

HIDDEN HIMALAYAS, NEPAL



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DISCOVER NEPAL

LANGTANG VALLEY

This relaxed hike is perfect if you're looking for a **shorter** expedition, or **don't feel ready** for a **longer, higher altitude trek** - like our Everest Base Camp Expedition. Despite its shorter length, the Langtang trek captures all of the stunning highlights of Himalayan trekking, where you will dive head-first into breathtaking scenery fascinating Nepalese culture. So if you're looking for an adventure in the majestic Himalayas, this is the trek for you!

The Langtang valley is characterised by stunning landscapes, including snow-capped peaks, alpine forests, serene rivers, and blooming rhododendron flowers during the spring season. The Langtang River flows through the valley, enhancing its charm.

The area is rich in biodiversity, and the Langtang National Park is home to various wildlife species, including the elusive red panda, Himalayan tahr, langur monkeys, and numerous bird species.

All of this incredible natural beauty, and Langtang still has one of the most accessible trekking routes in Nepal. It offers a remarkable journey through diverse terrain, passing through quaint villages, ancient monasteries, and pastures. Kyanjin Gompa, a significant Buddhist monastery, is a major highlight of the trek.

No matter your reasons for trekking experience, the Langtang Valley will not disappoint. So come and explore one of Nepal's most beautiful regions on this incredible adventure!



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FAQS

How Hard is the Trek?

With its easy to moderate difficulty, the Langtang trek is a great expedition for any adventurer looking to explore the Himalayas. The highest point on the trail is 4,300 meters with the option to go higher if you wish. The Langtang trek can be completed by anyone with a basic fitness level, positive attitude and some determination.

What Kind of food is available?

The Himalayas offers a variety of delicious, local cuisine. Whether you're looking for traditional Nepali fare or something more adventurous, there's something for everyone. And with so many lodges now offering extensive menus, you're sure to find something to your taste.

What is the accommodation like?

Accommodation on most trek routes has improved dramatically in recent years, but it's still basic by western standards. Expect to share communal showers and sleeping areas, and don't expect any luxury amenities. But despite all that, trekking in Nepal is an incredible experience that you'll never forget!

Is the weather nice?

Yes! Expect warm days, just like British summer time) with the sun shining and a gentle breeze. At night, the temperature drops off, but you'll be nice and warm in your sleeping bag!



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ITINERARY

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- Day 01:** Kathmandu Arrival (1400m)
- Day 02:** Drive to Syafrubesi (1420m) - 7/8 hour drive
- Day 03:** Trek to Lama Hotel (2340m) - 5/6 hour
- Day 04:** Trek to Langtang (3543m) - 6/7 hour
- Day 05:** Langtang to Kyangjin Gumpa (3,870m) - 4/5 hour
- Day 06:** Explore Kyanjin Ri (5000m) 7/8 hour
- Day 07:** Trek to Lama Hotel (2340m) - 6/7 hour
- Day 08:** Lama Hotel to Syafrubesi (1420m) - 4/5 hour
- Day 09:** Drive to Kathmandu (1400m) - 6/7 hour drive
- Day 10:** Culture Day (explore Kathmandu)
- Day 11:** Depart Home



DETAILED ITINERARY

Day 1) - Arrive in Kathmandu

Welcome to Nepal! You will land at the Tribhuvan International Airport in Kathmandu. Our team will meet you and transfer you to your hotel. After you freshen up, our team will meet you for a trek briefing before taking you for a welcome dinner in a typical Nepali restaurant.

You'll want have the opportunity to explore Kathmandu, our guides can take you to all the major tourist destinations: including world-famous heritage sites Durbar Square and Boudhanath Stupa. After your tour, you can spend some time preparing for your trek.

- **Breakfast/Dinner included (dependant on arrival times)**

Day 2)

Syafrubesi awaits after your 7 hour drive, where your trek kicks off. Syafrubesi offers some of the most breathtaking views of the Himalayas. You'll also get a glimpse into local life, seeing how people live and work alongside the highway. It's an experience you won't soon forget!

