



# Langtang Trek - 8 Days



## Trip Facts

Destination	Nepal
Duration	8 Days
Group Size	2-30
Trip Code	DWTK07
Grade	Moderate
Activity	Trekking
Region	Langtang Region
Max. Altitude	4,773m at Kyangjin Ri
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hr walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Syabrubesi - Kathmandu by Local Transportation.

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

This is a famous trek that takes you from lush green forests to alpine meadows and into the barren snow-capped mountains of Langtang National Park. Langtang National Park is known...

This package covers travel by public bus, but, for convenience, you can book a jeep for an extra cost.

# About the Trip

This is a famous trek that takes you from lush green forests to alpine meadows and into the barren snow-capped mountains of Langtang National Park. Langtang National Park is known for red pandas, Himalayan black bears, gorals, tahrs, wild dogs, serows, snow leopards, musk deer, and more than 250 species of birds.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- 🗨 Scenic drive from Kathmandu to Syabrubesi
- 🗨 Visit Langtang village and Kyangiin Monastery
- 🗨 Panoramic mountain views from Kyanjin Ri (4,773m)
- 🗨 Snow-capped mountains, waterfalls, and several suspension bridges
- 🗨 Amazing Lirung and Kimshung glaciers
- 🗨 Old and significant Buddhist monasteries, stupas, and monuments
- 🗨 Cheese factory and hike to Tserko Ri (5,450m)
- 🗨 Lush green forests and meadows
- 🗨 Majestic views of Langtang Lirung (7,345m), Gang Chhenpo (6,388m), Naya Kanga (5,846m), Dorje Lakpa (6,966m), Kimsung (6,781m), and Yansa Tsenji (6,575m)
- 🗨 Tserko Ri (5,450m/17,880ft) and Kyanjin Ri (4,773m / 15,655 ft) viewpoints
- 🗨 Wildlife (red panda, snow leopard, musk deer, bear, langur, etc.)

## What is Included?

- ✔ Both way transportation between Kathmandu and Syabrubesi by local bus
- ✔ Accommodation (Total seven nights) - Five nights accommodation with private attached bathroom at Syabrubesi and Langtang Village, Kyanjin Gompa, two nights standard accommodation at Lama Hotel(2N)(Twin Sharing Room)
- ✔ All standard meals (8 Lunches, 7 Dinners, and 8 Breakfasts) during the trek.
- ✔ Government licensed and experienced trek guide (an assistant guide for 12 or above trekkers) and porters to help trekkers luggage (1 porter for two trekkers, 9 kg luggage limit per trekker)
- ✔ Guides and porters costs, their insurance, salary, lodging, transportation, and other necessary equipment
- ✔ Langtang National Park entry permit fee
- ✔ Trekkers Information Management System (TIMS) card fee
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Arrangement of the rescue operation in case of health condition emergencies (funded by travel insurance)
- ✔ Souvenir - company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate
- ✔ Farewell dinner in Kathmandu at the end of the trek

## What is Excluded?

- 🗨 International flight costs

- ☐ Nepal entry visa fees at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ☐ Excess baggage charges (Limit is 9kg per person)
- ☐ All accommodations and meals in Kathmandu, before and after the journey
- ☐ Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.
- ☐ Personal expenses - shopping, snacks, boiled bottled water, hot(tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- ☐ Personal clothing and gear
- ☐ Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)
- ☐ Tips for guide and porters
- ☐ Additional costs or delays caused by circumstances beyond our control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc
- ☐ All the costs and expenses which are not listed in "What is included in the package?" will be counted as excludes

## Overview

This is one of the most popular trekking areas in Nepal. The **Langtang National Park** encompasses beautiful **landscapes, meadows, and old monasteries.**

This trek will pleasantly surprise you as you walk past the forests savoring the stunning views of mountains, valleys, and glaciers. The Chortens, mani walls, and monasteries reflect the influence of the Buddhist religion in this peaceful region. There are opportunities for side treks such as a hike to Tserko Ri or Kyanjin Ri.

