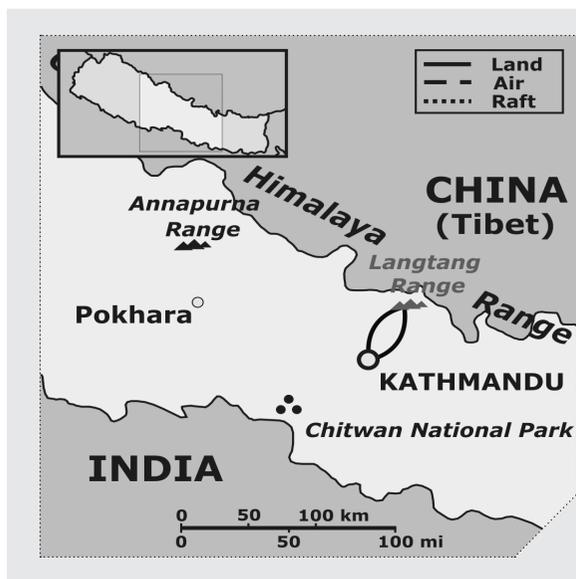


# Langtang Trek

19 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /



Often overlooked, the Langtang and Helambu regions to the north of Kathmandu provides some of Nepal's most spectacular scenery, and trekking in this area is as good as anywhere in Nepal. The soaring, snow-capped mountains at the head of the Langtang valley, the beautiful glacial lakes at Gosainkund and the friendly Tamang villages combine to make this a perfect alternative to the better known Everest and Annapurnas treks.



**Regular small-group departures run throughout the trekking seasons. Call or check the website for dates and prices. Private and tailor-made options are also available on request.**

*Please refer to page 4 or website for details.*

### TOUR HIGHLIGHTS INCLUDE:

Kathmandu sightseeing, Trekking in the Langtang region, stunning mountain views.

<b>FLIGHTS INCLUDED:*</b>	<b>LOCAL PAYMENT:</b>	<b>ENTRANCE FEES:</b>	<b>AIRPORT TRANSFERS:</b>
X	X	✓	✓

**FLIGHT BOOKINGS AVAILABLE**

*See page 6 for details*

### TOUR FACTS

<b>Tour Code:</b>	TRNPLG
<b>Group Size &amp; Age:</b>	Min. - 2 Max. - 12 / Min. age - 12
<b>Travel Idea:</b>	Trekking Tour
<b>Activity Level:</b>	Hard (Trekking grade: Moderate)
<b>Max. Altitude:</b>	4,610m (Llaurabena Pass)
<b>Comfort Rating:</b>	Basic
<b>Accommodation:</b>	4 nights in hotels, 14 nights in lodges
<b>Transport:</b>	Bus/minibus/jeep
<b>Meals:</b>	18 Breakfasts (B), 0 Lunches (L) and 0 Dinners (D)

### YOUR 19 DAY TOUR ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer from airport to hotel.
- Day 2:** Kathmandu - Sightseeing tour.
- Day 3:** Travel by road to Syabrubensi.
- Day 4-5:** Syabrubensi to Lama Hotel to Langtang
- Day 6:** Langtang to Kyangin Gompa.
- Day 7-8:** Kyangin Gompa - excursions.
- Day 9:** Kyangin Gompa to Lama Hotel.
- Day 10-11:** Lama Hotel to Sing Gompa.
- Day 12:** Sing Gompa to Gosainkund.
- Day 13-15:** Gosainkund to Gopte to Gul Bhanjyang.
- Day 16-17:** Gul Bhanjyang to Sundarijal. Travel by road to Kathmandu.
- Day 18:** Kathmandu - Free day.
- Day 19:** Kathmandu - Free time. Transfer to airport for flight.

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# Langtang Trek continued...



19 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

## DETAILED ITINERARY

### DAY 1 / ARRIVE IN KATHMANDU

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Nepal Uncovered rep welcomes you, helps you settle in, and explains the agenda for the rest of your tour.

