

NEPAL – Langtang and Gosainkund



TREK OVERVIEW

The delightful Langtang valley lies only a few hours north of Kathmandu and is hence the most accessible trekking area in Nepal. Despite this Langtang sees significantly less trekkers than the Annapurna or Everest regions. The first part of the trek takes us up through the thickly forested lower valley – a delight in the spring with all the rhododendrons in flower. We emerge from the trees into the upper valley and pass through Langtang village and have a day to explore the upper valley beyond Kyanjin Gompa. Langtang Lirung (7426m) towers majestically above.

We then retrace our steps partway down the valley and head out through delightful villages, up past the holy lakes of Gosainkund and across the 4610m Lauribina yak pass to reach the Helambu region. The last few days trekking take us through oak forests and villages of the Sherpa inhabited Helambu district to within a few kilometres of Kathmandu itself.

Participation Statement

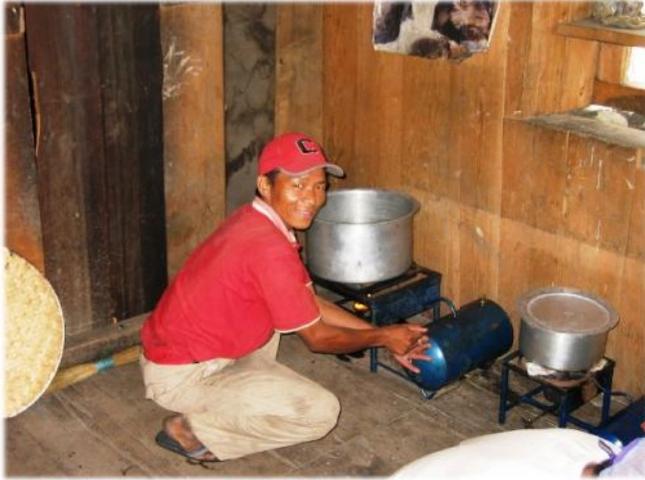
Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi-day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 6 - 8 hours walking plus plenty of rest stops.



GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of eight or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to Adventure Peaks.

WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. This trek starts at a low altitude so you can expect the first few days to be quite hot. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this

WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well-earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, DalBhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your

diet by buying snacks and drinks from the shops you pass along the way.

ACCOMMODATION

In Kathmandu you will stay in a 3* hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

LANGUAGE AND TIME

Language: Nepali is the official language but English is the 'commercial' language and is widely spoken.

Time: GMT+5hr45min (CET). No daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.



INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Kathmandu for your return.

VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

LOCAL COSTS

All accommodation on the itinerary and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and personal spending.

You would be responsible for any extra night's accommodation or costs (including fees for changes to International flights), due to you finishing the trip early or to unavoidable delays. All additional payments would need to be paid for whilst in Nepal (card payments accepted).

CURRENCY

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu.

TIPPING

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole. Please see the Nepal Background Sheet in your Welcome Pack for more

information. Tipping at meals and in hotels is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your



departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Flights are NOT included as part of this holiday. (Our itinerary assumes you take an overnight flight on the way out and a daytime flight on the return. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. There are a lot of airlines which fly from the UK to Kathmandu, and we are able to obtain preferential rates with some of these. Whatever flight you take, you will be met at the airport and transferred to the hotel in Kathmandu.

The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.

EXTENSIONS

- **Everest Panoramic Flight** (from Kathmandu).
- **Chitwan Safari** (+ 4 or 5 days)

FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE

LANGTANG AND GOSAINKUND ITINERARY

| No | Day | Today we... | We stay at... | Accommodation... | Meals... |
|----|-----|------------------|----------------|------------------|----------|
| 1 | Sat | Fly | Plane | Plane | |
| 2 | Sun | Arrive Kathmandu | Kathmandu | Hotel | |
| 3 | Mon | Sightseeing | Kathmandu | Hotel | B |
| 4 | Tue | Transfer | ShyabruBesi | Teahouse | BLD |
| 5 | Wed | Trek 1 | Lama Hotel | Teahouse | BLD |
| 6 | Thu | Trek 2 | Langtang | Teahouse | BLD |
| 7 | Fri | Trek 3 | KyangjingGompa | Teahouse | BLD |
| 8 | Sat | Trek 4 | KyangjingGompa | Teahouse | BLD |
| 9 | Sun | Trek 5 | Lama Hotel | Teahouse | BLD |
| 10 | Mon | Trek 6 | ThuloShyabru | Teahouse | BLD |
| 11 | Tue | Trek 7 | Singumpa | Teahouse | BLD |
| 12 | Wed | Trek 8 | GosainKund | Teahouse | BLD |
| 13 | Thu | Trek 9 | Thadepati | Teahouse | BLD |
| 14 | Fri | Trek 10 | Kutum Sang | Teahouse | BLD |
| 15 | Sat | Trek 11 | Chisopani | Teahouse | BLD |
| 16 | Sun | Trek 12 | Kathmandu | Hotel | B |
| 17 | Mon | Fly home | Home | Own bed! | B |

Days 1-2 Depart UK and arrive Kathmandu. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu within easy walking distance of the Monkey Temple with its lovely gardens.