The trek begins with a drive along the Trishuli river, north of Kathmandu, past **Trishuli Bazaar and Dhunche to Syabru Bensi**, a Sherpa village. This route is an ancient trading route between Nepal and Tibet.

As we walk past numerous forests, you might spot local wildlife like the musk deers, Himalayan monal, tahrs, wild dogs, serows, or even snow leopards.

It will take you two days to reach Langtang. You will be trekking from **Syabrubesi to Lama Hotel** on your first day on the route. Then the next day from Lama Hotel, you will **reach Langtang Village**, where you will receive a hearty welcome from the local Tamangs.

The next day we will trek to **Kyanjin Gompa**, where we will spend one extra day acclimatizing. While acclimatizing, we will be exploring the local monasteries, visiting a cheese factory, and hiking to **Tserko Ri (5,450m/17,880ft) Viewpoint**. From this viewpoint, you will see stunning views of glaciers and high mountains like Langtang Lirung (7,227m), Langtang II (6,586m), Yala peak (5,520m), and Naya Khang (5,844m).

Another important viewpoint is **Kyanjin Ri** at an **elevation of (4,773m / 15,655 ft)** which provides majestic views of the entire Langtang Lirung face and Langtang Lirung Glacier below the peak.

The whole Trek experience will be once in a lifetime experience for many. From Kyanjin Gompa, we return to the **Lama hotel** trekking south and then back to **Syabrubesi**. The next day we will take a bus back to Kathmandu, which will take about seven to nine hours. You will return to your respective hotels in Kathmandu, cherishing a short enjoyable trek experience.

This is an enjoyable **trek** that everyone should participate in at least once in their lives. This trek provides opportunities to explore the Langtang region, step on famous viewpoints, and **experience the local lifestyle.**

## Day to Day Itinerary

### Day 1

#### Drive from Kathmandu (1400m / 4,393ft) to Syabrubesi (1,503m / 4,655ft)

##### Itinerary Facts

**Driving Hours** (122km / 75.8miles) –7- 9 hrs.

After early morning breakfast, the drive to **Syabrubesi begins**. We head north out of Kathmandu. During the journey, you can catch fantastic views of rivers, terraced fields, small villages, and snow-capped mountains.

The road takes you to a small town - **Dhunche**. While on the road that follows **Trishuli River banks**, you will catch glimpses of **Ganesh Himal (7,422 m (24,350 ft))**. From Dhunche, we continue the drive until we reach Syabrubesi. You can explore this town for a while but do not forget to experience the riverside **hot spring**.



Overnight stay at Hotel Trekkers Inn (room with attached bathroom)



Included all standard meals (Breakfast + Lunch + Dinner)

### Day 2

#### Trek From Syabrubesi (1,503m / 4,655ft) to Lama Hotel (2,470m / 8,103ft)

##### Itinerary Facts

**Trek Distance** 11.3km / 7miles

**Highest Altitude** 2,470m / 8,103ft

**Trek Duration** 6 hrs

We begin our trek from Syabrubesi, following Bhoté Kosi and **Langtang Rivers** passing through fertile jungles, terraced fields, and **rural settlements** rich in bamboo and birch groves. You might spot rare wild lives like the red panda from the path. After a while, the trek ascends gently to **Rimche (2,400m / 7,874ft)** through dense **bamboo fields** alongside the banks of **Langtang River**. We continue on our route until we reach Lama Hotel - the destination for the day.



