

# Gosainkund and Langtang Trek

Trip Code: GLT

Version: GLT Gosainkund and Langtang Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- A week of fantastic ridge walking along the crest of the Thare Danda
- Views of the Annapurnas, Manaslu and the Ganesh peaks from the Laurebina La
- Option to trek to the top of Tsergo Ri (4984m) at the heart of Langtang
- Accessible lodge trekking with no internal flights
- FREE Sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 12 days trekking
- Max altitude - 4984 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- All meals included
- 12 nights Lodge
- 2 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

North of Kathmandu (its peaks visible from the city on a clear day) the Langtang Himal is one of the most accessible trekking destinations in Nepal. We have just a short drive to the village of Sundarikal, where we start our approach to Langtang through the unspoiled region of Helambu. Five excellent days of trekking take us along the airy ridge of the Thare Danda and across the Laurebina La (4610m) to reach the sacred lakes at Gosainkund with fantastic views westwards to the Annapurnas, Manaslu and the Ganesh peaks.

Then, after a long descent to Syabru, we hike up to the monastery village of Kyanjin at the heart of Langtang and have a free day there with the option to trek to the summit of Tsergo Ri (4984m) for views that include nearby Langtang Lirung (7225m) and the Tibetan 8000 metre peak of Shishapangma. It then takes just 2 days to hike back down the valley to the roadhead at Syabru Besi. Less busy than the Everest and Annapurna regions, this combination of Gosainkund and Langtang offers brilliant trekking amongst some of Nepal's most spectacular landscapes.

## 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 on the Thare Danda and some loose scree and rocky paths during the crossing of the Laurebina La and on the optional ascent of Tsergo Ri. For the most part, however, the trekking is straightforward and the itinerary is well staged to allow the best possible acclimatisation. You should ensure that you are physically prepared for the trek and comfortable walking 5 or 6 hours each day for several days continuously. The optional ascent of Tsergo Ri presents no technical difficulty but offers potentially the most challenging day of the holiday. This ascent should be within the capabilities of fit and active hikers. It is important to bear in mind that trekking at altitudes above 3000 metres is tougher than walking at sea-level.

# Itinerary

Version: GLT Gosainkund and Langtang Trek

## DAY 1

**Meet at the group hotel in Kathmandu. Kathmandu Airport transfers are provided.**

Your holiday starts at the 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 at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

**Short drive to Sundarijal and trek on the Sheopari Ridge to Chisapani (2215m).**

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 Himal and the Langtang Himal. We check into our lodge at the settlement of Chisapani (2215m) located on the ridge.

Meals: **B L D**



**Accommodation**  
Lodge



**Ascent**  
1000M



**Descent**  
300M



**Time**  
5 - 6 hrs trekking



**Distance**  
10KM

## DAY 3

**Trek through rhododendron forest and on ridge-top trails to Kutumsang (2470m).**

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. Then, after breakfast in the lodge, we set off on what is a long and fascinating second day of trekking through the district of Helambu. Initially, we descend through forest and farmland to the friendly village of Pathi Bhanjyang, then climb on a ridge-top trail to a high forested

crest, before descending slightly via a prominent stupa to the houses and basic lodges at Gol Bhanjyang (2130m). The trail leads onwards and upwards, entering the forest again as we climb up onto the ridge of the Thodang Danda with the highest of the Langtang peaks visible to the north. We overnight in the small village of Kutumsang after a great day of trekking during which we are sure to encounter some of the interesting inhabitants of the forest, including monkeys and many bird species.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 1300M	 <b>Descent</b> 1145M	 <b>Time</b> 7 hrs trekking	 <b>Distance</b> 16KM
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## DAY 4

