



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.

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 Gompa, 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 Gompa**

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

**All bookended 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:** 4604m Kyanjin Ri Higher Peak

**Total days trekking:** 6

**Trekking per day:** Between 5-9 hours

**Season:** Sept/Oct

**Grade:** Challenging

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

**Mode of travel:** Drive in/drive out in private bus



## ABOUT

Your trekking adventure starts with a walk up the Langtang Valley to Langtang Village (3,430m) in Langtang National Park. This allows gradual acclimation to the altitude and a chance to admire Nepal's natural flower, the rhododendron, in bloom.

As you trek, you'll wander under prayer flags and across suspension bridges, experiencing highlights like crossing the Bhote Koshi river, visiting Buddhist monasteries, yak pastures, and a renowned cheese factory. Evenings in the village bring cozy stays in traditional tea houses, offering meals made with fresh, local ingredients.

The journey ascends to the valley's upper reaches, where yaks roam and peaks rise, offering breathtaking views towards Tibet. A major highlight is climbing to Kinjii Rii Peak (4,300m) and possibly Kyanjin Ri Higher Peak (4604m) \*weather pending, for a stunning view of the Langtang Range, and exploring the Langtang glacier and the yak pastures of Langshisha Kharka.

The trail, alive with locals, mules, and wildlife, lets you witness traditional lifestyles, like wood carrying, bamboo weaving, and farming. The rich biodiversity includes oak, pine, maple, hemlock, black bear, rhesus monkeys, Himalayan tahr, red pandas, pika, musk deer, lophophorus, and various birds.



## 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 (1420m)

### | Day 4:

Trek from Syabrubesi to Lama Hotel (2447m)

### | 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:

Hike from Kyanjin Village to Kyanjin Ri Peak (4300m) Or Kyanjin Ri Higher Peak (4604m)

### | Day 8:

Trek back to Lama Hotel (2447m)

### | Day 9:

Trek from Lama Hotel to Syabrubesi (1,420m)

### | Day 10:

Drive back to Kathmandu 7-9 hours, o/n at Kathmandu Guest House

### | Day 11:

International departure

## DAY 01

### Arrival Day in Kathmandu (1,420m)



Upon your arrival at Tribhuvan International Airport, you'll be greeted by one of our friendly team members – often it's Mango (wait until you see how charming he is!). He'll escort you to The Kathmandu Guest House in Thamel in the comfort of a private vehicle. Don't worry if your flight lands late at night; we'll be there to welcome you, no matter the hour. The drive to the hotel is typically around 35 minutes, depending on traffic.

Once at the hotel, you'll find the check-in process a breeze. Settle into your private room and let the weariness of your flight dissolve into the coziness and comfort awaiting you.

For important details on visas and helpful tips for your flight arrival, please refer to the essential information we've provided.

- Included: Airport pick-up (day one only) and night's accommodation at Kathmandu at Kathmandu Guest House (private room)
- Elevation: Kathmandu (1,420m)

#### Nepal Visa:

While obtaining a visa prior to your trip is an option, acquiring it upon arrival at passport control is generally more convenient.

Visa fees, subject to change, are typically AUD 40 for 15 days, AUD 60 for 30 days, and AUD 150 for 3 months. Multiple currencies are accepted; however, it is advisable to carry Australian dollars in denominations up to \$100 to accommodate any price variations.

#### Visa Application Form:

- Ensure you complete the online visa application form before your trip. [Download it here](#) and bring a printed copy for presentation upon arrival.

#### Navigating Kathmandu Airport:

- Retain your boarding pass and luggage sticker as they may be needed at passport control and baggage reclaim.
- Upon disembarking, proceed to the Visa desk on the left inside the terminal to pay for your visa. Following visa issuance, head to the customs desk, then down the elevator to a security check before moving on to baggage claim.
- Baggage trolleys are available. Be cautious of personnel offering luggage assistance as they will expect a tip; it is recommended to decline this service.
- Upon exiting the terminal, look for a sign reading "Women Want Adventure/Kathmandu Guest House". Hotel representatives will meet you regardless of arrival time. Note: It is best to handle your own luggage.

#### Preparing Your Documents:

- Verify that your passport is valid for at least 6 months beyond the date of your return from Nepal.
- Carry 2-3 passport-sized photographs with a light background, which may be necessary for various services throughout your trip, such as a SIM card purchase.