*Overnight at hotel in Kathmandu.*

### DAY 2 / KATHMANDU, TOUR

The first part of the morning will be dedicated to a pre-trek briefing and introduction to your trekking guide. After this we arrange for you to taken on a guided tour of the fascinating, sprawling city of Kathmandu. We take you to visit Durbar Square with its splendid array of Hindu Temples and the old Royal Palace. Next, we climb up the many steps leading to the immense Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have plenty time to check out the numerous little gift shops that line the maze-like streets. In the evening you have an opportunity to tryout the numerous, restaurants and bars, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world.

*Overnight at hotel in Kathmandu (B).*

### DAY 3 / TRAVEL BY ROAD TO SYABRUBENSI

From Kathmandu you head north by private transport to Syabrubensi (1,462m), where your trek will start (approx. 5 hours). Syabrubensi is located at the junction of the Trisuli Khola and Bhote Khosi, both well known rafting rivers.

*Overnight lodge in Syabrubensi (B).*

### DAY 4 / SYABRUBENSI TO LAMA HOTEL

*Trekking time - 6 hrs*

From Syabrubensi you head east towards the Langtang valley and follow the Langtang Khola through rhododendron and oak forests. Various types of wildlife are prevalent here and it is not unusual to see Langur monkeys. Eventually you will arrive at a small cluster of lodges, and what was the Lama Hotel. This is where stop for the night. Depending upon the weather you sometimes are afforded good views of the mountains.

*Overnight at lodge in Lama Hotel (B).*

### DAY 5 / LAMA HOTEL TO LANGTANG

*Trekking time - 5 hrs*

You continue to climb through lush forested areas to Ghora Tabela (3,005m), and get glimpses of Langtang Lirung, ahead of you. As the valley begins to widen, you travel through a post manned by Nepalese soldiers and you leave the forested areas behind you prior to the steep trail up past a Buddhist monastery to the village of Langtang (3,307m). Langtang village is headquarters of the Langtang National Park and retains much of its traditional ethnic style in the upper part of the town and the Tibetan-speaking people (the Tamang) differ considerably from the valley folk.

*Overnight at lodge in Langtang (B).*

### DAY 6 / LANGTANG TO KYANGIN GOMPA

*Trekking time - 3½ hrs*

You continue to ascend passing a *mani wall* (dry stone walls inlaid with Buddhist prayer slates. This is reputedly one of the longest in Nepal. You should follow Buddhist custom and walk to the left of the wall). As you climb, you are rewarded with good views of the Langtang Lirung Glacier flow to your left and the ice fluted Gyangchempo ahead and to your right. The valley begins to widen here as you cross-glacial moraine and descend into Kyangjin

Gompa (3,849m). Once here spectacular high peaks surround you. Kyangjin has a small monastery and is well known for the delicious cheeses produced from local Yak herds.

*Overnight at lodge in Kyangin Gompa (B).*

### DAY 7-8 / KYANGIN GOMPA TO NUBAMATANG

*Trekking time - optional*

You spend the next two days here and there are plenty of excursions so keep you busy. You can continue on up the valley to Nubamatang (3,960m) and Langshisha Kharka (4,040m) where you are able to view the glaciers that mark the gateway into Tibet. The views of some of the mountains are spectacular. Langsisa lies just ahead of you, but at 6,370m, she's not the highest peak in sight as numerous other snow-capped peaks can be seen all around. If you feel up to it you have the option of ascending Tsergo Ri (5,033m) and being rewarded with an incredible vista of snow-capped peaks.

*Overnight at lodge in Kyangin Gompa (2xB).*

### DAY 9 / KYANGIN GOMPA TO LAMA HOTEL

*Trekking time - 6 hrs*

From Kyangjin Goma you retrace your steps back down the valley to the lodge at Lama Hotel.

*Overnight at lodge in Lama Hotel (B).*

### DAY 10-11 / LAMA HOTEL TO SING GOMPA

*Trekking time - 5 hrs / 3½ hrs*

Today you continue back along the Langtang valley and cross the river, before ascending to Thulo Syabru (2,260m). Departing early from Thulo Syabru, you follow a slow zig zagging trail upwards through forest and past several small lodges. It's a

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# Langtang Trek continued...



19 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

long slow climb with excellent views of Ganesh Himal and other Langtang peaks that make these views so very special to this area. As you follow this trail you travel through fir tree forests replete with Rhododendrons. Soon after you reach Sing Gompa.

