HELAMBU TO LANGTANG

One of the finest 2-week Nepalese trekking holidays

- Spectacular ridge trekking along the crest of the Thare Danda
- Cross the Laurebina La (4600m) to the Sacred Lakes of Gosainkund
- Exciting helicopter flight from Kyanjin to Kathmandu
- Kathmandu Airport transfers and all meals included

HOLIDAY CODE HTL

Nepal, Walking and Trekking, 15 Days

11 nights lodge, 3 nights hotel with swimming pool, 14 breakfasts, 13 lunches, 14 dinners, max group size: 16, 11 days trekking, max altitude - 4984m

www.keadventure.com
UK: +44(0) 17687 73966
US (toll-free): 1-888-630-4415
Introduction

North of Kathmandu (its peaks visible from the Nepalese capital on a clear day) the Langtang Himal is known for its brilliant trekking and spectacular landscapes. After a short drive to the village of Sundarijal, our approach to this unspoiled region involves a week of trekking through the district of Helambu. Following the airy crest of the Thare Danda and staying in lodges throughout, we cross the Laurebina La (4600m) to the sacred lakes at Gosainkund and enjoy fantastic views of the peaks of the Rolwaling and distant Khumbu. From Syabru, we then hike to the heart of Langtang at the monastery village of Kyanjin and have the option to trek to the summit of Tsergo Ri (4984m) for views that include the 8000 metre peak Shisha Pangma. Flying back to Kathmandu via helicopter from the STOL airstrip at Kyanjin provides a most exciting finale. This short trekking holiday ranks amongst the best in Nepal.

For some fantastic ideas to extend your holiday in Nepal, from riding elephants in Chitwan to tours in Bhutan or Tibet - check out extensions.

FREE equipment hire on all Nepal holidays!
Already booked on this holiday? Or booking one of our Nepal holidays in the future?
ALL travellers will benefit from free hire of a sleeping bag and down jacket worth £90 - when reserved up to 4 weeks before your departure date.

Book NOW, save money and help support a country we love. View offer details

Is this holiday for you?

Generally, the trekking conditions on this holiday are relatively easy underfoot, following good paths throughout. There are some sections of steep trail through rhododendron forest, both during the ascent to the Laurabina La and also entering the Langtang valley, but for the most part the uphill sections are at a moderate gradient. It should be noted however, that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations, and is of itself challenging even for fit hikers. Our itinerary is well staged to allow the best possible acclimatisation but you will need to ensure you are physically prepared for the trek. You should be comfortable with walking for 4 to 6 hours each day and for several days continuously. The optional ascent of Tsergo Ri presents no technical difficulty but if taken, this will be the most challenging day of the trip. This ascent should be within the capabilities of fit and active hikers. The trip ends with a helicopter flight from a STOL airstrip.

Holiday Itinerary

Day 1: Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. KE Land Only package services begin with the evening meal. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Day 2: Short drive to Sundarijal and trek on the Sheopari Ridge to Chisapani (2095m).

www.keadventure.com UK: +44(0) 17687 73966 US (toll-free): 1-888-630-4415
A short bus ride (1 hour) takes us to Sundarijal at the foot of the Sheopari Ridge. Here, the trek begins with a climb up to the rim of the Kathmandu Valley through terraces of rice and millet, and then through an intriguing forest of rhododendron. There are glimpses back to Kathmandu, as we continue to climb, eventually reaching a high ridge that affords excellent views of the Ganesh and Langtang Himal. We check into our lodge at the settlement of Chisopani (2095m) located on the ridge.