#### Monday matters:

There is an ATM inside Kathmandu Guest House, along with many currency exchange centers in the streets if you need to exchange larger rupee notes, for smaller denominations for your trekking cash.

## DAY 02

### Kathmandu Valley Sightseeing (1,420m) 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.

- **Pashupatinath** – Nepal's largest Hindu Temple, dedicated to Shiva, is located on the Bagmati River's banks. Here, you can admire finely carved Hindu deities and a series of Shiva-Lingas. The complex, with its golden hood atop the main Temple, is striking. Witnessing a Hindu death ritual at Pashupati Aryaghat offers a unique, memorable cultural experience.
- **Boudhanath** – A significant religious site for Tibetan Buddhists in Nepal, it was a key shrine on the ancient Indo-China trade route. Even today, monks in saffron robes perform daily circumambulations around Boudhanath, with prayer flags stretching from the dome's pinnacle to its base. As the heart of Tibetan culture in Nepal, Boudhanath stands as a truly special place.
- **Durbar Square** – Situated before the old royal palace of the former Kathmandu Kingdom, its exceptional wooden and stone craftsmanship make it a notable attraction. The stone-paved streets and pagoda-style temples showcasing Hindu deities highlight the cultural richness and fine craftsmanship of ancient and medieval Nepal at Kathmandu Durbar Square.
- **Swayambhunath** – Perched atop a hill in the Kathmandu Valley, the ancient complex houses a stupa and several temples. Celebrating the 'Self-Created' essence of the valley, the Buddha's eyes painted on the stupa offer an eternal vigil. As one of Nepal's oldest religious sites and the second-most sacred in Tibetan Buddhism after Boudhanath, Swayambhunath offers a genuine glimpse into one of the world's most profound and beautiful faiths.



## EXPLORE

### Exploring Kathmandu's Streets in Thamel

Your initial exploration outside the Kathmandu Guest House is filled with bustling activity and delightful chaos. It can sometimes feel a little overwhelming so, ensure a stress-free exploration by:

Utilising offline maps via Google Maps or Maps Me. It is usually best to purchase a SIM card.

**Thamel** is the suburb in which we stay at the hotel for reference when you are navigating or looking up things to do.

#### SIM Card

An NCELL SIM card will ensure you stay connected, facilitating easy coordination with the group and staying in touch. You can pick this up with a 4-minute walk from the hotel. Ask reception for directions.

Requirements for a SIM card: **Passport and 2 passport photos**



## EATING OUT

### Thamel Restaurants and Café Recommendations - Women Want Adventure recommendations!



#### Coffee:

- [Himalayan Java](#)
- [Himalayan Arabica Beans](#)
- Lunch:
- [Loving Heat Vegan Restaurant](#)
- [Forest & Plate](#)
- [Nepal Connections](#)

#### Lunch/ dinner:

- [Gaia Restaurant & Coffee Shop \(gaia-restaurant.com\)](#)
- [Fire And Ice Pizzeria](#)
- [Home - Rosemary Kitchen](#)
- [Roadhouse Cafe Thermal](#)
- [Dinner Menu - Yala Cafe](#)
- [OR2K](#)

#### Additional activities you may consider:

- [Chandragiri Hills Cable Car](#)
- [Half Day Cooking Class in Thamel](#)

## BREIFING

**Location: Kathmandu Guest House - 4pm inside restaurant area (near the tea station)**

In the evening, we'll meet as a group at Kathmandu Guest House for our pre-trek briefing with the Guiding Team. The briefing will be approximately 1 hour in duration.

- Opportunity to meet the other women
- 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
- 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 (usually we leave the hotel by 7am, breakfast at 6.30am).
- Opportunity to ask questions

### **What's included:**

- Included: Hotel in Kathmandu (private room)
- Elevation: Kathmandu (1,420m)
- Meals: Hotel breakfast, complimentary tea at briefing

## DAY 03

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

After an early breakfast (usually at 6:30 am), we aim to have all our additional luggage dropped off at storage at the hotel and be leaving the hotel by 7 am. It is best to have any laundry bills or other matters sorted the night prior and finalised. Please also ensure you have been to the ATM (there is one inside the hotel) to withdraw cash for tipping and additional purchases for your trek.

For this morning, please do your best to be on time as we have a long, busy journey ahead. Depending on the group size, we drop our duffle bags off in a minibus and walk with our day packs for 5 minutes down the street to meet the bus.