*Overnight at lodges in Thulo Syabru and Sing Gompa (2xB).*

## DAY 12 / SING GOMPA TO GOSAINKUND

*Trekking time - 4½ hrs*

The trail follows a ridge, which affords you spectacular panoramic views of Himalchuli, Manaslu and Ganesh to the west, and the high Tibetan plateau to the north. The trail then drops down to Gosainkund (4,361m), (one of several sacred lakes that serve as major pilgrimage sites to Hindus from all over southern Asia). This area is a major destination in the summer months of July and August as Hindus flock to the full-moon festival of Janai-Purnima. Tonight you stay in a lodge close to this lake. Legend has it that Shiva, who had saved the world by drinking poison, struck this land with his fork and created this lake with which to quench his thirst.

*Overnight at lodge in Gosainkund (B).*

## DAY 13 / GOSAINKUND TO GOPTE/DOBIE CHAR

*Trekking time - 6 hrs*

From Gosainkund Lake you ascend, passing several smaller lakes before crossing Llaurebena Pass (4,610m), the highest point of your trek. This pass marks the western border of the Helambu valley. Your trail takes you along a course that offers incredible views of the Annapurnas, Manaslu, Langtang Himal and Ganesh Himal. Once across the pass, you descend in a southeasterly direction and make your way to Gopte /Dobie Char.

*Overnight at lodge in Gopte/Dobie Char (B).*

## DAY 14-15 / GOPTE/DOBIE CHAR TO GUL BHANJYANG

*Trekking time - 3½ hrs / 5 hrs*

Once again the trail starts by ascending to a ridge, which you follow, eventually taking you through a forest of rhododendron to Tharepati. A further ridge climb, across terraced areas and you are into Giant Oak forests. Once again you are afforded spectacular views, including those of Langtang. Today you head south, leaving the Langtang region behind as you travel through the Helambu valley to the Tamang village of Gul Bhanjyang (2,142m).

*Overnight at lodges in Mangan Gath and Gul Bhanjyang (2xB).*

## DAY 16-17 / GUL BHANJYANG TO SUNDARIJAL. TRAVEL BY ROAD TO KATHMANDU

*Trekking time - 6 hrs / 5 hrs*

From Gul you have a short ascent before dropping down through the village of Pati Bhanjyang and along to Chisopani (2,194m), where you will stay for the night. From Chisopani you walk several hours through forested areas with views of the Kathmandu basin ahead and below. From here it's a short walk to Sundarjal, where you travel by private transfer or taxi back to Kathmandu (you can try the local bus if you prefer).

*Overnight in lodge at Chisopani and at hotel in Kathmandu (2xB).*

## DAY 18 / KATHMANDU, FREE DAY

Today is a free day to spend relaxing and recovering from your exertions. We also leave it free in case there have been any delays on your trek. You may want to spend more time exploring Kathmandu and its surroundings; there are plenty of things to see and do. Perhaps some last minute shopping for presents will fill your last day in Kathmandu.

We offer several options today, including a mountain flight up to Everest, a tour to the nearby ancient areas of Patan and Bhaktapur, or an extension to the tour to visit Chitwan National Park, or to try some exciting rafting on the Bhote Khosi river.

*Overnight at hotel in Kathmandu (B).*

## DAY 18 EXTRA OPTIONS

**Patan & Bhaktapur tour option**

**Everest mountain flight option**

**Bhote Kosi rafting option**

**Chitwan safari option**

*See pages 4-5 for details*

## DAY 19 / TOUR ENDS

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home.

(B).

## SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

### SMALL GROUP DEPARTURES:

We have regular small group departures on this tour throughout the available seasons. Departure dates are given on our website, and on request.

### PRIVATE DEPARTURES:

You can also choose to do the tour privately, following the itinerary above, but on another date. We add a small supplement for these departures. Please contact us first to check availability.

### TAILOR-MADE TOURS:

Finally, this tour can also be used as a base for a private tailor-made itinerary, to be run on any dates. You can make adjustments as per your own requirements (for example, adding extra days, slightly shortening the tour, adding some rafting etc.).

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# Langtang Trek continued...



19 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

## ADDITIONAL INFORMATION

### OPTIONS:

#### Booking and paying for options:

Options may be booked by selecting them on our online reservation form, or after you have made your booking. Some options that are not accommodation based may also be added while you are in Nepal, subject to availability at the time. Prices are given on our website and on request. Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments. A receipt will be provided.

