Langtang Valley Trekking : Gentle Trek for Women

Langtang Region

Trip Facts

REGION	DURATION
Langtang	**12 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
3870 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Hotel / Tea House	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
65 km / 40 miles	**Private vehicle**

Group Prices and Discounts

USD 749 per person

No. of travellers	Price per person
2–4 Pax	USD 998.99
6–12 Pax	USD 749
14–24 Pax	USD 699

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 Gompa. Kyanjin Gompa is the highest point for overnight stops. The Langtang Valley is enclosed by Langtang Himal, and arrays of snow peaks.

Kyanjin Gompa 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 Gompa 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 downhills 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**.

Highlights

- Head on an empowering journey to Langtang Valley Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- A moderate scenic and cultural walks to picturesque valley of Langtang Himal.
- Enjoy walking in a serene forested path habitat of rare and elusive Red Panda.
- Explore traditional villages of Tamang native enriched with ancient heritage.
- Trek to Kyanjin Gompa in the heart of beautiful and picturesque Langtang Valley.
- Nepal's first **Himalayan Langtang National Park** enriched with flora/ fauna.

Route Overview

Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. Trekkers planning to join the Langtang Valley trek or other **adventures in Nepal's Himalayas** must be well-prepared and aware of the challenges ahead. The walk leads up and downhill with a few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Langtang Valley at Kyanjin Gompa, starts with a pleasant gradual path with a few short steep ups to Lama Hotel. After crossing bridges and leaving the river gorge at Lama Hotel, walk leads to an undulating climb for a few hours to **Langtang Village** or Mundu.

From Langtang Village onwards, trekkers start with a short and gentle climb, following a scenic, winding path that gradually opens up to wide-ranging views of the surrounding mountains and valleys. For those interested in a unique experience, **female porters** are available to assist with carrying your gear along the trek, offering an **empowering opportunity** to support local women in the area.

The most challenging part of the trek is a long, steep ascent and descent, often tackled on a rest day, with an optional **hike to Kyanjin Ri** or Tserko Ri. These viewpoints reward trekkers with stunning panoramic vistas, making the effort worthwhile. The rest of the walk on the return journey is more or less a long descent with few short climbs to Syabrubesi.

Fixed Departures

Departure	Duration	Availability
November 8th – November 19th	12 Days	Available
November 9th – November 20th	12 Days	Available
November 20th – December 1st	12 Days	Available
November 21st – December 2nd	12 Days	Available
December 2nd – December 13th	12 Days	Available
December 3rd – December 14th	12 Days	Available
December 15th – December 26th	12 Days	Available
December 16th – December 27th	12 Days	Available
December 27th – January 7th	12 Days	Available

The next 9 departures. See every date on the website.

Itineraries

Day 01: 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 02: 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 03: 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 04: 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 05: 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 06: 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 07: 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 08: Trek downhill to Lama Hotel-06 hrs.

After an enjoyable and delightful time at Kyanjin Gompa 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 09: 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.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

- Airport pick up & Droop 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 (Trekkers 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.

Cost Excludes

- 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

Trip Map



FAQs

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 Gompa, which is the center of the Langtang Valley.

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.

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.

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.

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.

Food and Culture

Food and lodge accommodations are available at designated stops throughout the Langtang Himal region. Overnight accommodation and meals is provided as per the itinerary set by Woman Adventures, a **women-only trekking guide agency** . We provide the best lodge accommodation, where possible. The foods are according as listed on the menu, from breakfast, lunch, dinner or main courses. It also includes side snacks with warm and cold refreshment drinks, served in a nice and cozy dining room with a fireplace. In Nepal, the most favorite and popular national food and meal is Nepali Dal Bhat, boiled or steamed rice.It is served with the mild curry, of seasonal vegetables and includes Dal, a lentil bean soup with pickles, and hot sauce as options.

Breakfast from oats porridge and cereals to cornflakes with toast/ chapattis and pancakes include a choice of egg variation. Lunch and Dinner from Continental, Chinese, Indian, Nepali, and Tibetan main course with a choice of soups. The lodge accommodation and food are of moderate standard. The lodge accommodations from Syabrubesi, Lama Hotel, and Langtang Village are simple with nice rooms.

Most lodges provide common bathrooms and toilets. But with a good food menu of limited varieties. Some villages even offer fresh homemade bakery items. Rooms are typically shared, with common bathrooms and toilets, due to the challenging terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Langtang Village to Kyanjin Gompa, using hot showers is at an extra cost.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you need to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions. Kyanjin Gompa have good lodges provide a comprehensive food menu served in nice spacious dining rooms. In a large group with more than of 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for Eco-Tourism.

As well as take care of garbage and litter during the whole trek. Trekkers with special dietary and for a strict vegetarian, please inform when booking with **Woman Adventure (P) Ltd**. It is Important to know that alcoholic drinks are not healthy and good while going up to higher altitudes. But one can enjoy, after completing the main highlights, on the return journey to Syabrubesi after losing the altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Langtang Himal area of Rasuwa district, is populated by the Tamang. The highlanders of Central and Mid-East and West Himalayas, the Tamang are the indigenous ethnic tribes of Nepal. With a migration history of more than 5,000 years, the Tamang drifted to Nepal from Inner Mongolia through Tibet. Tamang follows a strong **Buddhist religion**

and culture, similar to their early Tibetan predecessors. The walk leads across many **Buddhist monuments and shrines** as well as monasteries.

The religious monuments include a series of **prayer walls and spinning wheels** with impressive monasteries of great religions and cultural interest. Tamang also practices the ancient Bon cult, a pre-Buddhism and **Shamanism**, having witch doctors as well as **Buddhist Lama and priests.**

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear

- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/langtang-valley-trekking

Call us at +977 9747508926 or email info@womanadventures.com

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