



## INCREDIBLE HIMALAYAN SHERPA ADVENTURE P. LTD.

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

## Langtang Valley Trek

Duration: 10 days

Difficulty: Medium

DoT No. 1888/071

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

**Travel time:** Can be freely chosen

**Group size:** 2 pax

### Quick Trip Facts

**Altitude:** 3870m

**Season:** Spring/Fall/Winter

**Accommodation:** Teahouse

### Overview

**The Langtang Valley Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.**

Rich in cultural heritage, a pleasant altitude profile and stunning nature - the Langtang valley trek has plenty of things to offer. Incredible Himalayan Sherpa Adventure will help you make the most of this unique experience.

The Langtang valley to the north of Kathmandu lies just south of the Tibetan border, sandwiched between the main Himalayan range to the north and a slightly lower range of snowy peaks to the south. This made it an important region for trade over several centuries and a focal point for cultural exchange. The trek starts at Syabrubensi, only a few hours from Kathmandu. It offers a wide range of landscapes and sceneries. The route follows the river up the valley through various types of forests (in particular the impressive rhododendron forests) and takes you from a warm, almost tropical climate to the harsher environment at higher altitude. Along the way, there is a good chance of observing wild boar, deer, several types of monkeys and even some of the larger predators as bears and leopards, not to mention the many kinds of wildflowers. As soon as you get out of the forest, you will have the impressive Langtang Lirung mountain (7246m) right in front of you. The route then continues along the Langtang mountain range with all the famous glaciers and beautiful snow-covered peaks. Paying tribute to the rich cultural aspects of the regions, we'll lead you through the Tibetan communities within the Langtang Valley. During the trek, you will have many opportunities to get a better understanding of their culture and way of life at high altitude. And you'll certainly enjoy their hospitality.

### Highlights:

- + Conquer Tsergo RI at 4985m and enjoy the spectacular views of Langtang Lirung, Dorjee Lhakpa as well as the Ganesh Himal range
- + Explore picturesque Tibetan villages and experience Tibetan culture

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+ Enjoy the quick succession of distinctive landscapes and climates

## Suggested Itinerary:

### Day 01: Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

### Day 02; Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

### Day 03; Briddim Village

The initial section follows the Prithivi Highway that leads to Trishuli Bazaar. From here your journey begins with the ascent of on narrow road. You can enjoy views of Ganesh Himal and the Langtang ranges. Gradually with several ups, downs and passes, the drive brings us to Lingling, a traditional village. From here we walk till Briddim.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### Day 04; Lama Hotel Forest

Your first segment of the trail begins with a gentle ascent through agricultural fields and rhododendron forests. We then continue to the Khanjim and Lhagsa villages. The villages are inhabited by Tibetan refugees and the Tamang ethnic group. From here your Journey continues to Lama Hotel via Sherpa Gaun and Rimche. The journey will offer you incredible views of Gosainkunda rages, Thulo Syabru etc.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### Day 05; Place where ox sleep

We ascend the trail through the rhododendron and oak forests and soon arrive at a river. From here we climb up gentle slopes with pleasant views of various landscapes and the ridges of Langtang. Gradually over gentle slopes we walk to Langtang via Godatabela and Thangshyap.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### Day 06; Kyangjin Gompa

The trail from Langtang climbs through increasingly rugged country through

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the small Yak-herding villages of Mundu and Singdum, eventually tracing the path of the Langtang river. The enjoyable trail brings us to Kyangjin.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 07: Lama Hotel back

For the return trip, we make our way back to Lama Hotel. Alternatively, you can extend the trip and continue to the Ganja La Trek.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 08/09: Syabrubensi & Kathmandu

We make our way back to Syabrubensi and return to Kathmandu. Alternatively, you can continue on the Gosainkunda Trek

[Included meals: Breakfast+Lunch+Dinner & in KTM Bed and Breakfast]

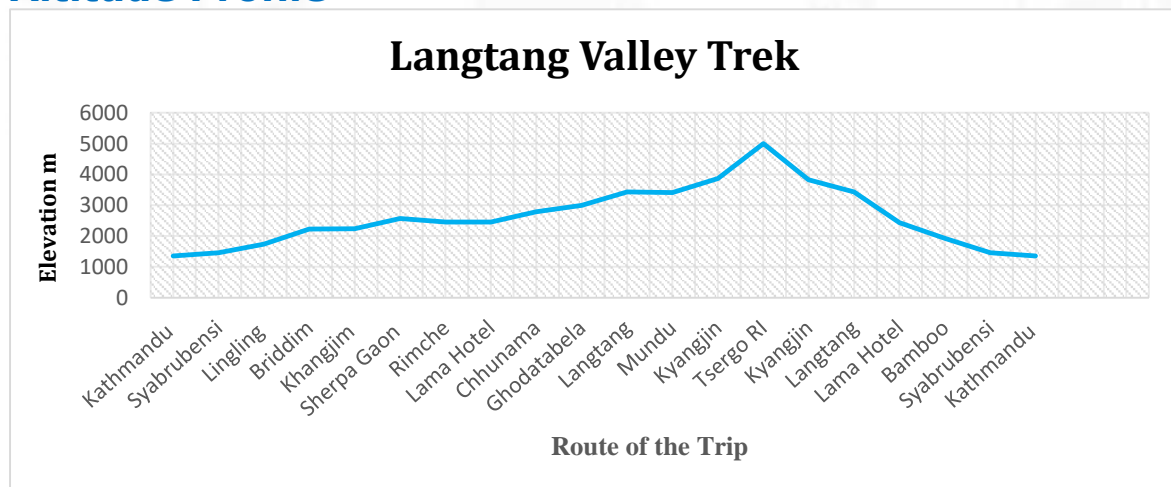
Overnight at teahouse & hotel in KTM

## Day 10: Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

## Altitude Profile



**We offer two packages:** Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

## Basic Package:

- + 10 days Langtang Valley Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

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**Price: USD 675** per person with group size of 2

## Comfort Package:

As Basic and

+ 3\* Hotel in Kathmandu

+ Sightseeing with guide. For details see below.

**Price: USD 850** per person with group size of 2

## Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

## Trek Duration:

Standard itinerary – 10 days. Can be shortened or extended depending on time and fitness.

### Includes:

- + All airport transfers. We'll pick you up personally
- + 3N Accommodation in a quality 3\* hotel with breakfast in Kathmandu [upgrade possible]
- + Sightseeing in KTM by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + KTM to Syabrubensi and return by sharing(public) bus
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

### Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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## Additional Options:

**+ Hotel upgrade in Ktm: [65 USD for 4\* hotel, 90 USD for 5\* hotel per night]**

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4\*/ 5\* category.

**+ Optional Extended Route [continue to Ganja La or Gosainkunda Helambu]**

If you prefer to extend the trip and continue to **Ganja La or Gosainkunda Helambu** rather than return to Syabrubensi, this can also be arranged.

**+ Private Jeep (140 USD for Syabrubensi to Kathmandu]**

For a more comfortable ride from Syabrubensi to Kathmandu

## Trip Related Information

**Trekking Day;** Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

**Trekking Guides;** The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

**Accommodation;** Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

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**Food;** On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

**Your luggage;** Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

**Money and Tipping;** It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

**Insurance;** Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

**Preparation and Health Issues;** Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and

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medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

**Altitude Issues;** AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

**Climate and Temperature;** At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

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