



EXPERIENCE

Langtang Valley Trek

NEPAL



ITINERARY AND INFORMATION

OVERVIEW

Bordering Tibet, the high and isolated Langtang Valley lies between the main Himalayan range of the north and a slightly lower range of snowy peaks to the south. Due to its close proximity to Tibet, Langtang Valley is one of the best treks to meet the welcoming Tamang people, whose religious practices, language and dress are more similar to those of Tibetans than to the traditions of their cousins in the middle mountains.

Only a half-day drive, Langtang is the closest trekking destination from Kathmandu. The trek is surprisingly quieter than regions of Everest and elsewhere on the Annapurna massif, providing a less-travelled, more intimate trekking experience with an abundance of wildlife, majestic waterfalls, and 360-degree views of the Himalayan mountain range from Annapurna in the West to Makalu in the East.

The captivating Langtang Valley trek follows the river upstream through forest of pine, bamboo, rhododendron and pastures to arrive at the alpine meadows of Kyanjin Gumpa, where exceptional views of soaring, snow-capped peaks and glaciers await the adventurous.

During your trek, you'll enjoy views of the highest summits in the area, including Langtang Lirung (7,246m) along with Gang Chhenpo (6,388m) and Naya Kanga (5,846m) and the breathtaking Dorje Lhakpa (6,966m).

HIGHLIGHTS

Enjoy a culturally rich trek into the home of the Tamang and the Yolmo Sherpa people

Be awe-inspired by the sights of sacred lakes and deep, hidden valleys amidst Himalayan peaks towering to over 7000m

Gain insight into life in remote cultural heritage villages and communities

Explore some of Tibetan Buddhism's most sacred sites up close

Visit the famous cheese factory in Kyanjin Gumpa

Enjoy tea house accommodation with three local Nepalese-style meals daily

All booked with a 4-star hotel stay in Kathmandu at the start and end of your trip

DETAILS

Destination: Nepal

Number of days: 11

Accommodation: Kathmandu Guest House, tea houses

Starting point: Kathmandu

Ending point: Kathmandu

Max elevation: 4984m with option to climb to Tsergo Ri (5,033m)

Total days trekking: 6

Trekking per day: Between 5-8 hours

Season: Sept/Oct

Grade: Moderate to challenging

Meal arrangements: Bed and breakfast in Kathmandu, all meals on trek

Mode of travel: Drive in/drive out in private vehicle





ABOUT

Your trekking adventure begins by walking up the Langtang Valley to Langtang Village (3,500m) inside Langtang National Park, allowing a gentle acclimation to the altitude as well as a chance to see the beautiful forests of flowering rhododendron trees (the natural flower of Nepal) and inviting hot springs the region is famed for up close.

As you trek, you'll pass under fluttering prayer flags hung across the rugged paths, crossing rustic suspension bridges. Highlights include traversing the famous Bote Koshi river, visiting Buddhist monasteries, yak pastures, and a visit to the famous cheese factory. As evening falls, you'll be welcomed into the village's traditional tea houses, where delicious meals prepared by locals with ingredients fresh from their gardens will sate your hunger.

Continuing on, the trek slowly climbs to the upper regions of the valley. Inhabited by yaks and surrounded by ascending peaks, it's an indescribable haven where you'll have ample time to explore and further acclimate whilst enjoying the fabulous views all the way across to the high peaks of Tibet.

One of the major highlights of the trek is climbing to the highest viewpoint, Tserko Ri (5,150m), which offers a breathtaking view of sunrise on the Langtang Range. We'll also explore Langtang glacier the beautiful yak pastureland of Langshisha Kharka.

The trails are shared by locals, mules and a variety of animals. As we follow the trekking trail, you'll pass women and men carrying wood, as well as locals weaving bamboo and cultivating their fields. Along the rivers and streams can be found a vast range of flora and fauna native to the region: oak, fir, pine, maple, hemlock, black bear, rhesus, monkeys, Himalayan tahr, red pandas, pika, musk deer, lophophorus and diverse other species of birds and animals can all be spotted along the trail.

It's a nature lover's paradise, high above the concerns of the everyday world – yours to explore in the hands of your experienced guides.