### Trek on the Panghu Danda via Mangengoth to Tharepati (3490m).

Beyond Kutumsang, heading north, we leave the fields and farms of the lower valleys behind and enter a rather more wild and mountainous region. This feeling is reinforced as we embark on a long ascent through a magical forest which takes us up onto the Panghu Danda. Above 3000 metres now, the ridge-crest is thickly forested, with rhododendron and pine the dominant species. Amongst the trees, there are secluded pastures and associated temporary shelters known as goths, and we have only occasional glimpses down into the valleys on either side of the ridge. Passing the lodges at Mangengoth (3220m), we continue on a classic section of ridge which is here known as 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 rough clearings, 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. This is not a long day, but we take our time on account of the height gain, and aim to reach our next lodge at Tharepati (3490m) in the early afternoon. We can take it easy for the remainder of the day, whilst looking ahead to the rugged upland of Gosainkund and our onward route towards the Laurebina La.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 1200M	 <b>Descent</b> 180M	 <b>Time</b> 6 hrs trekking	 <b>Distance</b> 11KM
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## DAY 5

### Trek through open juniper woodland to Gopte and then Phedi (3630m) below the Laurebina La.

There's no rush this morning as it's just a short trek (and very little height gain) to our next lodge at the foot of the pass which we must cross to reach the Langtang Valley. Our route leaves the ridge-crest and cuts across the upper reaches of a wild valley, rounding rocky ridges and spires, with views of 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. We reach our next lodge at Phedi (3630m), a name which means foot of the hill, in time for lunch. The afternoon is free to enjoy this spectacular location and to rest ahead of tomorrow's climb up to the Laurebina La.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 520M	 <b>Descent</b> 380M	 <b>Time</b> 4 hrs trekking	 <b>Distance</b> 8KM
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## DAY 6

### Cross the Laurebina La (4610m) 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 and winds its way through rocky outcrops and ridges to a high point by a small lake. This is a superb viewpoint, overlooking the upper Gosainkund lakes and with distant views of the Annapurna peaks including sacred Machhapuchhre (FishTail). We can also see Himal Chuli, Manaslu and the peaks of 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 Laurebina, straddling a ridge at 3900 metres and affording excellent views of the Ganesh Himal and, across the dark trench of the Langtang Valley towards the snow-cone of Langtang Lirung (7225m).

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 1200M	 <b>Descent</b> 930M	 <b>Time</b> 7 hrs trekking	 <b>Distance</b> 11KM
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## DAY 7

### A day of mostly downhill trekking, with a final short climb to the village of Thulo Syabru (2200m).

There's a great deal of descent today and trekking poles will come in handy. 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 at Chandan Bari and Sing Gompa. Beyond this point, 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 2200 metres we will be much warmer than the last couple of evenings.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 100M	 <b>Descent</b> 1800M	 <b>Time</b> 5 - 6 hrs trekking	 <b>Distance</b> 12KM
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**DAY 8****Now in the Langtang Valley, we trek beside the river to the place known as Lama Hotel (2480m).**

After breakfast at the lodge, we walk down the ridge, passing a 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 at an elevation of around 1800 metres and head upstream on an undulating trail through forests of pine, birch, oak and bamboo. The forest teems with wildlife and we 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, to reach our lodge at Changtang, a place which is also known as 'Lama Hotel'.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 850M	 <b>Descent</b> 570M	 <b>Time</b> 5 hrs trekking	 <b>Distance</b> 10KM
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**DAY 9****Continue our trek up the valley to the village of Langtang (3540m).**

The landscape opens out as we pass from the steep-sided lower river valley into the wider U-shaped upper valley which has been carved by glacial action. 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 the two or three lodges at Gore Tabela (3020m). We continue to make a steady ascent above the turbulent river and trek through a number of small settlements with their guarding mani walls and fluttering prayer flags. We are now due south of the dominating peak of Langtang Lirung and the trail crosses a vast rockfall (which destroyed most of the village of Langtang in 2015). Beyond the rockfall area, the village has been reestablished and we check in at one of the new lodges.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 1200M	 <b>Descent</b> 140M	 <b>Time</b> 6 hrs trekking	 <b>Distance</b> 11KM
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## DAY 10

