese processing factory made from a Yak milk and its impressive monastery. The **female trekking guides** can help you explore this cultural and natural beauty, ensuring you have the best possible experience on your journey.

After enjoying a blissful time amidst a spectacular scenic location in the heart of Langtang Valley, we then return back to the **Syabrubesi** following the same route that we used to go up. Return journey is mostly downhill and back into tree lines to reach Syabrubesi for an interesting drive to Kathmandu.

After enjoying unforgettable moments and incredible experiences on the **Langtang Valley Trek**, you will appreciate the excellent service provided by **Women Adventures**, a female-owned trekking company, and its skilled **female trekking guides**.

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## ITINERARY

### **Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.**

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you, and you can then join other members of the Langtang Valley Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

### **Day 2: In Kathmandu with sightseeing tour and trek preparations.**

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

### **Day 3: Drive to Syabrubesi 1,470 m via Dhunche Town 1,900 m-06 hours.**

We have our early breakfast and after an early breakfast get ready by approx. 7 a.m. for a long and interesting drive to Syabrubesi village. It takes more than six hours to reach Syabrubesi depending upon the vehicles and road conditions. You can travel either in a car, coach, or a spacious and comfortable bus, as well as in a jeep or similar four-wheel drive vehicle. The drive heads past Kathmandu Valley on winding uphill road to reach Trisuli Bazaar. It is a large town of Nuwakott district, where we will stop for lunch. In the afternoon, the drive will take you into Rasuwa district, entering at Bhetrawati village. The drive continues heading uphill past Manibhanyang and Ramche towns and villages to reach cooler high hills at Dhunche. Dunche is the headquarters of Rasuwa district and Langtang Himal region, as well as the entry

points of Langtang National Park. From Dhunche, the drive is on serpentine downhill to Syabrubesi village for an overnight halt. We then check into a nice local lodge, having time to browse the cultures and activities of the native Tamang tribe. It takes about 6 - 7 hours to reach Syabrubesi covering a distance of approx. 140 kilometers/87 miles. (Depending upon, either in regular local bus, private coach, cars or four-wheels drives).

#### **Day 4: Trek to Lama Hotel 2,455 m - 06 hrs.**

From Syabrubesi, we begin our first day of the adventure, after a nice simple breakfast. In the beginning, the path heads towards a bridge. We then cross over the Bhote Koshi River which later it joins the Trisuli River. The term "Bhote" is used in Nepal to refer to Tibetans. The river originates in the mountains of Tibet and flows across the border into Nepal. After crossing the bridge our walk starts uphill, past a few terraced farmland and hamlets to reach Riverside. A small settlement with few simple Tea Houses and shops, a possible stop for refreshments or lunch. Our afternoon walks take us on winding ups into dense forested trail of rhododendrons, oaks, and pines with bamboo thickets.

The forested trail is an ideal habitat for some wildlife, like the rare endangered and elusive Red Pandas which is often seen around. After hours of good walk, we then reach to an open wide area, at Lama Hotel, a small settlement with several lodges. It is situated amidst the beautiful forest surroundings close to Langtang Khola/stream. Our female guides and porters are always with you to support you, making your travels easier and more comfortable. They offer a familiar presence, allowing you to share your thoughts and challenges openly, making the journey feel safe and empowering. Overnight at Hotel.

#### **Day 5: Trek to Langtang Village 3,425 m or Mundu 3,450 m- 06 hrs.**

After a pleasant overnight with the sound of a river flow, enjoy breakfast before starting the second-day treks. Today's walk is quite a long distance to cover for overnight in Langtang Village. Morning walks follows on gentle uphill through dense tree lines and vegetation to reach Ghode Tablela. It is a lovely small place in the middle of woods with few Tea Shops serving as lodge and restaurants. It is a good and only place for lunch stop before Langtang Village. Ghode Tablela means a stable or place for a horse, where the local use to ride and raised horses. The Tibetan pony, a small, sure-footed breed, is commonly used for riding and transporting goods.

After lunch, we continue our good walk of few hours crossing few smaller streams to enter at the end of river gorge. We then reach Langtang Village, the old village was completely been destroyed by the 2015 huge earthquakes. A memorial has been built to honor the local natives and trekkers who lost their lives in avalanches caused by earthquakes. At present, since the past few years the life is returning slowly back to normal. On arrival, we check into a nice fine simple lodge, after a good trek of the day from Lama Hotel.

### **Day 6: Trek to Kyanjin Gompa 3,870 m- 04 hrs.**

Today, an exciting and shortest day walk of the adventures to Kyanjin Gompa from Langtang Village. After breakfast, we head toward the end of Langtang and Mundu villages with short steep climbs to reach a plateau. To enter the scenic Langtang Valley, the walk leads on the gentle path, as tree lines drop for short alpine bushes. As walk continues for few hours we then reach a nice and lovely large settlement at Kyanjin Gompa.

Kyanjin Gompa is located in the heart of beautiful Langtang Valley surrounded by series of giant snow peaks as well as close views of Ice fall and glaciers of Langtang Lirung Himal. On arrival we check into one of its fine well-built lodges for lunch and two overnight stays. In the afternoon you can enjoy exploring the Kyanjin Gompa settlement and its small monastery of great religious and cultural interest.

