



10 DAY LANGTANG TREK

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Trip Duration: 10 days

Trip Difficulty:

Destination: Nepal

Begins in: Kathmandu

Activities: 

INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips

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Ultimate Expeditions®

The Best Adventures on Earth.

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

10 DAY LANGTANG TREK

Itinerary

DAY 1 Arrive Kathmandu

Welcome to colorful Kathmandu where our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel. During this meet and greet your guide will discuss the daily activities of your trip.

DAY 2 Drive to Syabru Besi, (4,593 ft / 1,400 m)

Today we travel to Syabru Besi, the starting point for our trek. The long 8 hour drive offers beautiful views of the Himalyan and the regions mountain lifestyle.

DAY 3 Syabru Besi to Lama Hotel (9,015 ft / 2,748 m)

We follow the Syabru Besi's main road, passing terraced fields and into the dense forest. We follow the Langtang Khola River and make several crossing on suspension bridges. The trail undulates but is not challenging.

DAY 4 Trek to Langtang Village (11,482 ft / 3,500 m)

We continue along the dense forest and the trail climbs steadily through the valley, opening up to yak pastures and scattered Tamang villages. Langtang village is the headquarters for the Langtang National Park and our resting stop for the evening.

DAY 5 Trek to Kyangjin Gompa (12,467 ft / 3,800 m)

Kyangjin Gompa is home to a monastery and cheese factory, we make our way there through yak pastures, passing a large mani wall and the villages of Muna and Singdun. We will start to notice the thinner air as we push higher in elevation.

DAY 6 Explore Kyangjin Gompa (12,467 ft / 3,800 m)

Today we will rest and acclimatize spending the day in Kyanjgin Gompa, exploring the village's cheese factory and monastery. If you are in search of snowcapped peak views hike up Kyangjin Ri (14,271 feet) and soak in the stunning scenery.

DAY 7 Trek to (9,015 ft / 2,748 m)

We retrace our steps downhill to the Lama Hotel, through forest and following the river. Stop for lunch in Ghora Tabela then continue to Lama Hotel, where we will stay for the evening.

DAY 8 Syabru Besi, (4,593 ft / 1,400 m)

The easy (mostly) downhill hike through lush vegetation will get us into Syabru Besi. Here will have the opportunity to explore the ancient customs of the Tamang community.

DAY 9 Drive to Kathmandu

Today we drive approximately 8 hours back to Kathmandu from Syabru Besi.

DAY 10 Depart Kathmandu

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.



NEPAL

Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%