**ACCOMMODATION**

**LODGE**

**MEALS**

**Day 3: Trek through rhododendron forest and via ridge trails to Gal Bhanjyang (2140m).**

It is worth getting up early this morning to witness the sunrise on the range of snow peaks that line the northern and eastern horizon. Afterwards we can eat a hearty breakfast in our lodge. The first part of this holiday through the district of Helambu is really a trek of ridges - and this morning we descend one ridge to the friendly village of Pathi Bhanjyang, before ascending the Thotung Danda, crossing a high forested crest to our overnight halt at Gol Bhanjyang. En route we are sure to encounter some of the interesting inhabitants of the forest and there are wide vistas over the terraced valleys of Helambu. Hindu shrines, mani walls and small chortens point to the cultural mix that goes to make up this fascinating part of the world.

**ACCOMMODATION**

**LODGE**

**MEALS**

**Day 4: Ascend via the Thodang Danda and Panghu Danda to Mangengoth (3250m).**

After enjoying another splendid sunrise, we set out to climb steeply on the Thodang Danda. We begin to have the feeling that the country is becoming wilder, and after passing through the village of Kutumsang this feeling is confirmed, as we embark on a long ascent through a magical forest, emerging finally on the Panghu Danda at an altitude of 3300 metres. The ridge crest is thickly forested, with rhododendron and pine the dominant species. Between the patches of trees, there are secluded pastures and associated temporary shelters ('goths'), and we pass several small valleys which allow us to glimpse the terraced farmland which here lies thousands of feet below us. We check into our lodge at Mangengoth (3250m), where there are views across to the Gosainkund Ridge and the route to the Laurebina La.

**ACCOMMODATION**

**LODGE**

**MEALS**

**Day 5: Classic ridge-top trekking on the Panghu Danda. Overnight at Tharepati (3490m).**

A short day today on a classic section of ridge walking on the Thare Danda. From this high trail, looking across a succession of blue ridges, it is possible to see the peaks of the Rolwaling and the Khumbu. The path threads its way between the high points on the ridge, linking abandoned goths and pastures, whilst all around is a colourful and pungent mix of shrub vegetation: berberis; juniper; spruce, and also deep beds of moss and hanging screens of lichens. We reach our next lodge at Tharepati (3490m) after around 4 hours of trekking. From here we can try to make out the route of the path ahead, as it crosses the impracticable-looking headwall of the Tadi Khola.

**ACCOMMODATION**

**LODGE**

**MEALS**

**Day 6: Trek through open juniper woodland to Gopte and then Surche, below the Laurebina La.**

Another short day, as we make sure that everyone is well rested and acclimatised prior to crossing the Lauribina La. Rounding rocky ridges and spires, the path disappears into dark, misty ravines, cloaked by dense and moss-festooned rhododendron and spruce forest. Gopte is a brief respite on this path, which soars and dives through a
landscape that would excite the imagination of a Chinese watercolour artist. Our next lodge is at Phedi (literally ‘foot of the hill’) at the start of the climb to the Lauribina La.

**Day 7: Cross the Laurebina La (4600m) and descend via the Gosainkund lakes to Laurebina (3900m).**

From Phedi, the ascent to the Lauribina La begins as soon as we step out of lodge. Winding its way through rocky outcrops and ridges to the high point by a small lake at 4600 metres, where the path does eventually level off as we reach a superb viewpoint, overlooking the upper Gosainkund lakes and with distant views of the snowy Himalaya including the Annapurnas, Manaslu and, nearer to us, the Ganesh Himal. A short descent leads to the Pilgrim Centre on the shores of the lake. A dip in this lake is sufficient to give you much merit while a longer dip will give you hypothermia. From the lakes we make a short descent to the lodges at Lauribina, straddling a ridge at 3900 metres and affording excellent views of the Ganesh Himal and, across the dark trench of the Langtang Valley, also of the snowy cone of Langtang Lirung.