AT A GLANCE

A compulsory pre-trekking briefing is held on Day 2 of your trip at Kathmandu Guest House. Please see itinerary for further details.

| Day 1:

Arrival date o/n at Kathmandu Guest House

| Day 2:

Sight-seeing in Kathmandu and Preparation Day to begin acclimatisation

| Day 3:

Drive from Kathmandu to Syabrubesi (1,400m)

| Day 4:

Trek from Syabrubesi to Lama Hotel (2,470m)

| Day 5:

Trek from Lama Hotel to Langtang Village (3,430 m)

| Day 6:

Trek from Langtang Village to Kyanjin Gompa (3,870m)

| Day 7:

Kyanjin exploration day – hike to Kyanjin Ri (4,600m) or Tsergo Ri (4,984m)

| Day 8:

Trek back to Lama Hotel

| Day 9:

Trek from Lama Hotel to Syabrubesi (2,280m)

| Day 10:

Drive back to Kathmandu 7-8 hours, o/n at Kathmandu Guest House

| Day 11:

International departure

DAY 01

**Arrival Day in
Kathmandu (1,400m)**

Upon arrival at Tribhuvan International Airport, one of our team will greet you and transfer you to The Kathmandu Guest House in Thamel by private vehicle. As you peer out the window, the bright sunshine will reveal the soaring range of Himalayan peaks to the north. At the hotel, you'll enjoy an easy check-in process, and can let any tiredness from your flight melt away in the comfort of your private room.

Note: Airport pick-ups can be arranged within 3 days prior to the trip departure date. Clients must inform Women Want Adventure at least 4 weeks prior to departure with their flight arrival number and time. Please make your own way to the hotel outside this timeframe.

Included: Airport pick-up and 1-night's accommodation in Kathmandu at Kathmandu Guest House (private room).

DAY 02

**Kathmandu Valley
Sightseeing (1,400m)
and trek Preparation
Day**

Kathmandu is a wonderful mix of the ancient alongside the modern. Crowded, busy streets, cars, motorbikes, and buses thread their way between ancient temples, crumbling shrines and modern offices, as picturesque palaces slowly sag into dereliction and Buddhist stupas gaze over the bustling scene with their all-seeing eyes. Although a crowded, noisy, and polluted city, it is also friendly, fascinating and vibrant.

Today is free time for you to explore and enjoy sight-seeing in your own time. Join up with other women on the trip, or enjoy experiencing these sites individually.

If you're looking to get the most from your time here, we recommend the following:

Pashupatinath – The largest Hindu Temple of Nepal, dedicated to the supreme Hindu God, Shiva, situated on the banks of the Bagmati River. At Pashupatinath, you'll see exceptionally carved statues and idols of Hindu deities, as well as a long row of Shiva-Lingas. This complex of small temples – and the golden hood at the top of the main Temple – are truly fascinating. Moreover, you'll get the opportunity to witness a Hindu death ritual at Pashupati Aryaghat – a unique cultural experience that will linger long in your memory.

Boudhanath – A site that holds huge religious significance among the Tibetan Buddhists of Nepal. A major shrine on the ancient Indo-China trade route, traders and scholars would visit Boudhanath seeking blessings for a safe journey through the high Himalayan passes to Tibet. Even today, saffron-robed monks practice daily circumambulations of Boudhanath, as colourful prayer flags touch the skyline from the dome pinnacle to the base of the large monument. The centre of Tibetan culture in Nepal, Boudhanath is a truly special place.

Durbar Square – Located before the old royal palace of the former Kathmandu Kingdom, the exemplary wooden and stone craftsmanship of this site makes it a prominent attraction. Stone-paved streets and pagoda-style religious monuments displaying different Hindu deities reveal the cultural delights and exquisite craftsmanship of ancient and medieval Nepal at Kathmandu Durbar Square.

Swayambhunath – High atop a hill in the Kathmandu Valley, the ancient religious complex of Swayambhunath is home to a stupa and various temples honouring the 'Self-Created' nature of the valley, over which the painted eyes of the Buddha maintain an eternal watch. As one of the oldest religious sites in Nepal and the second-most sacred site in Tibetan Buddhism after Boudhanath, you'll get to experience an authentic taste of one of the world's greatest, most beautiful faiths here at Swayambhunath.