- **Breakfast, Lunch and dinner included**

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ITINERARY

Day 3)

As the trek begins, you will find yourself immediately immersed in the natural beauty of the Himalayas. The trail will take you through bamboo forests, alongside rivers, and past cascading waterfalls. You'll also have the opportunity to explore some local settlements, including Lower and Upper Rimche. The trail will lead you to the Lama Hotel, where you'll spend the night.

• **Breakfast, Lunch and dinner included**

Day 4)

A trail through green forest with the views of flowing waterfalls and river leads you to a place called Ghoda Tabela. You will have the stunning views of mountain peaks on the route today. Chortens, prayer wheels and flags take you to the Buddhist world. After passing pastures, you will arrive in Langtang where you can stop for the day. This is an ideal place for Adventure lovers as it offers ample opportunities to explore the Himalayas, perhaps even stop in at a local bakery for cake and a coffee.

• **Breakfast, Lunch and dinner included**

Day 5)

As you begin the trek, the trail ascends gradually. You will cross many small creeks and bridges - keep an eye out for wildlife (red pandas are a guest favourite!). After passing a some small settlements, you will reach Kyanjin village. The village offers a stunning panoramic view of mountains and the valley, where you can relax and watch the sun set.



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HIDDEN HIMALAYAS ITINERARY

Day 6) - optional

Adventure awaits as you travel to Kyanjin Ri - a popular viewpoint in the region. Start your journey early in the morning to avoid the wind. An open space with flying prayer flags awaits you at the top of Kyanjin Ri. The stunning panoramic view of mountains: Langtang Lirung and Dorje Lakpa will take your breath away.

• **Breakfast, Lunch and dinner included**

Day 7)

You will retrace the trail to Lama Hotel. Though you are familiar with the path, The unique wildlife and ever changing scenery. After crossing a few settlements while enjoying the mountain views, you will arrive in today's destination.

• **Breakfast, Lunch and dinner included**

Day 8)

Today is the day for a scenic descend through the Rhododendron and bamboo forests. You'll pass by many waterfalls and cross a few settlements before arriving at your destination of Syafrubeshi.

• **Breakfast, Lunch, and dinner included**

Day 9)

The scenic drive in our team bus brings you back to Kathmandu in the afternoon. Our team will check you in to our hotel. After a short rest, you have some time to visit Thamel and buy some souvenirs. Before heading for a farewell dinner.

• **Breakfast and dinner included**

Day 10)

Your final day in Nepal. A day full of visiting monuments and exploring Kathmandu before your departure tomorrow.

• **Breakfast included**



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COST BREAKDOWN

COST INCLUDES

- Airport pick-up on arrival and transfer to your hotel.
- Welcome dinner with Nepali cultural program and a farewell dinner.
- Accommodation in a 3-star hotel in Kathmandu for 2 nights including breakfast.
- Kathmandu-Syafubesi and Syafubesi-Kathmandu team bus journeys.
- Teahouse lodge accommodations during the trek.
- All three meals of the day during the trek.
- Guide's expenses
- Porter's expenses (one porter for every two persons)
- All trekking fee and permit fees as applicable.
- All Government and Local taxes as applicable.
- Trekking map
- Trekking soft shell jacket
- UK & Nepali Leader
- Group medical kit with necessary medicines
- The arrangement of Emergency helicopter evacuation service (which will be covered by your travel insurance plan)
- Final departure transfer
- Photos & film of your trip

COST EXCLUDES

- Nepal Visa (around \$50)
- International flight to and from Kathmandu.
- Your other meals in Kathmandu.
- All entrance fees to the monuments in Kathmandu.
- Bottled water in mountains (if wanted)
- Travel insurance (must cover Helicopter evacuation).
- Tipping to the guide and porter
- Anything not included in the inclusion list is considered as your expenses.

