



## **Langtang Trek October 29- November 10, 2017**

This 13-day trek is to Langtang which is # 43 on the New York Times list of 52 Places to Go in 2017. This area is North of Kathmandu Valley and borders on Tibet. The scenery is spectacular, and the trek more adventurous as the area is visited by fewer tourists. Nepal's first Himalayan National Park is inhabited by Tamang (originally Tibetan Horse traders) and Sherpa people whose religious practices, language and dress are much more similar to those of Tibet. We'll trek through alpine terrain, verdant midlands, rustic villages and monasteries. The scenery is spectacular, and the trek more adventurous as the area is visited by fewer tourists. The area was designated Nepal's first Himalayan National Park in 1971; it is inhabited by Tamang and Sherpa people whose religious practices, language and dress are much more similar to those of Tibet than to the traditions of their cousins in the middle hills. The forests in the region have temperate and sub-alpine vegetation. Wildlife includes migratory birds, deer, monkey, Tahr and Pika. We will be camping.

The trip cost is \$2,044.00. Ten percent of the trip cost will be donated to anti-human trafficking groups in Nepal.

**This itinerary is subject to change. Trekking time is estimated and depends on our group's ability.**

**Day 1, October 29, 2016:** Begin the Trek of YOUR Life® upon arrival in Kathmandu (4,600 feet) When you arrive, you will be met by an Adventure Geo Trek's representative at the airport and transferred to the Kathmandu Guest House about a 30-minute drive to Thamel. Overnight at Kathmandu Guest House ([www.ktmgh.com](http://www.ktmgh.com)).

**DAY 2, October 30, 2016: Kathmandu (b,d)**

After breakfast take a sightseeing tour of the hidden corners of fabled Kathmandu, where the ancient past lingers on in a maze of narrow streets crowded with turmeric sellers, small golden temples, wandering cows, and traditional workshops. Transportation and entrance fees included. Dinner and lunch on your own. Overnight at Kathmandu Guest House.

**DAY 3: October 31:(b,l,d) KATHMANDU TO SYABRU BESI (5,249 feet), 9 hours.**

Head north out of Kathmandu driving through scenic foothills and ridge line vistas to Syabru Besi passing through Dhunche. While passing along the road at the bank of the Trishuli River, you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land.

**DAY 4: November 1: (b,l,d) SYABRU BESI (1600m) TO BAMBOO (1960m/6,430 feet); 4 hours.**

The first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail is a gradual ascent up to Bamboo passing through a landslide, Bamboo (1960m), which lies at the bank of Langtang Khola and river bank.

**DAY 5: November 2:(b,l,d) BAMBOO TO RIVER SIDE (2790m/9,153.5 feet); 4 hours.**

Afterwards, trek down gently to Rimche (2400m/7,874 feet) and after a thirty-minute hike we will get to the Lama Hotel. On this route you may see red pandas, monkeys and bears.

**DAY 6: November 3: (b,l,d) RIVER SIDE TO CHYAMKI (3230m/10,597 feet); 4 hours**

As you continue climbing there are occasional glimpses of Langtang Lirung between the trees. At Ghora Tabela [3000m/9,842.5 feet), the trail emerges from the forest. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months.

**DAY 7: November 4: (b,l,d) CHYAMKI TO KYANJIN GOMPA (3870m/12,696.feet); 4 hours**

There is a monastery, which you can visit. The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. You should arrive at Kyangjin (15,679 feet) by lunch allowing time to acclimatize and explore the area. It is a dramatic setting, with snow-covered peaks of the Langtang Lirung, Ganjala peak, Tserko RI, and Langsisa RI surrounding you in all directions.

**DAY 8: November 5:(b,l,d) KYANJIN TO GHODA TABELA (2972m/9,750 feet); 4 hours.**

From Kyangjin retrace your route, following the Langtang Khola to Langtang and on to Ghora Tabela,

**DAY 9: November 6: (b,l,d) GHODA TABELA TO BAMBOO (1960m/6,430.4 feet); 4 hours.**

Steep descent to Lama Hotel. On this route you may see red pandas, monkeys and various species of birds.

**DAY 10: November 7: (b,l,d) BAMBOO TO SYABRU VILLAGE (2260m/7,414.6 feet); 4 hours.**

A gentle descent up to a landslide and then steeply up to Thulo Syabru. En-route you may see red pandas, monkeys and various species of birds. Thulo Syabru is one of the wonderful villages from where you can enjoy the amazing land feature and the magnificent nature with splendid views of Ganesh Himal (7110m), Langtang Himal and its ranges.

**Day 11: November 8: (b,l,d) SYABRU VILLAGE TO BARKHU (6,233.5 feet); 4-5 hours.**

**Day 12: November 9: (b,l,d) Drive back to Kathmandu. Celebratory dinner.**

**Day 13: November 10: (b) Depending on when your flight leaves, you may have time for site seeing on your own and shopping. Departure service to the airport.**

**INCLUDES:**

- Arrival pickup from international airport at your arrival time, meet and greet with flower and private transportation transfer to Your Hotel.
- Welcome and fare well dinner in Kathmandu.
- Langtang National park permit.
- TIMS permit.
- Kathmandu Hotel with breakfast in double room basis according to the program.
- Kathmandu to Syabrubesi and Barkhu to Kathmandu transportation.
- A very experienced, good helpful English speaking guide, cook, kitchen helpers, etc.
- Necessary support with good equipment (15 kg of luggage per Trekker);
- Porter equipment: windproof and waterproof pants and warm jacket, warm woolen cap, sunglasses, woolen gloves, woolen socks, shoes.
- The entire luggage transport by the team.
- First aid equipment for the staff team.
- All camping equipment.
- All camping fees and grassland rents.
- Three hot meals a day during the trek: breakfast, lunch and dinner; various teas, coffee sugar, cocoa powder, milk powder, boiled Water for water bottles, drinking chocolate, etc.
- Inlet for the sleeping bag.
- Foam rubber mattresses.
- Tents and camping equipment for the leaders.
- Tents for the carrier and carrier-sleeping.
- Kitchen tent with the necessary kitchen utensils.
- Dining tent with folding tables and folding chairs, and lighting, Toilet tent with toilet seat and toilet paper.
- Shower tent with groundsheet, bucket with hot water, pitcher, disinfecting soap, towel.

- Farewell dinner.
- Return transfer from the hotel to the International Airport in Kathmandu for departure.

## **SERVICE EXCLUDES:**

- Nepal entry visa fee-usually included with airline ticket
- All personal expenses & travel insurance
- Lunch and dinner in Kathmandu Hotel
- Coke, Fanta and mineral waters
- All alcoholic drinks
- **TIPS for staff** (suggested tip \$20/day to be shared with the entire crew) (\$1-\$2 for driver, (\$5/person for site seeing guide)
- International airfares
- Personal Trekking Equipment
- Lunch and dinner during your stay in Kathmandu
- Any type of personal expenses, such as alcoholic beverages and drinks, phone and laundry
- Your rescue & travel insurance, trip cancellation costs, accident or health emergency
- Loss, theft or damage to baggage and personal effects.
- All alcoholic drinks.

## **Contact**

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