Overnight stay at Lama Guest House



Included standard meals (Breakfast, Lunch, Dinner)

### Day 3

#### Trek from Lama Hotel (2,470m / 8,103ft) to Langtang village (3,430m / 11,255ft)

##### Itinerary Facts

**Trek Distance** 14.8km / 9.1miles

**Highest Altitude** 3,430m / 11,255ft

**Trek Duration** 6 hrs.

We begin our day with an early morning breakfast and start trekking alongside a river through the **lush landscape**, climbing upward through the dense forests. Along the way, you might see the snowy peaks ahead if the weather is favorable. Ultimately the narrow river valley broadens out at **Ghoda Tabela (3,030m)**. In the past, there was a **Tibetan resettlement project running here**, but currently, **Ghoda Tabela** has an army check post where we will register our papers. In addition to the army check post, there are a few lodges here.

As we trek further, we will come across **Chyamki village (3,230m)** - a small settlement and walk past Chortens, water mills, mani walls, and prayer wheels, which signals we are nearing **Langtang Village**. We continue past prayer wheels driven by flowing water and prayer flags to scenic Langtang, a large settlement of mostly Tamang people.



Overnight at Village View Hotel (room with attached bathroom)



Included standard meals (Breakfast, Lunch, Dinner)

## Day 4

### Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)

#### Itinerary Facts

<b>Trek Distance</b>	6.8km / 4.2miles
<b>Highest Altitude</b>	3,865m / 12,675ft
<b>Trek Duration</b>	3hrs

The trek today will be short and easy. We will pass by many **small plateaus**, big mani walls, yak pastures, small villages, and meadows. Since we will be gaining **elevation**, we trek slowly so that our bodies can acclimatize. After hiking for a while, we will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. It signals that we have reached the ancient monastery- **Kyanjin Gompa (3,830m / 12,565 ft)**. Kyanjin Gompa lies surrounded by the **Himalayas**, and from here, we get stunning views of several snow-capped peaks.



Overnight stay at Namaste Guest House (room with attached bathroom)



Included standard meals (Breakfast, Lunch, Dinner)

## Day 5

### Exploration day at Kyanjin Gompa

Today is our rest day to **acclimatize** and explore this **beautiful Langtang region**. The Langtang valley has so much to offer for trekkers. Higher elevation means you will be getting stunning views of the Himalayas ranges and glaciers.

You will be visiting Kyanjin Gompa and observing monks offering their prayers. The cheese **factory** would also be another interesting site to visit. We can also hike to **Langshisa Kharka** and the viewpoint of **Tserko Ri (5,450m/17,880ft)**- the highest point of this trek. **Tserko Ri** is the perfect viewpoint to admire peaks like **Langtang Lirung (7,227m)**, **Langtang II (6,586m)**, and many more. Yet another viewpoint - **Kyanjin Ri (4,773m / 15,655 ft)** provides majestic views of the Langtang range. As the sun begins to set, we will return to **Kyanjin Gompa for the night**.



Overnight stay at Namaste Guest House (room with attached bathroom)



Included meals (Breakfast, Lunch, Dinner)

## Day 6

### Trek from Kyanjin Gompa (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)

#### Itinerary Facts

<b>Trek Distance</b>	21km / 13 miles)
<b>Highest Altitude</b>	3,865m / 12,675ft
<b>Trek Duration</b>	6hrs

We will leave **Kyangjin Gompa admiring** the last glimpse of the beautiful mountains standing with pride and glory. But it is time for us to retrace the previous route we took to **Langtang Village**, and we will stop at **Ghoda Tabela** for lunch. The army check post at Ghoda Tabela will also register our exit. After a leisurely lunch, we continue down through the dense river valley forests to **Lama Hotel**, where we will be staying for the night.



Overnight stay at Lama Guest House



Included meals (Breakfast, Lunch, Dinner)

## Day 7

### Trek from Lama Hotel (2,470m / 8,103ft) to Syabrubesi (1,420m / 4,655ft)

#### Itinerary Facts

**Trek Distance** 11.3km / 7miles

**Highest Altitude** 2,470m / 8,103ft

**Trek Duration** 5hrs

Today being the final trekking day, we head to **Syabrubensi** to drive back to Kathmandu. We will be walking along the **Langtang River**, heading downwards to the **beautiful river valley**. As you descend through bamboo and birch forests, you will see amazing landscapes and cross the Langtang and Bhoté Koshi rivers to reach Syabrubesi. This marks the end of our trekking journey. The next day we will be driving back to **Kathmandu**.