Why? The bus is too large to navigate the narrow streets to get close to the hotel. All you need on the bus is your day pack with plenty of water (try to bring 2L) and your snacks, books, and toiletries. Make sure you go to the bathroom prior to leaving (even though we stop on the way, of course).

We'll drive north in the bus from Kathmandu to Syabrubesi, a small village on the banks of the Bote Koshi River that forms the trek's starting point to Langtang Valley – about a 7-9 hours' drive (pending road conditions). Enjoy the scenic drive through the 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 traveling 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 4 or 5 o'clock, after which we'll take time to explore and settle into our teahouse accommodation for the night.

- Included: Mountain tea house accommodation (twin share)
- Meals: B, L, D
- Elevation: (1,420m)
- Travel time: 7-9 hour bus ride "plus or minus"



## DAY 04

### Trek from Syabrubesi to Lama Hotel

- 17.5km
- 7-9 hrs

The first day of trekking is one of the harder and longer days at 17.5km. This is when we start gaining elevation while your legs are still fresh. We wake up early for breakfast and aim to leave by 7 am. From our tea house at Syabrubesi, we'll begin our trek to Lama Hotel. It's really important you have your hiking poles with you and plenty of water and snacks on hand.

The trail crosses the Bhote Khola via a suspension bridge before continuing east, following the fire trail upstream along the Langtang Khola. The trail begins with a moderate climb, zigzagging up the broad valley as we enter the forest. During 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 a dense bamboo forest to arrive at the Lama Hotel (2,500m). If we're lucky, we may spot wildlife such as red pandas, monkeys, and bears today, so have your cameras ready!

- Included: Mountain teahouse accommodation at Lama Hotel (twin share)
- Meals: B, L, D
- Elevation: Syabrubesi (1420m) to Lama Hotel (2447m)
- Net ascent: 1340m
- Net decent: 350m

## SAFETY TIPS

**1. This trail is frequently used by mules. You'll hear their bells before they approach, signalling you to move aside. Always move to the trail's higher side, as mules with heavy loads can accidentally knock you off, especially near steep drop-offs. Be cautious.**

**2. There are two landslide sections from the 2015 earthquake. Proceed slowly and carefully through these areas. The picture on the right depicts the first landslide section we encounter.**



## DAY 05

### Trek from Lama Hotel to Langtang Village

- 16km
- 7-8hrs

Today marks another significant incline. We will wake up to apple pancakes (or porridge!) and enjoy a delicious breakfast at 7 am before leaving the tea house at Lama Hotel by 8 am to hike to Langtang Valley. As we continue our climb up the Langtang Valley, we'll experience a pleasant 3-hour walk following the trail through rhododendron and pine forests to reach Ghoda Tabela. The trail today remains mostly by the river, featuring some muddy steps and trails (it's still a steep day). By morning tea (roughly 11 am), the incline starts to flatten out slightly. Today is crucial for acclimatization, and walking slowly is key. You must pace yourself, as the terrain in Nepal is much different than what we're used to in Australia. This is the day when most women in the group may start to feel the effects of altitude sickness, especially just before lunch.





After morning tea, the forest begins to open up as we arrive at our lunch location at Thangshyap, approximately 2 hours later. It's important to drink ginger tea and eat enough, along with plenty of water to stay hydrated. After lunch, we continue for another 2.5 approx hours to reach Langtang Valley. Once at Langtang Village, we can relax for the evening and enjoy the hospitality of the locals.

Langtang Village is like a Nepalese surprise package! There's an amazing bakery – details to be revealed later. WiFi and hot showers? It's a bit of a lucky draw – sometimes you hit the jackpot, sometimes not. In Nepal, expect a mix of this and that – it's all part of the adventure! So, come ready for anything and embrace the unexpected.

- Included: Mountain teahouse accommodation (Langtang Village)
- Meals: B, L, D
- Elevation: Lama Hotel (2447m) to Langtang Village (3,430m)
- Net ascent: 1120m
- Net decent: 179m

After a leisurely breakfast at 8 am (yay for a later start on a shorter trekking day of about 3 hours of hiking), we're back on the trail by 9 am. We'll climb gradually through quaint villages and serene yak pastures, as the valley unfurls and the views become increasingly spectacular. The mountain peaks start to make a grand appearance on either side of the valley – it's breathtakingly beautiful! We stop for a cup of tea after approximately 1.5 hours (bring your snacks).