**Continue to ascend the Langtang Valley to Kyanjin Gompa (3850m).**

Above Langtang the landscape is much more open and we find ourselves walking through yak pasture. The ascent at this point is relatively gradual and we pass a number of isolated teahouses, some of them recently rebuilt. Finally, we ascend to an ancient moraine plateau and see Kyanjin Gompa (3850m) with its spectacular backdrop of Langtang Lirung. This is the last habitation in the valley and a spectacular place, with giant snow peaks on all sides. We check into our lodge here, which is close to the village's cheese factory. This institution was one of many established in Nepal in the 1950s and 60s using Swiss know-how and technology.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 450M	 <b>Descent</b> 140M	 <b>Time</b> 3 - 4 hrs trekking	 <b>Distance</b> 7KM
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## DAY 11

**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 (4984m) where the views extend to the eight-thousand metre peak Shishapangma, nearby Langtang Lirung and the spectacular Gangchenpo. Reaching this viewpoint is never more than a strenuous hike, but there is a boulder field to negotiate and some steep ground towards the top (possible snow) and the return trip will take most of the day. An alternative is to continue further up the valley to the summer pastures of Langshisha Kharka (4160m). This is less steep than climbing Tsergo Ri but is overall a longer excursion. For those who want to take it easy and enjoy the splendid situation of Kyanjin Gompa, there is no problem in taking this as a rest day.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 1300M	 <b>Descent</b> 1300M	 <b>Time</b> 7 - 8 hrs trekking	 <b>Distance</b> 10KM
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## DAY 12

**Trek out to Lama Hotel (2480m).**

A long day in terms of the kilometres covered but not a difficult walk; mainly downhill, with great views down the valley. We leave Kyanjin Gompa and retrace our route down-valley past the small settlement of Mundu and the newly built lodges close to the original location of Langtang Village. Following the right bank of the Langtang Khola, we reach Ghore Tabela and head back into the forest on a trail that undulates down the valley through Chhunuma and 'Riverside' and back to the small collection of lodges

in a forest clearing at Lama Hotel (2480m).

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 100M	 <b>Descent</b> 1490M	 <b>Time</b> 6 - 7 hrs trekking	 <b>Distance</b> 18KM
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## DAY 13

### Trek via Sherpagaon to Syabru Besi (1460m).

Our final day of trekking takes us to Ramche and then on a scenic trail that keeps high up on the north side of the valley. We pass through open, terraced farmland with good views. There are isolated farms and small Sherpa and Tamang communities, including Sherpagaon (2510m) which is perched on terraces high above the Langtang Khola. From here, we traverse around to Khangjung and then make the long and at times steep descent to the Bhote Kosi, the river flowing down from the north, from Tibet. Dropping down through a rich forest of pine, oak, rhododendron and bamboo. We will keep a look out for some of the many animal species that live here, including grey langur monkeys and possibly even the rare red panda. There are also lots of exotic types of birds which can be easier to hear than to spot. Finally, we cross the Bhote Kosi on a bridge to reach Syabru Besi on its west bank, where we overnight at a lodge.

Meals: **B L D**

 <b>Accommodation</b> Lodge	 <b>Ascent</b> 150M	 <b>Descent</b> 1170M	 <b>Time</b> 5 hrs trekking	 <b>Distance</b> 13KM
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## DAY 14

### Drive back to Kathmandu, where we check in at the group hotel.

After breakfast at the lodge, we board our vehicle for the 7 to 8-hour journey back to Kathmandu. The road twists and turns, high up on the left (west) bank of the Trisuli River and passes through a number of settlements including Dhunche. Dropping down to river level at Betrawati, we continue to Trisuli Bazaar and reach a low point close to Devighat at around 500 metres elevation. Here the road turns abruptly towards the east and begins a long and sinuous ascent to Kakani (2000m) on the rim of the Kathmandu Valley. We arrive in Kathmandu in the middle of the afternoon, check in at the group hotel and then have some time for relaxing or for independent sightseeing before heading out to one of the Thamel restaurants for a celebratory dinner.