Overnight stay at Hotel Trekkers Inn (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

## Day 8

### Drive from Syabrubesi (1,420m / 4,655ft) to Kathmandu (1400m / 4,393ft)

#### Itinerary Facts

**Driving Hours** (122km / 75.8miles) 7-9 hrs.

We will drive from **Syabrubensi to Kathmandu**, which will take about seven to nine hours. This drive begins early morning. During this drive, you will be getting scenic views of the **Trishuli river** valley as we head south from the hills. Along the way, you will see terraced **farmlands**, meadows, and hopefully final glimpses of the **snow-capped mountains**. Once we arrive in Kathmandu, we will drop you at your **hotel**.



Overnight at your hotel in Kathmandu



Included standard meals (Breakfast, Lunch).

Route Map



## Trips Notes

### On-arrival Airport Pickup

We provide free airport arrival and departure transfer for valuable clients who have booked **the package with us**. Our representative will be at the airport holding a pamphlet with your name on it. After greeting you, they will present you with a marigold garland or khada as a welcome gesture and take you to your hotel in a private vehicle.

**We request all our valuable clients to arrive in Kathmandu before 3 pm at least one day before the trip departure date.** Because we require time to conduct a trip briefing, where we provide you information about your trek and check your equipment (luggage) so that you are well prepared for the trek.

### Start of the Trek

You will arrive at Tribhuvan International Airport in Kathmandu and require at least a day hotel stay in Kathmandu. On your trek departure day, **you will be traveling to Syabrubesi via bus or a local jeep.** Syabrubesi (gateway to Langtang) is 8/9 hours drive away from Kathmandu.

Local transportation (KTM to Syabrubesi and vice versa) is included in the package. A private jeep is available at an extra cost.

### Accommodation details during the Trip

**This Trip** includes **seven nights lodge to lodge stay** at mountain regions at the best available lodges. We provide five nights of accommodation at rooms with private attached bathrooms - Syabrubesi, Langtang Village, and Kyanjin Gumpa two nights standard rooms at Lama Hotel.

For solo trekkers, we provide a single private room with an attached bathroom wherever available and single private accommodation in most places of the itinerary.

**Two nights hotel stay in Kathmandu before and after the trek is required** but not included in the package. Kathmandu has a wide range of hotels for all budgets and interests.

### What about the meals?

**This trek** takes you to high elevations near the world's highest peak, so you need enough carbohydrate, protein, and other nutrients. We will provide you with nutritious and tasty meals during the trek. However, you will not have as many choices as in the cities.

We provide **seven breakfasts, seven lunches, and six dinners** during the trek.

Some of the popular menu items are -

**Seven breakfasts** - Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Pancakes, Muesli Breads, Fruits, Vegetables, Hot Drinks (varieties of teas and coffees, hot chocolates, etc.)

**Seven lunches** - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potatoes, Vegetables, Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Desserts, (Rice Pudding, Apple pie), etc

**Six dinners** -Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk Spaghetti, Noodles Thukpa, Pasta, Vegetable Curry, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Ramen, Desserts (Rice Pudding, Apple pie), Hard Drinks, Steaks, etc

We select the best lodges that serve fresh, hygienic, tasty, and nutritious food. The menu consists of traditional local, Asian, and western cuisine, but menu item choices decrease as you go up. We highly recommend you to take liquids green tea, lemon tea, hot lemon, ginger tea, garlic soup(must), etc. at high altitudes along with fresh vegetables.