As we cross several small streams and moraines, we'll reach Kyangjin Gompa – the pinnacle of our trek at an impressive altitude of 3,870m above sea level. Here, the views of Mt. Ganchempo and Mt. Langtang Lirung are nothing short of sublime. We'll also take a peek at the quaint monastery and the government-operated cheese factory (yes, you heard that right, Yak cheese at this altitude!). Please reminder to tip if entering the Cheese Factory and monastery. We're aiming to arrive at Kyangjin by lunchtime, giving us ample opportunity to acclimatize and explore this dramatic setting, encircled by snow-covered peaks in every direction. Plus the panoramic views of Dorje Lhakpa (6,990m), Langtang Ri (6,370m), and Langtang Lirung (7,245m) are simply jaw-dropping.



## DAY 06

### Trek from Langtang Village to Kyanjin Gompa

- 6.5km
- 3-4hrs



The Higher Guest House offers a delightful perk – hot showers! Usually, fingers crossed. And guess what? There's WiFi too (quite the rare gem in these parts!). But here's a friendly nudge: how about taking a little break from the digital buzz? Instead, take the opportunity to chat with the tea house owner. He's a treasure trove of stories, especially about the 2015 earthquake and the recovery of the villages in this region. It's a chance to connect with local history and culture firsthand.

- Included: Mountain tea house accommodation (twin share)
- Meals: B, L, D
- Elevation: Langtang Valley (3,430m) to Kyanjin Gumpa (3,870m)
- Net ascent: 450m
- Net decent: 44m

Today, we embark on a remarkable journey to Kinji Ri peak, standing proud at 4300m. The day begins early, around 6.30-7 am, to catch the sublime sunrise casting its glow on the snowcapped mountains – a serene moment that's well worth the early start. The weather at this altitude is more favourable in the morning, and your guides will confirm the exact departure time the evening before (it can change).

The ascent to Kinji Ri is challenging yet immensely rewarding, featuring a steep path interspersed with loose rocks. We highly recommend using your hiking poles and adopting a steady, slow pace. With the support of your porters and local guides, you'll have the choice to ascend to either Kyanjin Ri Peak (4,300m, approximately 4-5 hours) or the higher Kyanjin Ri Peak (4,604m, around 5-6 hours). The choice will depend on the day's weather, group pace and your personal comfort level. Our thoughtful guides will provide a nourishing light lunch for the journey, complete with the local delicacy, Yak cheese.



## DAY 07

### Hike to Kinjii Rii Peak & option to reach Kyanjin Ri Higher Peak

- 7km
- 5-6hrs

The descent offers a different perspective, following yak trails and presenting new vistas. Upon returning to the village, we'll enjoy a relaxing tea and snack at the local bakery, followed by a delightful dinner at Kyanjin Gompa, where we can reflect on the day's achievements. In the afternoon, it's time to unwind and take it easy. Immerse yourself in a good book, enjoy some card games, or indulge in plenty of tea – the perfect way to relax and rejuvenate. The following day, while longer, promises a much gentler journey on the descent. Embrace this peaceful time as a well-deserved break before the next leg of our adventure.

If you're feeling the effects of the altitude or if the climb seems a bit daunting, please discuss this with your guides. It's important to listen to your body and know that it's perfectly acceptable to opt for a gentler activity. As an alternative, there's a serene walk along the river, offering equally captivating scenery at a lower altitude – a wonderful choice for those who prefer a less strenuous day.

- Included: Mountain tea house accommodation (twin share)
- Meals: B, L, D
- Elevation: Kyanjin Ri Peak (4300m) Or Kyanjin Ri Higher Peak (4604m)
- Net ascent: 500-600m
- Net decent: 500-600m



## DAY 08

### Trek back to Lama Hotel

- 23km
- 7-9hrs

We can almost hear you thinking, "This is going to be a long day!" But, surprisingly, the descent often passes by quicker than expected. As you descend, your lungs grow stronger and the walk becomes progressively easier. After breakfast at the Higher Guest House, we'll bid a fond farewell to the wonderful team there and retrace our route back to Langtang Valley. We aim to leave the Tea House by 7.30am.

We'll aim for a cozy morning tea stop at the bakery (about 1.5 hours into our journey), a perfect time for a little indulgence.