**Day 8: A day of mostly downhill trekking, with a final short climb to the village of Syabru (2000m).**

We have more than 1500 metres to descend today so if you have brought trekking poles with you now is the time to get them out. We drop steeply down the ridge with its thickening cloak of impenetrable forest on the north side, home to the endangered red panda. The halfway point of today’s descent is Chandan Bari and Sing Gompa. Below here the ridge is less well defined and there are a confusion of trails so we will need to keep together as we drop down to the rather picturesque village of Thulo Syabru, a one-street town located on the crest of a high ridge overlooking the entrance to the Langtang Valley. We check in to one of the several lodges here above the line of houses dropping down the ridge. Now at an altitude of around 2000 metres we will be much warmer than the last few evenings.

**Day 9: Descend into the Langtang Valley and trek beside the river to the place known as Lama Hotel.**

We walk down the ridge past the row of neat houses some of them showing exquisite wood carving on their lintels and window sills. Then leaving the ridge crest we zig-zag down to the Langtang Khola and follow this river upstream, on an undulating trail through forests of pine, birch, oak and bamboo. The forest teems with wildlife and you are likely to see langur monkeys and a wide variety of birdlife. The valley is also home for wild boar, red panda and the Himalayan black bear. We continue through the narrow valley climbing beside a number of waterfalls before making a gentle descent to Chatang, also known as ‘Lama Hotel. We stay in one of the lodges squeezed into the confines of this narrow valley.

**Day 10: Trek up the valley with increasingly spectacular views. Overnight at Langtang Village (3430m).**

The forest now becomes very mixed with maple, oak and the ubiquitous rhododendron. Through the trees the white flanks of Langtang Lirung can be glimpsed, a herald that we are entering into the heart of the big mountains. The forest gradually diminishes becoming scrub as we reach Gore Tabela (2970m) and the landscape opens out as we pass from the V-cut river valley into the wider U-shaped Upper Langtang valley carved by glacial action. We pass
small settlements with their guarding mani walls and fluttering prayer flags to finally reach the larger village of Langtang (3430m) with its several lodges and shops. After checking in to our lodge, Langtang Village is an interesting place to look around. The Tibetan influence is clearly seen in the architecture of the village with its stone, flat-roofed houses, rendered with yak dung. As well as herding yaks the people of this village grow buckwheat, barley, millet and potatoes.

Day 11: Continue to ascend the Langtang Valley to Kyanjin Gompa (3870m).

The landscape is now very open having given way to yak pasture. The ascent is quite gradual compared with our previous days and there are isolated teahouses every so often to provide a natural break. After around 2½ - 3 hours of trekking, on ascending an ancient moraine swell we see Kyanjin Gompa (3870m) with its spectacular backdrop of ice ‘flowing’ down from the heights of Langtang Lirung. It’s a further 30 – 45 minutes walk to the settlement which is the last habitation in the valley. Here we truly are in the heart of the Himalaya with giant snow peaks on all side. We check into our lodge here and after lunch, it is possible to climb to the prayer flags atop the nearby Kyanjin Ri (4773m) for a superb view, or we can opt to visit the local cheese factory. This institution was one of many established in Nepal in the 1950s and 60s using Swiss know-how and technology.

Day 12: A day for exploration, with the option to trek to the top of Tsergo Ri (4984m) for spectacular views.

We have a full day for exploration above Kyanjin Gompa. One of the finest viewpoints in the area is the summit of Tsergo Ri at 4984 metres. Views from here are simply superb encompassing the eight-thousand metre Shishapangma and the nearby Langtang Lirung and spectacular Gang Chenpo peak. The round trip is 7 – 8 hours and though never more than a strenuous hike, there is some steep ground towards the top where we may encounter snow. An alternative is to continue further up the valley to the summer pastures of Langshisha Kharka. This is less steep than climbing Tsergo Ri but is overall a longer excursion taking 9 or 10 hours for the return trip. For those who want to enjoy the splendid situation of Kyanjin Gompa there is no problem in taking this as a rest day.

Day 13: Short trek to Langtang Airfield and helicopter flight back to Kathmandu. Rest of the day at leisure.

