

LANGTHANG AND THE SACRED LAKE OF GOSAIKUNDA

Less frequented than the Annapurna and Everest regions, Langtang Regional Park offers stunning views and is home to countless beautiful Sherpa villages and ancient monasteries. Through the upper Langtang valley, we reach the sacred lakes of Gosaikund and from Syabru Besi we continue to the high Langtang Glacier Valley. After a few days of acclimatization at the foot of several +7000 m mountains, we climb up to the sacred lakes of Gosaikund more than 4000 m above sea level. These spectacular lakes reflect the magic of Shiva at the foot of Langhang Lirung (7245 m) and the dazzling mountain cirque; this a very important Hindu pilgrimage site. The Laurebina Pass (4600 m) marks the highest point of our trek; from here we descend to the beautiful Buddhist region of Helambu. Small monasteries, chortens and prayer flags enrich the final leg of our peaceful Himalayan journey through terraced cultivation, rhododendrons and juniper forests. Last but not least, we discover the buzzing atmosphere of Kathmandu and visit the oldest stupa in the valley, Bodnath and Pashupatinath, a Hindu site dating back to the 12th century.

 Region	Langtang & Helambu
 Activity	Trekking
 Duration	14 days
 Group	2 to 15 people
 Code	NEPLAN-EN
 Price	From €1,155
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Kathmandu



Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Ason Tole and Indra Chowk and introduce you to the Nepalese way of living.

Accommodation: Hotel

Meals not included

Day 2 Kathmandu - Syabru Besi (1450m)



After breakfast, we leave Kathmandu for Syabru Besi (1450m). We cross Thankot Mountain Pass (1400m), drive through green hills and through valleys all the way up to Syabru Besi. Along the route, we get our first glimpses of wild Nepal; traditional villages, towering mountains, rice field plantations...

Transport: 7 hours drive

Accommodation: Lodge

Day 3 Syabru Besi - Lama Hotel (2470m)



After a hearty breakfast, we begin the day by a two hour climb through forest to Bamboo. Today's hike wonderfully displays the flora and fauna of this region. From Bamboo, we continue up to Lama Hotel.

Hiking: 6 hours

Ascent/descent : +1300m/-300m

Accommodation : Lodge

Day 4 Lama Hotel - Langtang (3541 m)



Our walk continues through the heart of a beautiful forest to the village of Langtang. Not far from here, we find Ghore Tabela which has impressive views of Langtang II and Langtang Ri.

Hiking: 5 hours 30 minutes

Elevation: +1100m

Accommodation: Lodge

📍 Day 5 **Langtang - Kangin Gompa (3900 m)**



A short but stunning day of walking takes us to Kangin Gompa, the last village of Langtang. Here, we are at the foot of the fabulous Langtang peaks. Possibility of an afternoon to walk to Kangin Ri.

Hiking: 3 hours 30 minutes

Elevation: +360m

Accommodation: Lodge

📍 Day 6 **Kyanjin Gompa**



We take this day to relax and explore the surroundings of Kyanjin Gompa an area with numerous hiking options. For those who wish, it is possible visit Langtang glacier or to head to Langshisa Kharka, a superb pasture where flocks of yaks graze.

Hiking: 6 hours

Accommodation: Lodge

📍 Day 7 **Kyanjin Gompa - Lama Hotel**



It is a long descent to Lama Hotel where we spend the night.

Hiking: 6 hours

Descent: -1420m

Accommodation : Lodge

📍 Day 8 **Lama Hotel - Thulo Syabru (2200 m)**



We start the day descending to the Langtang river and discover a superb forest of pines and junipers. Today is a great opportunity to see pandas, wild boars, monkeys and many species of birds... We continue our descent to the village of Pairo Thaplo. From here, we climb up to the village of Thulo Syabru, one of the most beautiful villages of Tamang people, who were originally Tibetan horse traders. The village of Thulo Syabru has preserved its ethnic customs, culture and traditions. It is in the heart of a simply stunning landscape with incredible views of the Ganesh Himal (7110m).

Hiking: 5 hours 30 minutes

Elevation: +400m/-580m

Accommodation: Lodge

📍 Day 9 **Thulo Syabru - Sin Gompa (3300 m)**



From Thulo Syabru, we begin a beautiful steep climb through a forest of oak, fir and rhododendrons. Then a short descent takes us to Sin Gompa village (3250m). We visit the small Buddhist monastery here and a dairy farm which makes cheese from yak milk.

Hiking: 5 hours

Elevation: +1300m

Accommodation: Lodge

📍 Day 10 **Sin Gompa - Lac Gosaikund (4381 m)**



We climb up to a small pass with impressive views of Ganesh Himal, Manaslu and the famous Annapurna chain of mountains. We continue through this sumptuous natural setting to the Sacred Lake of Gosaikund, where we spend the night.

Hiking: 6 hours 30 minutes

Elevation: + 1100m

Accommodation: Lodge

📍 **Day 11 Lake Gosaikund - Ghopte (3430 m)**



Today begins with the ascent to Gosaikunda Pass at 4600m. We then descend to Phedi, passing many yak farms on our way to the small village of Ghopte (3430 m).