Meals: **B L D**

 <b>Accommodation</b> Hotel
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**DAY 15****Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

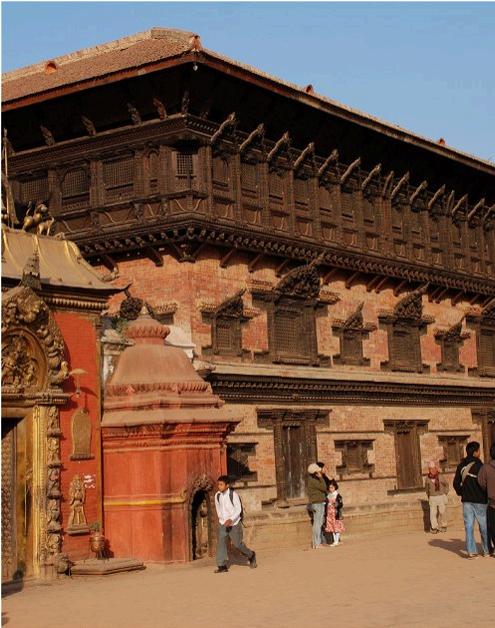
Meals: **B**

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# Extensions

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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.



## 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



## 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\$1,545** per person

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- Accommodation as described
- All meals
- Once on trek the group will be assisted by porters and a local guide
- 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 personal expenses - drinks 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 are included from dinner on Day 1 to breakfast on Day 15. While staying in Kathmandu meals will be taken in the hotel or at a local restaurant. On trek the group will take their meals at lodges. Normally this will be a set meal for the whole group. Boiled or purified water is available at all the lodges we stay at. Bottled water is also available to purchase (at additional cost) but we do not recommend this on grounds of environmental care.

## Food & 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.

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.

## Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Staying here, you can be assured of a restful start and finish to your time in Nepal. Whilst on trek there are 12 nights in lodges/tea houses. Accommodation is arranged on a twin sharing basis where possible (note that some lodges may have only multi bedded 'dormitory' rooms). If you are travelling by yourself you will be paired up with another single clients of the same sex. It is not possible to arrange single room occupancy in lodges. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. Far from the nearest roads, they are simple establishments and all consumables have to be brought in by porters or pony trains. Most of 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 \$4 - \$5 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 2 nights in Kathmandu single room occupancy can be booked 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 £200 - £250 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft 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 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, these items become more expensive as you gain altitude.

## 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 £70 (in rupees) to these tips. 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. This will be carried during the trek by porters or pack animals 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 '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.

# General Information

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## 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.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### 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.

## TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required 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.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required 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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## 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](#).

## Currency

The unit of currency in Nepal is the Nepalese Rupee.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 5 to 6 hours each day and for several days consecutively. Regular walking in hilly country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better cardio-vascular fitness and stamina.

## 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 25°C in Kathmandu to around 10 to 15°C at 3000 metres and around 5 to 8°C 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 8°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 and Development Office's '[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](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## 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
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People: Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

## Maps

### Langtang and Helambu Trekking Map. Milestone Books. 1:100,000

Coverage extends from Kathmandu and Nagarkot to Kyirong in Tibet and across the peaks from the Ganesh Himal range in the west to Shishapangma in Tibet and the Jugal Himal range in Nepal. The map has contour lines at 400m intervals superimposed on a base derived from satellite imagery. Heights for peaks, passes and selected settlements are given both in metres and in feet. The marking for trekking routes distinguishes between main trails and other treks. Symbols indicate locations with tourist accommodation. 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# 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
  
- Trekking trousers
  
- Waterproof overtrousers
  
- 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
- Toilet paper (you can also buy this in the lodges)
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)\*
- Warm jacket (down)\*

- Small padlock (to lock your kit bag)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

### **The following items are optional:**

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

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.

## Cotswold Outdoor



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 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## 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

All meals included - the only way to go! Including all meals within our holiday price means that you don't have to worry about the cost of food (at least £30 per day whether in Kathmandu or in lodges). And, you don't have the hassle, three times a day, of having to pay for your food. And, you don't have the extra concern of setting off on trek with a considerable amount of cash in your wallet.

**Please Note** This document was downloaded on 27/07/2024 and the trip is subject to change