Lamjung Himal Trek

Trip Code: LHT

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Superb ridge-top trekking holiday in Nepal with pristine camping places
- Fantastic mountain panorama from Rambrong West Summit (4300m)
- Views of Machhapuchhre, Annapurna 2, Lamjung Himal, Manaslu and many more
- A night at a hotel in Pokhara's laid-back Lakeside district
- FREE sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 10 days trekking
- Max altitude - 4300 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

North of Pokhara, the peaks of the Annapurna Himal are some of the biggest and most impressive in Nepal and several classic treks can be found amongst the high valleys that encircle this spectacular massif. The south-eastern corner of this region is little-visited, however, and is the perfect place for a brilliant new trekking holiday that has as its focus the imposing and multi-faceted peak of Lamjung Himal (6983m). There are no lodges in this part of Nepal and this means we have to camp. Taking a full Nepalese trekking team we are free to set up camp wherever we can find water and this means we can access some pretty wild country.

Rather than following the valley trails, this is a trek of ridges, taking us from Besisahar in the Marsyangdi Valley into a tranquil region inhabited by Gurung people. Heading north on the Telbrung Danda and camping on a succession of isolated grazing grounds or 'kharkas' we reach a rugged and little-known area on the south side of Lamjung Himal which is defined by the indistinct east-west orientated ridge known as the Rambrong Danda. From our 2 highest camps we can hike up to high viewpoints; the first at the northern end of the Telbrung Danda and the second at the western end of the Rambrong Danda. Known as Rambrong West Summit (4300m) this is one of the best viewpoints imaginable, with a panorama that extends from Machhapuchhre (Fish Tail) (6997m) in the west to Manaslu (8163m) and Himal Chuli in the east. We then walk out easily over 4 short days via scenic camping places and a combination of ridges, finally dropping down to the pretty farming village of Tanting in the valley of the Madi Nadi. From here, it's just a short drive to Pokhara, where a night at a hotel in the laid-back Lakeside district will provide us with the chance to properly celebrate the completion of our 10-day trek. Remote trekking, full service camping and superb camping places, together with superb mountain views and the chance to meet the welcoming local people, make this one for connoisseurs of Himalayan travel.

Is this holiday for you?

This is a trek at moderate elevation only which follows a mix of village trails and shepherds' tracks. You can expect to encounter sections of stepped track, as well as rocks, mud and even potentially some snow and ice (high up on the Rambrong Danda). During the first part of the trek, you will walking for around 5 hours each day, with a reasonable amount of ascent and descent. We will spend a night at Rambrong Low Basecamp (3765m) with an optional morning excursion to a viewpoint above 4000 metres, before moving our camp just a short distance to Rambrong Basecamp (3850m). On the following day, we have an out-and-back hike across at times quite rugged terrain to the high point of the holiday at Rambrong West Summit (4300m). The final 4 days of trekking are shorter and easier and during this walk-out you can expect to reach camp at lunchtime and have the afternoons free to explore and to relax in a part of Nepal which is as yet off-the-beaten-track. Since there are no lodges in this

region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning.

Itinerary

Version:

Extensions

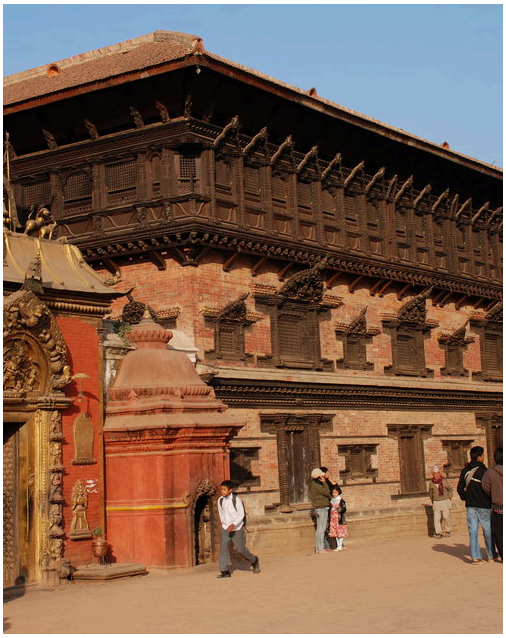
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US$175 per person