Though plenty of non-veg items will be available at trek regions, we do not recommend them because the meat in trek regions might not be hygienic. We encourage you to **avoid dairy items and strongly suggest not to consume alcoholic drinks, caffeinated items, and hot chocolates at high elevations.**



All personal bills (alcoholic drinks, hot (tea/coffee), and cold drinks) in tea houses/ lodges except standard meals (breakfast, lunch, and dinner with seasonal fruits) are excluded from the package.

### Best Time for this trek

The weather is the decisive factor you need to pay attention to while deciding for **the trip**. Below is the weather condition at the high elevations of the Langtang region trek.

#### January – February

This time is **the coldest**, especially **from early January to early February**. The temperature in the Langtang region is low, and there is heavy snowfall in the mountains. Daytime will be warm and admirable with clear skies, but the **nighttime** gets cold. If you do not mind snow, the trek during this season will be fun with magical views of snow-capped hills and mountains - mainly in February.

#### March – April

This is the **best season** to trek to the Valley. The weather is very favorable, and you can enjoy stunning views of the Langtang Lirung, Langtang II, and other Himalayan ranges. Temperatures start increasing from the mid of March, and with clear skies, snow mountains look their best. The bamboo and birch forests will be luscious green and dense.

#### May – June

It is also **the perfect time for trekking** to Langtang valley - right before the rainfall. The monsoon rain starts from the end of June and lasts till mid-August. A blend of spring and summer makes the trek much more enjoyable during May and June.

#### July – August

The rainfall hits its peak during this time, and you will see clouds often. Due to rainfall, the **trails will get a bit slippery**, but trekking can still be fun. You will get to enjoy seeing rainbow views often after rains.

#### September – October

**September and October** are perfect months for the **trip**. This is the peak trekking season due to favorable weather. As the monsoon retreats, a perfect trekking climate sets in. The temperature goes up to **20 degrees** during the day and falls to **8 degrees during the night**. Tourists also trek to Langtang during September and October months, as Dashain and Tihar festivals also fall during these months.

#### November – December

As winter slowly begins, **snow falls begin** in the Langtang region, and it is eventually tough to trek. Nights start to get cold. November is also a popular trekking month due to its sparkling days. The daytime temperatures are very stable and constant, and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature dips, and snowfall begins. At night time, temperatures can drop to **-5 degrees celsius** at high altitudes.

The weather in the mountains is unpredictable and changes quickly.

### Acclimatization

During the eight days of trek, you will spend two nights over 3500m, so you will be facing chances of being affected by altitude sickness, also called acute mountain sickness. Hence, **we will be acclimatizing at Kyanjin Gompa**. During the acclimatization day, you will be exploring various sites like the monastery itself, the cheese factory, or hiking to Tserko Ri viewpoint.

Altitude sickness is quite common, but severe altitude sickness requires immediate treatment. Our trek leaders and guides have extensive first aid training and are well-experienced in handling altitude sickness. Your health will be in reliable hands. Please inform your group leader about the signs and symptoms of altitude sickness the moment you are aware of it.

Your trek leader or **guide will also suggest precautions**. The best way is to take your time while trekking and drink plenty of water - at least 4 liters a day. The only cure for serious altitude sickness is to descend immediately.

Please note that your group leader has the authority to decide to continue or stop your ascent based on the

team condition. It is essential to understand that some people are more vulnerable than others.

### Trip Grade: Fitness level, Medical, and Health

This Trek is easy and rewarding. You will be hiking for 3-6 hours a day - depending on the nature of the trek for that day. We will take regular breaks to admire the mountain views. The trek routes involve steep ascents, descents, and forward trails in the rocky paths and dense forests. **The fitter you are, the more you will enjoy your journey.** If you have experience or enjoy trekking, this may be advantageous but not required. However, if you suffer from medical conditions such as heart or lung disease, let us know before booking the trek.