A short distance beyond Kyanjin about 20 minutes walk away, is a little used STOL (short take-off and landing) airstrip. Although there are no scheduled flights from here it is used to supply the villages of Upper Langtang. KE has arranged for a special charter helicopter to fly back from this airstrip to Kathmandu. After an early breakfast we will walk over to the airstrip and board the helicopter for a spectacular mountain flight to Kathmandu. We transfer to the group hotel and have plenty of time to shower and change before going out to lunch in one of the city's famous restaurants. The rest of the day is free for relaxing or shopping in the bazaar.

Day 14: In Kathmandu. Half-day sightseeing tour included. Rest of the day at leisure.
This is a contingency day in case of delays to the flights from Langtang. If we have experienced no delays this is an opportunity to explore the city of Kathmandu. There is an optional complimentary half-day guided tour of some of the city's most important sites. The afternoon is free for further independent sightseeing or shopping in the colourful bazaars. This evening we will have a celebratory end of trip dinner in one of the city's excellent restaurants.

Day 15: Departure day. Transfers to Kathmandu Airport are provided.

KE Land Only package services end after breakfast. Transfers to Kathmandu Airport are provided. There are lots of extensions that can easily be added to your holiday in Nepal. Why not pre-book a simple day-tour in the Kathmandu Valley, or a multi-day excursion to one of the important wildlife reserves at Chitwan or Bardia. Extension packages are also available to include a visit to neighbouring Tibet or Bhutan. Contact our office for details.

Extend Your Holiday

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.

| Chitwan Jungle Extension | 3 days | From **US$1240** 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.

| Kathmandu Tour - Nagarkot and Bhaktapur | 1 day | From US$150 per person |

Holiday Information

What's Included

- An English-speaking local leader
- Kathmandu Airport transfers
- Helicopter flight and all land transport involved in the itinerary
- Hotel accommodation in Kathmandu and lodges when on trek
- Guided sightseeing tour of Kathmandu
- Meals as detailed in the meal plan
- Full trekking service including food and all equipment (excluding personal equipment)

What's Not Included

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

Joining Arrangements & Transfers

All clients travelling to Kathmandu will be met at the airport by a KE representative who will arrange the transfer to the group hotel. Clients MUST provide the KE office with full details of their flights. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the trip price from dinner on day 1 to breakfast on day 15.
Food & Water

Typical meals provided in the lodges will include some Nepali dishes but also international cuisine from pizza and chips to apple pie. To ensure that the group can eat together, we order meals in advance and your trip leader will arrange a set menu for the group, which will alternate daily between local and international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we take our meals in the hotel and local restaurants.

Accommodation

During this trip the group will spend 3 nights in Kathmandu at a centrally-located tourist-class hotel. Whilst on trek there are 11 nights spent in lodges. All accommodation is on a twin sharing basis (note that in some lodges only dormitory beds may be available). If you are travelling by yourself you will be paired up with another single client of the same sex. It is not possible to arrange single accommodation in lodges. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road it is not surprising that they are simple establishments as everything must be carried up by porters or animals. Mostly these lodges have heated dining areas which are often attractively decorated. Accommodation is basic in unheated rooms with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at $2 - $3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 3 nights in Kathmandu, single rooms are available for a supplementary cost. Additional hotel nights in Kathmandu are also available. For Hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Internal Flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security. KE is mindful of its duty of care to clients travelling with us in Nepal and we were stakeholders in a recent independent air audit of Nepal airlines undertaken by UK tour operators during 2013. KE uses only three airlines in Nepal which were approved by this audit as safe carriers. These airlines are: Yeti Airlines, Tara Air and Buddha Air. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk. Please note that poor weather can cause delays on the flights from the higher mountain air strips. There is a spare day built in to the itinerary as a contingency against the flight being cancelled on the day you are due to fly back to Kathmandu. In the extremely unlikely event that longer flight cancellations cause you to miss your homeward international flight, KE will render
all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be led by an experienced English-speaking local leader, and on trek will have the services of porters to carry luggage and local Sherpa guides.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. 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](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. 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.) should be allowed for miscellaneous expenses including approximately £50 - £60 (in equivalent Nepali rupees) for porter and trek crew tips. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange 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 it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up by porters or animals, these items become more expensive as you gain altitude.

