

This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.

DAY BY DAY ITINERARY

This itinerary will always need to remain flexible, and may change due to weather conditions, the pace of the group or other unforeseen circumstances. Times and distances are approximate. (B,L,D) refers to meals included in the trip cost: breakfast, lunch, dinner.

This trip is 15 days ex KATHMANDU. The first and last days refer to the days of arrival in and departure from KATHMANDU, and may not be the days you leave or return home.



DAY 1 Arrive Kathmandu and transfer to our hotel

DAY 2 **Syabrubensi 1462m**

We start our drive northwards of the Kathmandu valley as we cross the Trisuli River and enter the outskirts of Langtang National Park. We overnight at the village Syabrubensi. (B)

DAY 3 **Lama Hotel 2480m**

Start the trek following the Langtang Khola River. The trail climbs up the valley with on small rocky trails which are steep in some places. We pass through oak and rhododendron forests and finally reach Lama Hotel, a small clearing in the forest. (B)

DAY 4 **Langtang 3422m**

Today we trek to the village of Langtang. The trail continues climbing through the forest passing through Ghora Tabela at 3048m. Earlier this was a Tibetan settlement

but it is now a cluster of lodges and an army post. As we approach Langtang the valley widens. There is a chance to visit the monastery just before Langtang village. Langtang is the headquarters of the National Park and the houses here are influenced by Tibetan style. (B)



DAY 5 **Kyangin Gompa (3900m)**

The valley widens and we are now above the treeline as we continue our trek up the valley. Breathtaking views of Langtang Lirung and the mighty Ganchempo appear. We reach Kyangin Gompa by lunchtime, a cluster of lodges and the last settlement in the valley. (B)

DAY 6 **Kyangin Gompa**

Today we shall have option to explore the nearby peaks of Kyanjin Ri (4350m) and Kymoshung Ri (4620m). We can also walk further up the valley to Langshisha, which is very close to the Tibetan border, where we have spectacular views of many peaks above 6000 meters in both Tibet and Nepal. The energetic can also attempt Tsergo Ri (4984m) – this is a long walk and you need to be fit and carry a packed lunch. (B)

DAY 7 **Lama Hotel 2480m**

We retrace our steps back to Lama Hotel. (B)

DAY 8 **Syabru 2230m**

The trail follows the Langthang Khola descending steeply in places. After crossing the river by bridge we have a steep climb up to Syabru. (B)

DAY 9 **Sing Gompa 3300m**

A short but quite tough day as we continue climbing. The trail is steep in places as we climb through magnificent rhododendron forests (a blaze of colour in spring) to Sing Gompa set on a ridge high above the river. (B)

DAY 10 **Gosainkund 4380m**

We leave the monastery at Sing Gompa and follow a wonderful ridge path towards Gosainkund Lake. One of the most spectacular walks of this trek we have magnificent panoramic views including the Jugal Himal, Langtang Himal, Manaslu Himal and the Annapurnas. As we cross the ridge and descend we come to the holy lakes of Gosainkund. The third lake is said to have been created by Lord Shiva is the most sacred among them. (B)



- DAY 11 **Gopte 3420m**
Today we cross the Laurebena Pass (4610m). The trail takes us past a string of lakes easily to the top of the pass, where on a clear day we have wonderful views. A long descent brings us to the basic lodge at Gopte. (B)
- DAY 12 **Kutumsang 2540m**
We now descend into the quiet Helambu Valley and our trail undulates through forest and villages to Kutumsang. Don't forget to look back as we head south – the mountain views behind us are still quite amazing. (B)
- DAY 13 **Chisopani 2110m**
A steep ascent through forest takes us to the open valley, where we have our last spectacular views of the Himalayas and Annapurnas. We continue up to Chisopani for our last night on trek and a chance to say goodbye to our porters and guides. (B)
- DAY 14 **Drive to Kathmandu**
A half day walk to the road head, where we meet our transport for the short drive to our hotel in Kathmandu. There should be time in the afternoon for some final shopping in the bustling Thamel area. (B)
- Day 15 Depart Kathmandu or continue with your own arrangements. (B)

Nepal

Nepal is a small country, wedged between India and Tibet and dominated by the Eastern Himalayas. Many of today's trekking routes are ancient trade routes between India and Tibet. These and the porter skills of the mountain people are the main factors in allowing westerners access to the highest regions. Nepal's diverse geography has shaped an equally diverse kaleidoscope of cultures. The spiritual heritage influenced by Tibetan Buddhism in the higher regions and Hinduism elsewhere gives substance to peoples' lives throughout Nepal, making them reverent, kind, hospitable and hard-working people.