#### Single room supplement

If you want to guarantee yourself a single room throughout the tour, then we need to add a single supplement charge.

If you are a single traveller joining one of our Standard level group tours, then if you are happy to, you may share a twin room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

**Note:** We cannot guarantee single rooms in the trekking lodges.

**Note:** Couples will always be given a private double room, and triple/family rooms are available on request.

*Book in advance. Pay in advance.*

#### Extra days - Price: subject to party make-up

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour.

The price includes a night in the hotel, breakfast, all taxes and

transfers. Single room supplements apply.

*Book in advance. Pay in advance.*

#### Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu and/or Chitwan National Park if required.

Upgrades would normally be to the following hotels (subject to availability):

##### Kathmandu:

• Yak & Yeti hotel or Dwarikas hotel.

##### Chitwan:

• Rhino Residency, Temple Tiger Lodge or Tiger Tops Lodge.

Please contact us for rates if required.

*Book in advance. Pay in advance.*

#### Patan and Bhaktapur tour

This tour starts by crossing the Bagmati River to nearby Patan, often referred to as Lalitpur 'city of beauty'. Here you will spend plenty of time exploring Durbar Square, which has a fabulous concentration of Buddhist temples. After lunch we drive you out to the ancient city of Bhaktapur, for a tour of the many squares and temples, seeing stunning wooden architecture as well as exploring the narrow winding lanes which bustle with life. The tour lasts for a full day, and includes private transport and the services of a professional local tour guide. Single person supplements apply.

*Book & Pay in advance or in Kathmandu.*

#### Everest mountain flight option

This flight leaves from Kathmandu early in the morning, and

lasts for around an hour, taking you up towards Everest and the surrounding high peaks. You can even get glimpses of the high Tibetan plateau.

The planes have good-sized clear windows, and window seats are guaranteed.

*Book & Pay in advance or in Kathmandu.*

#### Bhote Kosi rafting option

##### Min 2 people (adds 2 days to the tour)

For those wishing to take the rafting to a higher level, this short option takes you to one of Nepal's wildest white water rivers, and one of the best two-day rafting trips in the world. This Grade 4 river (Class-IV to IV+ rapids) is just 3 hours from Kathmandu and makes an excellent adrenaline filled extension to your tour.

The minimum age for this option is 16, and you need to be relatively fit and a confident swimmer, and be prepared for continuous, technical, and demanding rapids. You will be joining a group operated by one of Nepal's premier rafting operators - please contact us to check availability.

*Book in advance. Pay in advance.*

#### Chitwan safari extension option

We offer an extension to the end of the tour to take a 3-day, 3-night wildlife safari to Chitwan National Park. You'll enjoy jungle walks, canoe trips, elephant rides and cultural shows in this wonderfully idyllic setting. All park activities and entrance fees are included. Single room and single traveller supplements apply.

Your itinerary would run as follows:

#### Day 18 / Drive to Chitwan

This morning, we drive from Kathmandu to the Royal Chitwan National Park

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# Langtang Trek continued...



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(approx. 7 hours). You will be at the park for three nights and during this time you have an exciting itinerary with two full days in and around the park. Once settled into your lodge, you can eat, drink and relax and take in some of the spectacular settings that surround you.

*Overnight at safari lodge in Chitwan (B D).*

## Day 19-20 / Chitwan National Park

Over the next two days you will enjoy a number of exciting activities in and around the park, including:

- An elephant back ride into the park in search of the rare, Indian one horned rhino.
- A canoe ride down the Rapti River to observe the many bird species native to Nepal. You should also see many of the 160 species of migratory birds, which visit Chitwan seasonally. You may also see Gharial crocodiles sunning themselves on the riverbanks.
- A half-day jungle walk where you should see spotted deer and antelope and hopefully spot some more rhino.
- Another excursion takes you further into the park, this time travelling by jeep. The greater distances you are able to cover with the jeeps allow you to see more different habitats and visit the crocodile-breeding centre, located deep inside the park (Note: Jeep safaris are not always available, and will be replaced by another activity if they are not running).
- You will also make a tour of a local village where you can gain insights into the daily life of the people of this Terai region.
- Your lodge will also arrange an evening cultural program for you to attend, and, perhaps, participate in.