Holiday Information

What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- Internal flight Pokhara to Kathmandu and airport transfers
- Accommodation as described
- All meals
- Full trekking service including all equipment (excluding personal equipment)
- FREE Sleeping bag and down jacket hire is available for this holiday on request

What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals included in the holiday price from dinner on Day 1 to breakfast on Day 14.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Our camping holidays in Nepal are accompanied by an experienced and well trained trek cook and his team of assistants. Breakfasts will include porridge or cereals and sometimes eggs, with tea, coffee and hot chocolate. Lunches are generally prepared on the trail and can include cooked or tinned vegetables, rice, chips, freshly made Tibetan bread, as well as tinned tuna, meats or cheese. On occasion this can be augmented by noodle soup. Dinners always start off with soup, followed by a locally inspired main course such as rice, dal and spicy vegetables, or a more international dish like pasta with a tomato sauce or pizza and chips. Dessert can be tinned fruit with custard or rice pudding or cake with custard. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. During this trek there will be very few opportunities to purchase snacks and drinks from simple shops and tea houses. All meals while on trek and also while staying in hotels in Pokhara and in Kathmandu are included in the trip price.

Accommodation

During this holiday the group will spend 2 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker and 1 night at a tourist-class hotel in Pokhara. There is also a single night at a simple lodge in Besisahar. Whilst on trek there are 9 nights full-service camping. This is camping in some style, where we provide spacious 2 person tents (foam mattresses are also provided), a dining tent complete with table and chairs where you will eat your meals and relax, a kitchen tent in which the cook crew produce your meals and one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning. You will be served with a cup of `bed-tea` each morning and provided with a bowl of water with which to wash. Water for hand washing is also provided at each meal. On arrival into camp each afternoon hot drinks and snacks will be provided in the dining tent. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 3 hotel nights single room occupancy can be arranged at supplementary cost. Additional hotel nights in Kathmandu can also be pre-booked.

Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek there are few opportunities to purchase anything.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £100 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar which will be carried during the trek by porters and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Highlights of Dolpo - Tarap to Phoksumdo (DNB). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. For DNB, DTM, MAN we also need to send off a scan of your insurance policy document - the page that includes your name, the policy number and contact details for the insurance company. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DNB, DTM, MAN - you will be required on arrival in Kathmandu to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking for around 5 to 6 hours each day We would suggest that you adopt a weekly exercise regime. Regular walking in hill country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better stamina. Whatever your chosen method of training, before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

October-December and March-May are the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip, from approximately 25ºC in Kathmandu to around 10 to 15ºC at 3000 metres and around 5 to 8ºC at 4000 metres. The 'real feel' temperature in the middle of the day will be much warmer than this in the sun. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures at 3000 metres of around freezing and at 4000 metres of minus 7 or 8ºC. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Manaslu- Trekkers and Visitors guide – Cicerone Press
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People:Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard I'Anson
- The High Himalaya. Art Wolfe

Maps

Himalayan Maphouse. Trekking Map 500 Series Around Annapurna 1:125,000

Contours at 80-metre intervals, with spot heights and relief shading, Trekking routes are clearly marked An index of settlements also lists peaks and passes. Available from stanfords.co.uk

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

You should bring the following items:

- Hiking boots
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Travel clothes
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)*
- Warm jacket (down)*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

- Small padlock (to lock your kit bag)

The following items are optional:

- **Thermarest or similar camping mat
- Trainers or similar for camp use
- Shorts
- Sleeping bag liner
- Swimwear
- Trekking poles (strongly recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

**Foam mattresses are provided. Taking an additional Thermarest or similar mattress is optional.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a trekking skirt.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Authentic Nepal!We have 30 years' experience of working in Nepal and know just how special it is. Presenting an authentic taste of Nepal to our clients is important to us and one of the best ways to achieve this is to create new treks, such as this one, in spectacular areas that remain largely undiscovered by adventure travellers.

Please Note This document was downloaded on 01/11/2026 and the trip is subject to change