In the evening, we'll meet as a group at Kathmandu Guest House for our pre-trek briefing with the Guiding Team. The time will be confirmed closer to departure. The briefing will be approximately 45 minutes in duration and will include:

- Opportunity to meet the other women on the trip over a complimentary beverage
- Overview of the Langtang Valley itinerary
- Cross-check of required gear and clothing
- Distribution of duffle bags to place additional items not carried in your daypack
- Distribution and packing of additional items into the duffle bags
- Explanation of what is best to bring and what to leave at the hotel
- Outline of inherent risks of the trip and our emergency procedures
- Explanation of best hygiene practices while trekking
- Forecast weather conditions
- Confirmation of pick-up times for the following morning
- Opportunity to ask questions

Included: Hotel in Kathmandu (private room) with breakfast, complimentary beverage at briefing

DAY 03

Kathmandu to Syabrubesi (1420m), 6.5-8 hours' drive

After an early breakfast we'll drive north in private vehicles from Kathmandu to Syabrubesi, a small village on the banks of the Bhote Kosh river that forms the trek's starting point to Langtang Valley – about 7-8 hours' drive (pending road conditions). Enjoy the scenic drive through Trishuli Valley with rural villages, rivers, and mountains along the way. Parts of the road are unsealed and the condition of the road and time travelling often depends upon the monsoon season. While the group will stop at one of the restaurants on the way for lunch, it's a good idea to pack snacks with you for the drive along with charging your headphones/Kindle. We will reach Syabrubesi (1,420m) around 2 or 3 o'clock, after which we'll take time to explore and settle into our tea house accommodation for the night.

Included: Mountain tea house accommodation (twin share), all meals

DAY 04

Syabrubesi to Lama Hotel (2350m), 5-6 hours' trek

From Syabrubesi we'll begin our trek to Lama Hotel. The trail crosses the Bhote Khola via suspension bridge, before continuing east, chasing the trail upstream along Langtang Khola. The trail starts as a moderate climb and zigzags up the broad valley. On your ascent, you'll see the village of Thulo Syabru clinging to the high valley side. Shortly after this, you'll join the trail leading to and from Thulo Syabru, before entering a deep gorge which marks the start of the Langtang Valley.

From here, you'll begin a steady, 2-hour descent through a bamboo forest to the valley floor where the small village of Bamboo (1,850m) awaits. On the trail, we'll have many opportunities to view well-established villages, as the trek climbs gently up to Rimche (2,400m) on the banks of Langtang Khola. Finally, we ascend through the dense bamboo forest to arrive at Lama Hotel (2,500m). If we're lucky, today we may spot wild species such as red panda, monkeys, and bears, so have your cameras ready!

Included: Mountain teahouse accommodation at Lama Hotel (twin share), all meals

DAY 05

Trek from Lama Hotel to Langtang Valley (3,500m), 5-6 hours' trek

Today is important for acclimatisation. Leaving the tea house after breakfast at Lama Hotel, we'll continue our climb up the Langtang Valley, a pleasant 3-hour walk following the trail through rhododendron and pine forest to reach Ghoda Tabela. After arriving the Lama Hotel, we'll continue for another 3 hours walking the scenic trail that will take us to Langtang Village (3,500m), where we can relax for the evening and enjoy the hospitality of the locals.

Included: Mountain teahouse accommodation (Langtang Village), all meals

DAY 06

Trek from Langtang Valley to Kyanjin Gompa (3,900m), 4-5 hours' trek

After breakfast, we're back on the trail, climbing gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyanjin Gompa – the last destination of our trekking, at an altitude of 3,817m above sea level.

From here you'll take in sublime views of Mt Ganchempo and Mt Langtang Lirung, before visiting the small monastery and government-operated cheese factory. We'll arrive at Kyanjin by lunch time, allowing time to acclimatise and explore the area. It is a dramatic setting, with snow-covered peaks surrounding us in all directions. At this point, we'll also enjoy the panoramic view of Dorje Lhakpa (6,990m), Langtang Ri (6,370m) and Langtang Lirung (7,245m).

Included: Mountain tea house accommodation (twin share), all meals

DAY 07

Explore around Kyanjin Gompa and climb to Tsego Ri (4,984 m), 6-8 hours' trek

Today is rest day, or if you wish, a chance to take a side trip to hike the peaks with a whole day to explore around the natural beauties of Kyanjin Gompa. In the morning, you can climb either Kyanjin Ri (4,600m, 2-3hrs) or Tsego Ri (4,984m, 6-7 hours) – or both, depending on weather and how you're feeling. You may like to split your time between trekking with a visit to the monastery and famous cheese factory.