*Overnight at safari lodge in Chitwan (2xB 2xL 2xD).*

## Day 21 / Drive to Kathmandu

Today you leave early for the drive back to Kathmandu. The 7-hour

drive (a flight upgrade can be arranged if required) gives you one final chance to take in the beautiful scenery, which makes Nepal such a popular country to visit.

*Overnight at hotel in Kathmandu (B).*

## Day 22 / Tour ends

Your tour ends after breakfast and your time is free for some final sightseeing and shopping before we transfer you to the airport for your flight home. (B).

*Book in advance. Pay in advance.*

## Trekking pack option

This optional trekking pack provides a selection of equipment that you may want to use during your trek but not buy in advance or carry with you to Nepal. The trekking pack includes:

- **3 or 4-season sleeping bag** - You need to have a sleeping bag on all our trekking tours. We provide a 3 or 4-season bag (depending on your date of travel) which is washed between every use. We suggest you bring a sleeping bag liner for extra comfort.
- **trekking poles** - These provide extra support and assistance when walking up and down the many hills you'll be crossing during your trek and will take a lot of the strain off tired knees and legs.
- **down jacket** - These thick warm jackets are particularly welcome during cooler seasons and in the evenings at higher altitudes after you have finished walking for the day.

## INCLUDED IN THE PRICE OF THE TOUR:

- Meals as indicated on the itinerary
- All accommodation
- Sightseeing tours as indicated on the itinerary
- Entrance fees in Kathmandu
- Registered trekking guides & porters
- All transport & transfers
- Langtang Conservation Area entry permits
- Trekking permit

## NOT INCLUDED IN THE PRICE OF THE TOUR:

- International airfares
- Visa costs
- Meals not indicated on the itinerary
- Drinks, snacks, tips, and other personal expenses
- Travel insurance - please see the policies available on our website
- Any other items not mentioned above
- Departure taxes

## ACCOMMODATION:

### 1. Hotels in Kathmandu & Pokhara

We use comfortable tourist class hotels in Kathmandu for this trek, based in or close to the main Thamel tourist area of the city. (approx. 3-star).

### 2. Trekking with lodges

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where

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toilets and washing facilities are outside the building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but we would strongly recommend bringing a sleeping bag and liner. We can provide sleeping bag, down jacket and trekking pole hire if required. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

### 3. Safari lodges in Chitwan National Park (for extension option)

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park.

For further details on the hotels and accommodation used on this tour, please check out the information on our website.

Upgrades to higher level hotels are available on request on private departures - please contact us for details and prices.

### TRANSPORT & TRANSFERS:

We use private cars or minibuses for all the main transfers & journeys on this tour. A variety of transport including jeeps, elephants & canoes is used if you visit Chitwan. Upgrades to internal flights are available on request. Both your airport arrival and departure airport transfers are included (24-hour service).

### INTERNATIONAL FLIGHTS:

In order to keep our tours flexible, and to make them accessible to as many people as possible, we do not include your international flights in the set tour itinerary or price.

However, we do hold an ATOL (UK flight sales license) and are happy to book your flights for you. If you let us know your ideal dates and departure airport, then we will be happy to provide you with some flight options that we can arrange for you. You can then choose whether to book the flights through us, or make your own arrangements. Either way, your airport arrival & departure transfers are included.

### TOUR GUIDES & ENTRANCE FEES:

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

On the Chitwan Extension, all National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari, Jungle Walk, Village Walk, River canoe trip.

Fully trained English-speaking Nepalese trekking guides are provided throughout this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

To help support the local people and economy, and because we know it works best, our policy at Nepal Uncovered is to use only local guides and tour leaders on this tour. Please check our website for further details.

### TREKKING TIMES:

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you

want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge ahead. If travelling with a group, you should be prepared to walk at the speed of the slowest member.

We have graded this trek as: **MODERATE**:

*"Walking this kind of trek, can be physically demanding. You should ensure your fitness is appropriate for spending anything up to 8 hours a day walking. Some of those days might involve crossing a pass or a long arduous climb. Trekking experience here is useful, (but not absolutely essential)."*

For more information on trekking with us in Nepal, please check the Trekking Activity Guide page on our website.