### Trekking in Group | Solo Private Trek in Langtang National Park

We organize both **group** and **private treks** and can handle any group size. For each trek group, we provide a group leader (guide) and porters based on the number of trekkers (One porter for two trekkers). For trek groups of 12 or above, we provide an assistant guide. **If you have your group, the bigger your group is, the more discount you will get.** However, you are not eligible for groups Discovery World Trekking assemblies.

### A typical day during the Trek

A typical day during the trek will reward you with a unique experience of **trekking leisurely, taking plenty of time to enjoy the scenery, take photos, and explore the local villages.**

During the trek, our experienced, friendly, and qualified expert guides will accompany you along with porters who carry your luggage. However, you need to bring with you a small regular day pack for your valuables.

Each morning after breakfast, **we set off on the day's walk between 7 to 8 am**, depending on the duration and nature of that day's walk. After trekking for 3 to 4 hours, we will serve you lunch on the route to the next destination. We continue after an hour of rest. The afternoon walk is generally shorter - only 2 to 3 hours. When we reach our overnight lodge, we snack on the extra dietary snacks. Before dinner, we will have free time to explore nearby places.

**We serve dinner around 6 to 7 pm.** In the evening, before going to bed, you will have time to discuss each other's hiking experiences, and your guide will brief you on the next day's trip. After the trip briefing and before going to bed, you can enjoy reading books, playing fun games such as cards, monopoly, or enjoy watching mountaineering videos.

### Communication during the trek

During the **Trek**, internet service will be available at the lodges for some extra service charge. But once we reach high altitudes, communication will be through the phone.

We communicate with all our valuable clients through our trek leader at least once a day to ensure everything is running fine. You can buy a local sim in Kathmandu, but the signal at high altitudes might not be strong enough.

Wi-Fi is available during the trek in tea houses/lodges but comes with an extra cost.

### Extra personal expenses during the trek

**We do not provide meals and accommodations in Kathmandu.** You are free to choose your hotels/lodges according to your preferences. Moreover, you will need spending money to cover various costs - including but not limited to visa processing, travel insurance policy purchase, snacks, hot (tea/coffee), cold, and alcoholic drinks, souvenirs, tips, etc. We recommend bringing cash (**major currencies**), which you can exchange for Nepali Rupees here because trek regions accept only Nepali Rupees.

### Electricity and battery recharge, water during the trek

Throughout the lodges at **the trails**, electricity for the camera and mobile battery recharge is available at an extra cost in all the lodges/tea houses you will be staying in.

You can buy either packed mineral water from local lodges and en route shops or fill your water bottle with boiled or filtered water that you can buy from trek lodges. If required, we can provide you with water purification pills.

We strongly advise you not to drink water from rivers, taps, or wells in trek regions because the water in trek regions may not be drinkable as it seems.

### Travel Insurance

Trekking in the Valley requires preparedness as the trek takes in high altitudes, and there are slight chances of catching altitude sickness and other risks associated with high altitude. Therefore, **travel insurance for this trek is compulsory.**

Your travel insurance policy must cover medical and emergency repatriation - including helicopter rescue and evacuation expenses at high altitudes. We can recommend insurance companies based on our previous clients' recommendations. However, we do not sell insurance policies.

In case of emergencies, we put forward your travel documents to the insurance company for rescue operations and your swift transfer to the hospital for treatment. Please email us your insurance details after you have booked the trek.

Before you buy travel insurance (Don't just believe what they say on their website.), make sure to call insurance providers and recheck if they have heli-rescue and evacuation at altitudes up to 6000m.

## Tourist Visa Nepal

**All foreigners, except Indians, require a visa to enter Nepal.** On arrival visa is available at the Tribhuvan international airport. The visa application will require a passport with at least six months of validity, a passport-size photo, and visa fees. The current cost of the visa fee is USD 50 for 30 days, which you can pay in cash. Citizens of China and the SAARC countries receive free visas.

Citizens from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive on arrival visas. So citizens from these countries need to contact their local Nepalese embassy for visas.