Included: Mountain tea house accommodation (twin share), all meals

DAY 08

Trek back from Kyanjin Gompa to Ghoda Tabela (3,020m), 4-6 hours' trek

After breakfast, we retrace our route back to Ghoda Tabela. Walking will be pleasant and scenic at a leisurely pace, taking between 4-6 hours to reach our destination, depending on stops and rests along the way. After lunch, we'll continue the steep descent to Lama Hotel.

Included: Mountain tea house accommodation (twin share), all meals

DAY 09

Trek back from Ghoda Tabela to Syabrubesi (1,420m), 5-6 hours' trek

Today we walk down to Syabrubesi via Bamboo through the previous rhododendron forest and along the Bhote Koshi river. Come evening, we'll enjoy the opportunity to explore around the beautiful village of Syabrubesi, nestled amongst the enveloping green hills of Lantang National Park.

Included: Mountain teahouse accommodation (twin share), all meals

DAY 10

Drive back to Kathmandu (1,400m) from Syabrubesi

After breakfast, we drive back to Kathmandu for a well-earned hot shower and beverage. Rest and recharge in the evening, or stroll around the commercial neighbourhood of Thamel for some shopping before we gather to enjoy a farewell dinner together at one of Kathmandu's most highly regarded restaurants.

Included: Hotel in Kathmandu (private room) with breakfast and farewell dinner with drinks

DAY 11

Departure from Kathmandu (1,400m)

this is your last day in Nepal, if you choose. While our scheduled trekking has come to an end, you may decide to increase your stay in Nepal, venture on another trek, or rest in Kathmandu for a few more days. Whatever you choose to do, you'll be left with a sense of accomplishment and community, and a lifetime of memories from your time visiting the roof of the world with likeminded, adventurous souls.

Included: Hotel breakfast. Airport transfers can be arranged privately at the hotel

WHAT'S INCLUDED

- Airport pick-up and transfer to hotel
- 3 nights' accommodation (private rooms) in the 4-star Kathmandu Guest House (breakfast included)
- Private A/C vehicle transport from Kathmandu to Syabrubesi, and Syabrubesi to Kathmandu
- 7 nights' accommodation (twin share) in local tea houses during the trek (breakfast, lunch and dinner included)
- The company of a licensed English-speaking trekking guide for the entire trip, trained in first-aid and emergency evacuation
- The company of a Women Want Adventure guide
- One porter for every two clients (max. 13 kg luggage per person)
- Bathrooms and hot showers wherever available at mountain guest houses
- A cup of tea/coffee (three times a day) in large pot during the trek
- Seasonal fruits after dinner on the trek
- Personal warm sleeping bag and liner
- First aid kit and duffel bag
- Local guides/portage team's food, clothing, salary and their insurance
- Trekking permit and Langtang Area Permit for the trek
- Complimentary duffel bag and map of trekking area as souvenirs
- Women Want Adventure trekking gift
- Farewell dinner in Kathmandu and drinks
- All applicable government charges

WHAT'S NOT INCLUDED

- Nepal Visa
- International flights and tickets
- Travel Insurance – must cover helicopter evacuation, medical expenses, and Trip Cancellation charges (compulsory)
- Meals in Kathmandu, except for breakfasts at hotel and farewell dinner
- Personal equipment and other expenses such as beverages, confectioneries, laundries, etc.
- Extra meals, extra portage service (if required)
- Personal snacks (we highly suggest bringing these from home) – see additional information for applicable Customs requirements
- Chlorine solution/tablets for water purification on the trek
- Additional meals outside breakfast, lunch and dinner on the itinerary at tea houses
- All kinds of cold drinks – Coke, Fanta, beer, whisky, bottled water, etc.
- Wi-Fi, charging of your electronic devices, etc.
- Bottled water
- Entrance fees for monuments and tourist/sightseeing sites
- Laundry services at hotel
- Tips for your guide, porters, driver and other field staff as a token of appreciation
- Any other expenses or charges not mentioned in the "Trip Includes" list