The trek

This trek takes you to the north of Kathmandu in the lesser trekked area of Langtang. Famous for its birds and flowers, especially in spring the Langtang Valley is easily accessible from Kathmandu and is much less visited than its more popular sisters of Everest and Annapurna. The trails are quieter but the views no less stunning. At Kyanjin Gompa Langtang Lirung towers above us and a whole host of other peaks surrounds us. The spectacular setting of the holy Gosainkund Lakes and the Laurebena Pass takes us into the quiet Helambu valley and the beauty of this circular trek is that we walk almost back into Kathmandu.

Fitness

On some days the walking is strenuous, due both to the altitude and to the terrain, but there is plenty of time to acclimatise, and the trip is suitable for anyone who is reasonably fit. Previous walking experience is an advantage as there are some quite long days. Just as important are adaptability and an open mind.

Lodge treks

In the popular areas where there are many lodges to choose from, we like to support the local people by sleeping in lodges rather than carrying in an independent camp. You will have more encounters with locals on a lodge trek, and will often be accommodated within the family home. Solar showers are available at some lodges for approx NRS300.

The trip is on bed and breakfast basis. Breakfast on trek is a fixed set breakfast consisting of porridge or muesli, toast or other bread and an egg. Lunches and dinners are not included. Please allow £25 - £30 per day for other meals and drinks on trek. You can choose food from the menus which serves traditional Nepalese Rice and Lentils to continental foods. Please note imported food and drinks are expensive in this region. Vegetarians will have a good choice, indeed it is normally best to avoid meat on the trail unless you are sure it has been freshly killed.

We try to discourage buying mineral water bottles on trek. We advise you to have boiled water or treat the tap water.

Trekking life

A trekking day usually starts early, around 7-7:30 am. After breakfast we set off. We stop for lunch about mid day for about an hour. Most days we will reach our destination by mid/late afternoon, leaving time to wash/relax before dinner at around 7pm. Bedtime beckons early and by about 8-9pm you will be ready to fall into your sleeping bag.

Kathmandu

In Kathmandu, we stay in a centrally located hotel (B&B) which gives you the chance to choose between the wide arrays of restaurants. You can buy a meal in Kathmandu for £10- £15, excluding alcohol.

Language

The national language is Nepali, which has similarities to Hindi. Many Nepalis now speak English but a few words of Nepali will help to increase mutual understanding.

Transport

We drive to the start of the trek and from the end of the trek.

Luggage

Your luggage will be carried by porters. All you have to carry is what you need for the day: waterproofs, fleece, hat, camera, water bottle etc. A trek bag is ideal for your main luggage, plus a small lockable bag for leaving travel clothes etc in Kathmandu.

Currency and Tipping

Local currency in Nepal is the Nepalese Rupee (*exchange rates appx. 1GBP = NR 160*). It is custom and practice to tip in Nepal. You should perhaps allow the equivalent of around NR. 4500-5000 per person for the whole trip; so which would normally cover hotel bell boys plus trekking crew including porters. Try to avoid giving sweets, biscuits, pens or cash to children or anyone who has not rendered a service.

Climate

Post monsoon weather in October/November/December is typically stable and dry with clear air. It is warm enough during the day for light clothing but can drop below freezing at night. In March/April/May it is warmer during the day, particularly at low altitudes. Rhododendrons bloom from February in the valleys through to early June higher up. Intermittent pre-monsoon showers and low altitude haze are possible, but the lack of other trekkers and the spring flowers at this time of year compensate for this. Cold nights and clear skies can still be expected in the mountains.

Altitude

Above 3000m, the air is thinner, the pressure is lower and there is less oxygen available in the atmosphere. Acclimatisation is the process by which the body adapts to these conditions. The key to acclimatisation is a good itinerary with a gradual initial height gain, walking at a slow and steady pace, and increasing fluid intake – drinking at least 4 liters a day is advisable above 3000m.

Health

If you take care while in Nepal there should be no reason why you do not stay healthy. Frequent hand washing and care with drinking water is the key.

Equipment and clothing

A kit list will be sent with your booking confirmation. Sleeping bags can be supplemented by quilts at most lodges. Down jackets and sleeping bags can be hired in Kathmandu.

International Porter Protection Group

High Places has been endorsed by I.P.P.G. This means that we treat our porters fairly, and provide appropriate clothing and medical attention for them. Max load for trek bag is 15kg.