## Money exchange in Nepal

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.120 NPR).**

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display ongoing exchange rates visibly for the public. Please note that only Indian Rupee notes (bills) of 100 and 2,000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, **we recommend cash exchange** to avoid lengthy bank processes and a high rate of commissions. You can also withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu. Many of them are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee for a foreign card.

If you use the money exchange facility at banks and financial institutions, the service fee charge imposed is about four percent or more depending upon the bank.

The trek regions have no banks and money exchange services, so **you should exchange your money in Kathmandu**, depending on your expenses.

Most established banks in Asia do not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new and clean notes.

## How much luggage can I bring during the Trek?

The luggage weight limit for the trek is **9 kg per trekker**. We assign one porter for every two trekkers. Each porter will carry no more than 18kg of combined weight. We expect you to bring with you a backpack for your valuables or important documents. Only carry essentials, you can leave excess baggage at your hotel or Discovery World Trekking store for free.

We will recheck your luggage, equipment, etc. during the trip briefing.

## Concerns for Safety

Discovery World Trekking guarantees **the safety and security of all our valuable clients.** **Safety** is the utmost concern for us. We are always prepared to face all situations by carrying all the necessary gear, equipment, and first aid kits. **Our trek leaders and guides have completed extensive first aid training.** All trek members will be together so

that everyone is safe and doesn't wander off alone.




If a trekker falls sick, the trek lead has the authority to decide whether to continue trekking or descend immediately. The trek lead will decide based on the team's interest as a whole. In an emergency, a rescue helicopter will bring you back to safety (funded by travel insurance).

## Equipment Checklist




We recommend you to **carry the basic clothing** and accessories needed for the trek. We understand that our valuable clients have their preferences. However, this is the suggested list we have created. Porters will carry the main luggage.

**Per trekker luggage weight limit is 9 kg.**

### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries











### Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes



### Hands

-  Lightweight gloves
-  Heavyweight winter glove
-  Lightweight gloves
-  Heavyweight winter gloves






### Body

-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants








### Foot wear

-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)





### Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)





### Toiletries

-  Medium size drying towel
-  Toothbrush
-  Toothpaste
-  Deodorant floss
-  Biodegradable bar soap
-  Nail clippers
-  Small mirror

### Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

### Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
31 Mar, 2023 - 07 Apr, 2023	\$950 \$450
01 Apr, 2023 - 08 Apr, 2023	\$950 \$450
03 Apr, 2023 - 10 Apr, 2023	\$950 \$450
06 Apr, 2023 - 13 Apr, 2023	\$950 \$450
09 Apr, 2023 - 16 Apr, 2023	\$950 \$450

# FAQ's

## Is internet access available during the Trek?

Yes, most guesthouses/lodges offer Wi-Fi for a small charge.

## Is trekking to Langtang difficult?

**No.** You do not need any ropes or ice picks. There is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day, and trek/hike a few uphill, you can complete this trek.

## How safe is this trek?

**Discovery World Trekking guarantees the safety and security of our clients.** Discovery World Trekking crew will carry all the necessary gear, equipment, and first aid kits to face any situation. Our trek leaders have completed extensive first aid training and carry oximeters to monitor blood oxygen levels at high altitudes.







If a trekker falls sick at high altitudes, the trek leader will decide whether to descend or continue the trek. In an emergency, Discovery World Trekking deploys a helicopter to bring you back from higher elevations.

## Which is the best time of the year for this Trek?

Spring (**March to May**) and fall (**October to November**) are the **best seasons** for Langtang treks as the weather is favorable and views of the Himalayas are great. The temperature is cold between December and February, but the visibility is still good. Some trekkers choose to trek during December, January, and February because the trails are less crowded. Discovery World Trekking conducts this trek throughout the year.

## How to avoid altitude sickness during the trek?

You can take the following steps to decrease the risk of altitude sickness.