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HIDDEN HIMALAYAS

KIT LIST

General

- **Documents:** Passport, Visa, Credit Cards, Airline Tickets, Local Currency etc...
- **Rucksack and Waterproof Shell:** 30L, comfortable to wear all day
- **Holdall:** To put everything in, heavy duty preferable. Mules & porters will carry these to the tea huts every day
- **Waterproof Liners:** For day pack and holdall - Heavy duty bin liners are a good alternative.
- **Sleeping Bag:** 3/4 season sleeping bag is required, blankets are available or you can consider getting a liner if you're a cold sleeper
- **LED Headtorch:** For use in huts. Please bring a spare & spare batteries
- **Trekking Poles:** Highly Recommended
- **Camera/Phone:** Plus memory & spare batteries, devices can be charged in lodges for a small fee.
- **Personal Entertainment:** Music, book, cards, diary etc
- **Underwear:** Enough to change often and a bag for used items. We don't encourage Cotton as it does not dry easily.

Head and Hands

- **Sunglasses:** Cat.3 or .4, 100% UVA/UVB
- **Sun Hat/Cap:** Essential
- **Warm Hat**
- **Thin Gloves**
- **Thick Gloves/Mittens:** Warm and insulate. Sized to go over liner gloves for extra warmth
- **Ski Goggles:** Essential against wind/glare

Upper Body

- **Baselayers:** T-shirts/lightweight long-sleeve shirts (not cotton); Polypropylene, Capilene or Merino wool in light colours
- **Lightweight & Heavyweight Fleece:** Softshell or Primaloft Jacket
- **Down Jacket:** Essential for evenings
- **Waterproof Jacket:** Lightweight & Breathable: e.g. Gore-tex, eVent

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KIT LIST

Legs & Feet

- **Socks:** Two pairs of lightweight trekking socks and a pair of thicker mountaineering socks. e.g. Smartwool.
- **Walking Boots:** Good sole/ankle support, gaiters
- **Walking Trainers:** Lightweight
- **Indoor Shoes/Sandals.**
- **Long Thermal Leggings:** To sleep in & Wear under trousers on summit day.
- **Walking Trousers & Shorts:** Lightweight & comfortable, quickdry.

Hygiene, Food & Toiletries

- **Water Bottles:** x2 One-litre Nalgene bottles (not bladders).
- **Sunscreen & Lip Protection:** Essential, High SPF.
- **Anti-bacterial Hand Gel.**
- **Wash Kit:** Wet Wipes, toothbrush, toothpaste, travel towel, toilet paper.
- **Snacks and Sweets:** To supplement the food provided: High energy, lightweight & tasty.
- **First Aid Kit:** Your Mountain Expedition Guides will carry a first aid kit, however, we advise to also bring your own small one: Compeed/Second Skin, plasters, painkillers (paracetamol/ibuprofen), Zinc Oxide tape, power rehydration sachets, antibacterial foot powder, plus any personal medication.
- **Small Repair Kit:** Gaffer tape, needle and thread, zipties, para-cord



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DOCUMENT INFO

Travel Insurance

A copy of the policy is a condition of the trip to make sure you are covered by a medical or personal accident insurance policy that includes repatriation to your home country.

Please use the link below:

<https://www.snowcard.co.uk/>

Please contact us for more details. Please contact us about what policy you have chosen and send us a copy of it, we will need details of the policy name, number and 24 hour medical emergency telephone number of your insurance provider before the start of your trip.

Visa Information

Check your visa entry requirements before expedition.

Vaccine information and Entry Requirements

Please check the GOV.UK (www.gov.uk) website for Covid-19 vaccination information before your trip: Entry Requirements - Nepal Travel Advice - GOV.UK

Additionally, please take into consideration that these requirements may change and it is your responsibility to keep up to date prior to your trip.



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