### **Day 7: Rest day at leisure option for scenic hike to viewpoints.**

We enjoy a free day at Kyanjin Gompa, a perfect place for leisure activities and short or long hiking. You can explore the stunning viewpoints for superb panorama of the surrounding snow peaks, the closest and short climb is to Kyanjin-Ri. Once you reach at 4,773 m / 15,660 feet, it will rewards stupendous panorama of the surrounding towering peaks facing Langtang Himal range, and as far as Jugal Himal with Dorje Lakpa with peaks across the border of Tibet.

If you are energetic and want to enjoy the long day hike then carry packed lunch to reach and climb on top Tserko-Ri which is at 5,033 m/16,512 feet high, a vantage viewpoint to capture all of the Central Himalayan Mountain range. Celebrate the achievement of reaching a high altitude on the Langtang Valley Trek at Tserko Ri, sharing the joy with your female friends, guide, and porter. The mountain that surrounds the scenic Langtang Valley is awesome to observe. As well as it will be a great experience, to stand on top of the highest ridge of Langtang Valley. You can also explore the local lifestyle of women and learn about their efforts toward empowerment.

### **Day 8: Trek downhill to Lama Hotel-06 hrs.**

After an enjoyable and delightful time at Kyanjin Gumpa and around scenic Langtang Valley, get ready for the long downhill walk to Lama Hotel, the trail follows to Mundu and Langtang villages. Then back into dense tree lines past Ghode Tablela with few short climb and more down to Lama Hotel.

Today will be the last overnight around the high areas of Langtang Himal, before ending the trek at Syabrubesi.

### **Day 9: Trek to Syabrubesi on the road-head- 05 hrs.**

We have our breakfast and then we retrace the journey back to Syabrubesi, and enjoy the last day walk of the adventure. A pleasant walk downhill to River Side, and then with more descend to the bridge brings you near to the Syabrubesi. After crossing the river on pleasant trail and a few minutes walk bring you back to the Syabrubesi for last overnight stops around Rasuwa and Langtang Himal region.

### **Day 10: Drive to Kathmandu-06 hours.**

You can enjoy the breakfast before boarding in a vehicle to Kathmandu. The drive is a winding uphill climb to Dhunche Town and then on the road to Kathmandu past Trisuli Bazaar. On reaching Kathmandu city areas, then check into the hotel. Spend the rest of the day at leisure with fond memories of Langtang Valley Trekking.

### **Day 11: Free day in Kathmandu for individual activities.**

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

### **Day 12: International departure for homeward bound.**

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the Langtang Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

*\* Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.*

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## INCLUDED SERVICES

- Airport pick up & Drop off with representative.
  - Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
  - All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
  - All meals in the trekking (Breakfast, Lunch & Dinner.)
  - Accommodation in the tea house lodges during the trekking
  - Hot drinks. (Tea & coffee ) 3 times a day.
  - 4 wheel jeep (Kathmandu - Syabrubensi | | Dhunche - Kathmandu)
  - TIMS (Trekking Information Management System)
  - Langtang National Park entry Permit.
  - Down jacket, Down Sleeping bag, and Duffel bag.
  - Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
  - Sightseeing with a certified female tour guide, transportation and entry fees in Kathmandu.
  - All taxes and Services charge.
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## EXCLUDED SERVICES

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
  - Lunch and Dinner in Kathmandu.
  - Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
  - International air-ticket
  - Travel insurance that must include emergency helicopter evacuation
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## FAQS

1. How long is the Langtang Valley trek?

The standard Langtang Valley trek takes approximately 7 to 10 days to complete. It depends on your pace and side treks like Kyanjin Ri or Tserko Ri. The trek starts from Syabrubesi and ends at Kyanjin Gumpa, which is the center of the Langtang Valley.

## **2. Is the Langtang Valley trek difficult?**

The Langtang trek is considered to be of moderate level of difficulty. It requires 4 to 6 hours of walking on a daily basis. The maximum elevation reaches an approximate altitude of 4984 meters at Tserko Ri (optional side trek). The trek does not require any technical skills, which makes it accessible to all types of trekkers, from beginners to experienced.

## **3. Is the Langtang trek worth it?**

No doubt. With stunning majestic mountain views, the valley also offers Tibetan-influenced culture and peaceful trails and is less crowded in comparison to the Everest region and the Annapurna region. It is one of the most rewarding short treks in Nepal, popular for its natural and cultural beauty.

## **4. Is the Langtang Valley trek safe?**

Yes, it is generally safe. The area has been renewed and restructured since the 2015 earthquake. Teahouses are operational, trails are clear, and guided treks are recommended for extra safety. Traveling with a licensed guide greatly increases safety and provides safety and cultural insight.

## **5. What if my question isn't listed?**

No worries! Get more details on equipment list, and for further queries, you can directly talk to our expert at +977 9841290101 or email us at [info@womanadventures.com](mailto:info@womanadventures.com).

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For for information regarding this package, please click on this [link](#). You can also give us a call at +977 9841290101 or email us at [info@womanadventures.com](mailto:info@womanadventures.com) for further information.

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