### MEALS:

#### Kathmandu:

Breakfasts only are provided in the hotel. Kathmandu has a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat within a short walk of the hotel.

#### Lodge trek:

Breakfasts are included on the trek, based on breakfast items from the menu plus one drink. You may add to these if you wish, but a substantial & healthy breakfast is always provided. You will need to buy your own lunches and dinners and any of the

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Lodges along the route offer an excellent variety of food. In places the menu might be limited but the food is always nourishing and wholesome. To protect the limited resources available in trekking areas, we politely suggest that you either eat the same meals as the guides and lodge staff, or try not to order too many different items from the menu. We suggest you budget approx. US\$240 to cover all your meals whilst on your trek.

## WHEN TO GO:

### Monsoon season:

*June to mid-September*

Trekking is possible in the Langtang region during the monsoon season. However, visibility may not be great, with a good chance of rain, and the trails can be slippery. Look out for leeches! We generally don't recommend trekking in Langtang during the monsoon.

### Winter season:

*Mid-December to mid-February*

We do not generally run our treks in Langtang during the winter months of mid-December to mid-February as the risk of heavy snow can prevent you completing the trek.

### Good trekking:

*Mid-September to mid-December, mid-February to May:*

These seasons are the best time for trekking, with good visibility and fine weather. Mid-September, October and November are the most popular, with the busiest trails and lodges, with March-April also good but a little quieter.

## TIPPING:

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent

service. It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount.

We are often asked for advice on common amounts however, and suggest that approx. 5% of the tour price would be a suitable budget.

## COUNTRY GUIDE:

For an in-depth overview of Nepal, including up-to-date regional security advice and information, please check out the country guide pages on our website.

## DATES & PRICES:

We run several small-group departures during the main trekking seasons. These departure dates and prices are listed on our website and on a separate dates & prices sheet available on request. We can also run the set tour itinerary privately for you on other dates, or customise it to make a tailor-made tour to fit your personal requirements.

## HEALTH:

Recommended vaccinations and other health protection measures vary according to the country you are visiting, and where you are travelling from. You must obtain professional advice from your medical practitioner or a travel clinic on current vaccinations needed for your destination (1st Contact travel clinic gives free advice tel. 0800 0393073). In general, most recommendations for Nepal include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

## VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$40 (UK Pounds also accepted) and the visa is obtained in the

immigration area at the point where your passport is stamped (i.e. you don't need to join an extra queue). For further information, please check out the visa pages on our website, or contact us directly.

## RESPONSIBLE TOURISM:

We take responsible travel seriously, and as well as taking this into consideration when we design our itineraries, and select the people and agents we work with, we also donate £2 for every person travelling on one of our Nepalese tours. This is split between two projects:

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge with the aim of providing an environmentally sympathetic and sustainable destination for tourists, which will also benefit the local community.

If you would like to visit or support either of these projects while you are in Nepal, please let your guide or our Kathmandu representative know. Full details of our responsible travel policy are given on our website.

**To book visit: [www.nepal-uncovered.com](http://www.nepal-uncovered.com), email: [tours@nepal-uncovered.com](mailto:tours@nepal-uncovered.com), or call us on: +44 (0) 845 130 48 49**

**Please quote Tour Code: TRNPLG when booking**

\* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

# Langtang Trek continued...



19 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

## PRE-DEPARTURE INFORMATION:

After booking, we will provide you with detailed information to help you prepare for the tour. This will include helpful advice on money, health, insurance, tipping, climate, clothing etc.

Further information is also available in the County & Travel guides on our website.

## FACEBOOK / TWITTER / BLOG

Uncover the World recently joined the Facebook community; it would be great if you joined us and shared some of your travel photos and stories. It's also a great way to stay in touch with your fellow travellers, share photos, and also keep updated with special offers and news about new tours and destinations from us - click on [www.facebook.com/UncoverTheWorld](http://www.facebook.com/UncoverTheWorld) and 'Like' us.

You can also follow us on Twitter - [www.twitter.com/utworld](http://www.twitter.com/utworld) If you'd like to post a blog about your trip you can also visit our blog page - <http://www.uncovertheworld.com/blog/>

We are fully bonded for your complete financial protection.



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