Then, it's off to Ghoda Tabela for lunch. A little tip: make sure to pre-order your lunch with your local guides. It's a popular spot around lunchtime, and we'd like to stay on schedule! Post-lunch, we'll re-enter the enchanting forest, making our way down to the Lama Hotel, where our trekking journey first began on our first night of the trek. We're planning to arrive back at the Lama Hotel by approximately 3.30-4 pm, rounding off another memorable day.

- Included: Mountain tea house accommodation (twin share), all meals
- Meals: B, L, D
- Elevation: Kyanjin Gompa (3,870m) to Lama Hotel (2,447m)
- Net ascent: 120m
- Net decent: 1423m



## DAY 09

### Trek from Lama Hotel to Syabrubesi

- 18km
- 7-8hrs

Today, our journey takes us down to Syabrubesi via Bamboo, meandering through the familiar rhododendron forest and alongside the Bhothe Koshi river. With another eventful day ahead, we'll start early with breakfast at 7 am, aiming to set off by 7.45 am. For lunch, we'll stop at the village where we had our morning tea on the first day – feels like a lifetime ago, doesn't it? The 'didi' (sister) in the kitchen there is a culinary wizard, and we highly recommend trying the Mushroom Soup with Chapati or the Veggie Chow Mein, if time and orders permit.

Post-lunch, our descent continues down the valley until we reach the road, which offers relatively easier walking. We expect to arrive back in Syabrubesi Village between 3.30-4 pm.

Tonight marks your last night on the trek, and it's customary to show your appreciation with tips for your local guides and porters. Often, the porters may depart from the trip here or partway on the bus journey, so as a group, it's important to organize your tipping. We'll conclude our trek with heartfelt thanks and a celebratory night – expect dancing and cake, because you've truly earned it! Take this time to relax, have fun, and soak in every moment. Our advice? It all goes by too quickly, so enjoy every second!

- Included: Mountain teahouse accommodation (twin share)
- Meals: B, L, D
- Elevation: Lama Hotel (2,447m) to Syabrubesi (1,420m)
- Net ascent: 350m
- Net decent: 1340m

## DAY 10

### Drive back to Kathmandu o/n at Kathmandu Guest House

- 7-9hrs

After an early breakfast (the sooner we start, the better, considering the long bus ride ahead), we embark on our drive back to Kathmandu. A well-deserved hot shower and a refreshing beverage await you there.

Once we arrive at the Kathmandu Guest House, it's time to unpack your duffle bags and enjoy that long-awaited hot shower. Then, gather with our group for a farewell dinner and drinks around 6.15 pm at a reserved table in the Kathmandu Guest House restaurant.

A couple of notes for a smooth evening: Please bring your duffle bag to dinner to return it to your host, or leave it at reception for our team to collect. Also, keep your bag tag handy for when we get back to the Kathmandu Guest House. Having it ready will streamline the process, especially when you're likely to be feeling a bit weary.

- Included: Hotel in Kathmandu (private room)
- Meals: B, L & Farewell dinner with a complementary drink at hotel
- Elevation: Syabrubesi (1,420m)
- Travel time: 7-9 hours. Arrive back to Kathmandu approx 4pm
- Dinner: 6.15pm

## WHAT'S INCLUDED

- Airport pick-up on first and final days and transfer to [Kathmandu Guest House Hotel](#)
- 3 nights' accommodation (private rooms) in the 4-star Kathmandu Guest House (breakfast included)
- Private bus 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
- One porter for every two clients (max. 10-11 kg luggage per person)
- Bathrooms and hot showers (wherever available) at mountain tea houses
- A cup of tea/coffee (three times a day) in large thermos during the trek
- Seasonal fruits after dinner on the trek
- First aid kit (clients must also have their own personal kit)
- Local guides/portage team's food, clothing, salary and their insurance
- Trekking permit and Langtang Area Permit for the trek
- Complimentary map of trekking area as souvenirs
- Duffle bag for items for your porters
- Women Want Adventure trekking gift
- Farewell dinner and drink in Kathmandu
- All applicable government charges

## WHAT'S NOT INCLUDED

- Nepal Visa
- International flights
- Travel Insurance – must cover helicopter evacuation, medical expenses, and trip cancellation charges (compulsory)
- Sleeping bag and liner (please pack with a compression sac, [view example](#))
- 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 Essentials Information Booklet
- Water purification tablets
- 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. Please see notes on tipping