-  Cut off caffeinated, alcoholic, and smoking items.
-  Drink at least 4 liters of water a day.
-  Trek slow
-  Don't skip the acclimatization days.
-  Better to continue with Diamox (if any symptoms show up).
-  Drink garlic soup.

## How long do I need to walk per day during the trek?

The hiking will be **5-7 hours a day** - depending upon the terrain and destination.

## Do I need travel insurance to trek in the Langtang regions?

**Travel insurance is compulsory.** It must cover medical and emergency repatriation including helicopter rescue and evacuation expenses, at high trek altitudes. You should provide us with your insurance policy certificate before starting the trek.

## What about the insurance of guides and porters?

**All** Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

## Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry combined 18 kgs of luggage (maximum **9 kg for each trekker**).

## What is the weather condition monthly?





Month	Temperature	Weather and Nature
January	Max -10°C at daytime to min -20°C at night and morning	Snowfalls and harsh winds

February	Max -10°C at daytime to min -23°C at night and morning	Mild and humid and clear skies
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March	Max -5°C at daytime to min -18°C at night and morning	Nice and warm temperature, chances of occasional snowfalls
April	Max 0°C at daytime to min -9°C at night and morning	Moderate temperature with amazing red, blue, white, green, and pink rhododendrons
May	Max 5°C at daytime to min -4°C at night and morning	Days are nice and warm but nights are a bit colder
June	Max 8°C at daytime to min 0°C at night and morning	Fresh and Beautiful flora and fauna
July	Max 10°C at daytime to min 6°C at night and morning	Warmest month
August	Max 10°C at daytime to min 5°C at night and morning	Slippery Trails
September	Max 10°C at daytime to min 0°C at night and morning	Days are short but sunny and warm
October	Max 2°C at daytime to min -6°C at night and morning	Colder days and nights, a festival season of Nepal
November	Max -4°C at daytime to min -9°C at night and morning	Driest month
December	Max -8°C at daytime to min -12°C at night and morning	Foggy and cloudy weather

### What documents do I need for trekking to Langtang?

You need to email us the following documents after the advance payment deposit for the trip booking.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it must cover heli rescue and medical evacuation).

### What about the accommodation during the trek?

During the trek, you will be staying at teahouses/lodges, generally offering twin sharing rooms and healthy local foods. The toilets, often in squat form, are outside the room, or house. Hot showers are available at extra cost in most places.

### Is meal easily available during the trek?

The **meal** on this trek is **very convenient**, but your choices are limited. Along with western meals, chapati, rice, local Tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are available. Discovery World Trekking will arrange meals in special areas for its clients.

### Is the drinking water safe in this regions?

Bottled water is easily available at a low cost, but most trek regions do not allow plastic bottled water. So, you need to **carry a water bottle** and fill it with mineral water or boiled or filtered water. It is better to use water purification drops or tablets, which you can bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

### Do I need to bring medicines for this trek??

**If you are allergic to specific medicines, it is better to consult your doctor** and bring your own. Discovery World Trekking regards its clients as its family. So, we try our best to provide you with medical kits and address your safety concerns.

### I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians.**

### Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it**. S/he will take you to your selected hotel in a **private vehicle**.

### **Is there a cancellation or refund policy?**

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

### **What is the booking and payment method for this trek?**

For booking confirmation, we **require a 10% advance**, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

### **Is tipping necessary for porters and guides?**

Porters and guides form a big part of your successful trek. So **tipping is a way to appreciate** their service to you. However, it is totally at your discretion.

### **Can I buy the gear in Nepal?**

Discovery World Trekking **can introduce you to dozens of shops selling knock-off gear in Kathmandu**. Moreover, you can rent the gear if you do not want to buy them. Similarly, you can purchase equipment in Kathmandu at a reasonable price.

### **Is internet access available during the Trek?**

Yes, most guesthouses/lodges offer Wi-Fi for a small charge.





## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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