Day 3 Morning briefing, after which the rest of the day is free for you to enjoy the wonders of Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience.

Day 4 Leaving the Kathmandu valley we drive northwards to Trisuli Bazaar, and then join the military road which winds above the river valleys, eventually dropping to cross the Trisuli River. Passing the village of Dhunche, which lies just inside the boundary of the Langtang National Park, we reach Syabrubensi, a Sherpa village at 1462m.

Day 5 We begin our trek by following the Langtang Khola, a river we will see much of over the next few days. At first the trail undulates steadily through forests of oak and rhododendron. After passing the Langtang Kholabridge we climb steeply up a winding path finally arriving at Lama Hotel, not far from the rushing waters of the Langtang Khola.

Day 6 Ascending through the forest, we will have glimpses of Langtang Lirung through the trees, before arriving at GhoraTabela (3048m). There was once a Tibetan resettlement project here, but now the only residents are the soldiers of the Nepalese army post. The trail continues to climb up the widening valley, passing a few temporary settlements used by herders who bring their livestock here in the summer months. In spring the forests are ablaze with rhododendrons. Shortly before arriving at the village of Langtang (3300m), headquarters of the Langtang National Park there is a monastery, which we might be able to visit. In Langtang the houses here are Tibetan style and are surrounded by fields of wheat, buckwheat and potatoes.

Day 7 As we continue our climb beyond the village, the valley opens out to reveal spectacular mountain views. To our left the impressive Langtang Lirung towers directly above us and ahead is the great snow-covered bulk of Ganchempo. At 3850m we come to the monastery of Kyanjin, well above the Langtang River. In the afternoon we can either head up a side valley to the foot of the Langtang and Kyimoshung glaciers, or climb onto some of the surrounding ridges for close up views of Langtang Lirung and the beautiful so called Fluted Peak.

Day 8 We spend a day at KyanjinGompa with a chance to explore the area. There are various optional day walks around here. The most popular walk is up to KyanjinRi (4350m) and KyimoshungRi (4620m). These two viewpoints above Kyanjingompa offer some of the most stunning mountain views in Nepal. An impressive array of peaks surrounds us - Langtang Lirung and Kyimoshung, Dorje Lhakpa, Naya Kanga and the Ganja La pass. For the very energetic

there is the chance to climb Tsergo Ri (4984m). This is a full day's walk but worth it for the views from the top.

Days 9-10 We leave Kyanjin and retrace our route westwards, following the Langtang Khola down through Langtang village to GhoraTabela, stopping again at Lama Hotel. After crossing the Langtang Khola Bridge our trail undulates through the forest and finally climbs steeply up to Syabru (2285m).

Day 11 We begin with a long steep climb out of Syabru, passing through scrub forest and the occasional settlement among the fields, and then through magnificent rhododendron thickets, until we reach the top of the ridge and the small monastery at Sing Gompa.

Day 12 Climbing a little less steeply this morning we follow the ridge for most of the day. We will have fantastic panoramic views of the Annapurnas, Himalchuli, Manaslu and Ganesh Himal to the west and Langtang Himal to the north-east. After crossing to the south side of the ridge, we descend and catch sight of the first of the holy lakes. The third lake, Gosainkund, at 4380m, is particularly sacred and a place of pilgrimage in the summer.

Day 13 The trail climbs gradually through bare and rugged terrain, passing four smaller lakes before we reach the summit of the Laurebena Pass (4610m). There are magnificent views to the north and west, and as we descend there are superb panoramic vistas over the Nepal midlands. After descending we continue along a delightful trail through rhododendron forest, with splendid views to the south.

Days 14 – 15 Two relatively long days follow taking us through the unspoilt and culturally interesting Helambu valley. The villages of Helambu are inhabited by Sherpas whose language, culture and dress are very different from the SoluKhumbu Sherpas. We continue walking through thick rhododendron forest before descending steeply into open landscape. There are fine views back to the Langtang and JugalHimals. We pass through the well maintained villages of GulBhanjyang and PatiBhanjyang. A fairly steep climb brings us to open pastures, more forest and then the summit of the ridge, from which there is a magnificent view of the Himalaya; Annapurna in the west Everest in the east.

Day 16 A short walk brings us to the road, from where we pick up our transport for the short drive to our hotel in Kathmandu. The rest of the day is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. Outside is Kumari Chowk, home of the Kumari, the young girl who is revered as a living goddess. The whole area is a maze of temples and images. Alternatively you may wish to visit the monkey temple at Swayambhunath, one of the largest Buddhist Stupas in the world at Bodnath, or the most important Hindu temple in the valley at Pashupatinath.

Day 17 Depart Kathmandu. Most flights arrive back in the UK the same day.