Guidance On Tipping

Tipping is the accepted way of saying ‘thank you’ for good service. Tips do not form part of the wages of your porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. As a guide, we recommend that each group member contributes around £50 -60 (in rupees) to these tips. More detailed guidelines on tipping will be sent with your joining instructions. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local guide will make arrangements for a fair distribution among the trek crew.

Baggage Allowance

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice before travel.

Transit Via India

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: Visa PDF India.

Visa Nepal

All nationalities require a visa and this can be obtained on arrival at Kathmandu Airport. The visa process is automated and this includes having your photograph taken. The visa 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. Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

You can avoid the queue for the first stage of the visa process on arrival at Kathmandu Airport by printing off this application form and completing it before you travel (you will need to attach one passport photograph to this form). If you travel with this form you can go directly to the cashier to pay for your visa.
Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Regular hiking in mountain or hill country is the best preparation for a trip of this nature. If this is not possible where you live we suggest that you adopt a weekly exercise regime and gradually step this up as you get closer to the departure date. Jogging, squash and swimming are all good activities for developing cardio vascular fitness and stamina. It is also a good idea to do some reading about the country you will be visiting, its customs and people. The books in our reading list opposite are recommended.

Climate

October through to May is the best time for trekking in Nepal. These months outside of the summer monsoon season offer the best conditions for trekking. Pre-monsoon in April and May is the time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months of October and November usually offer the clearest skies and the most settled weather. You will encounter a wide range of daytime temperatures during your holiday. In October/November and April/May this will range from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres, and approximately 3°C at 5000m. From December to early April, temperatures will average around 5°C lower than this but at any time of the year the real-feel temperature in the middle of the day will be much warmer. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4200m. (above 3000m from mid December) and at our highest overnight stops, outside temperatures may drop as low as minus 15°C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short-lived storms can and do occur.
Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ ‘Travel Aware’ campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Books

- Trekking in the Nepal Himalaya. Lonely Planet
- Kathmandu and the Kingdom of Nepal. Prakash Raj
- A History of Nepal. John Whelpton
- Portraits of People: Nepal Himalayas. Eric Valli
- The High Himalaya. Art Wolfe

Maps

LANGTANG. 1:125,000. National Geographic Maps/Nepa

Nepa Maps are based in Nepal and have been producing high quality trekking maps based on the latest Nepal government topography as well as information from earlier Russian surveys. The overlay of trekking trails and village names is very good in these maps.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Flight Inclusive Notes

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 the following day (day 1 of the 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. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid
purchasing flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary, joining in Kathmandu. For clients making their own flight arrangements, Kathmandu Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' section in the trip dossier for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and this trip is showing the 'Guaranteed to Run or Limited' symbol. If your trip is still showing 'Spaces', we will contact you as soon as it has reached the guaranteed status.

Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.
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 trek bag and daypack combined should be no more than 15 kgs. For all flights to STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15 kg. It is essential you keep the total weight of your baggage within this limit. Paying for transportation of excess baggage is not normally an option on these flights. It is possible to leave clothes or other items not required on trek at the group hotel.

You Must Bring The Following Items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper/sweater
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock trek bag)
- Daypack 30 litres
- Sleeping bag (comfort rated -15°C)*
- Warm jacket (down)*
Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The Following Items Are Optional:

- Trekking poles
- Trainers or similar for lodge use
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Gaiters (you may encounter snow)
- Sleeping bag liner
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)

Notes

*Available for hire/rental through KE Adventure Travel. Please make all requests at least 6 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your trek bag for these items.

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 long skirt.

Please note: This document was downloaded on 11 Jul 2020, and the trip is subject to change.