Hiking: 5 hours

Elevation: + 500m / -1200m

Accommodation: Lodge

📍 **Day 12 Ghopte - Thadepati - Melamchi Gaon (2530 m)**



After breakfast, we take the path to the Thadepati pass. Our route begins with a short descent before climbing gradually via Kharka, through enchanting cypress and pine forests all the way up to the Thadepati Pass (3690m). After this pass, the trail descends fairly steeply through a pine and rhododendron forest to the village of Melamchi Gaon (2530m) which is surrounded by terraced fields.

Hiking: 6 - 7 hours

Elevation: + 290m / -1200m

Accommodation: Lodge

📍 **Day 13 Melamchi Gaon - Melamchi Besi Pul (2000m) - Kathmandu**



After a short walk in the village of Melamchi Gaon and a visit to the monastery, we descend to the Melamchi Khola bridge in Melamchi Besi, a route which passes through Sherpa villages. Shortly after, we set off to find the buzzing atmosphere of Kathmandu. Depending on our arrival time, we can visit some historical sites like Pashupatinath, a Hindu site dating from the 12th century; the cremation place dedicated to Lord Shiva, where pilgrims come to bathe in the sacred Bagmati river. We can also visit Bodhnath, a giant stupa, located in the heart of the Tibetan neighbourhood, where many Tibetan style monasteries have been built.

Hiking: 2 hours (-530m)

Transport: 4 hours drive

Accommodation: Hotel

📍 Day 14 **End of stay**



End of stay

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: NEPLAN-EN

Included

- All in-country transfers by private vehicle as detailed in itinerary
- Accommodation in 3 * hotel or B&B in Kathmandu (Hotel Tibet, Manaslu or similar)
- Trek includes full-board and lodging
- Full accompaniment by an English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide in a private vehicle
- Luggage transport - up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: Langtang National Park and TIMS
- Staff Insurance
- All local taxes

Not included

- Entrance to historical sites & monuments
- Meals in Kathmandu & Kathmandu Valley
- Nepalese visa: US \$ 30
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

Additional Options

- Kathmandu hotel single room supplement from 55 EUR

Notes

For many years, we put our know-how and our experience of Himalayan destinations to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.

Level 3/5

This trip demands a very good physical condition, suitable clothing and good hiking boots. Regular and serious training (running, swimming, brisk walking...) during the 2 to 3 months prior to your trip is recommended. This trek includes an average of 5 to 6 hours of hiking per day and daily elevations of +/- 1000m.

Terms and conditions

Inscription

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Facturation

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Annulation

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Modification du contrat

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Prix et révision des prix

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Cession du contrat

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Based in Kathmandu for many years, Altai Nepal guarantees you an active travel experience, thanks to our guides and our logistical infrastructure. During your trip, you are accompanied by our Altai trekking guides, 100% mobilized to help you discover unusual places in the heart of nature. Let yourself be guided...

- This trip is led by an English-speaking Nepalese trekking guide
- A local team assists you during the trek. Here is its composition (variable depending on the size of the group and the logistics required):

- Porters: during the trek, our belongings are carried by porters. Porterage is a historical tradition in Nepal, necessitated by the very rugged topology of the place. Thus, it is not uncommon to come across locals carrying loads of more than 50 kg on the trails! Being very concerned about the working conditions of our teams, we ensure that our porters work in the best possible conditions (a fair salary, limited charges, insurance, and suitable equipment are made available to all). On our trips, we provide one porter for every two travellers. The load is limited to 30 kg per carrier on our trips to lodges.

- Assistant-guides: in addition to the guide, assistant-guides are present too. They are responsible for providing active assistance to travelers, and make sure all participants to walk at their own pace.

Food

The traditional Nepalese dish is 'dal bhat', rice and lentils, accompanied by some spicy vegetables. In Kathmandu, it is possible to eat a good variety of dishes, but in the mountains, the choice is relatively limited: the lodges (local tea houses) offer menus that are often similar and less varied (e.g. dal bhat, fried noodles, momos, fried rice, pasta with tomato sauce, fried potatoes, etc).

On our group trips: three meals and a snack per day will be served. On long trekking days, you will also have an energy supplement (cereal bars and/or dried fruits).

During lodge treks, we try to offer you the most varied meals possible, with the dishes or ingredients available in the lodges. Some examples: dal bhat (Nepali daily meal), stir-fried rice with vegetables, potatoes with cheese, fries, pasta with tomato sauce, and sometimes even pizza! Note that fresh meat is rare and sometimes not recommended for Western stomachs.

Here are examples of the meals served on our trips:

- Breakfast: toast, pancake or Tibetan bread with butter/jam/honey + eggs + tea or coffee.
- Lunch: a main dish.
- A small snack at the end of the day is offered (biscuits and tea).
- Dinner: a soup, a main course, and a dessert (eg fruit in syrup)

+ a cup of tea and/or coffee is offered with all meals.

In Kathmandu and Pokhara, we often exclude meals, so that everyone can enjoy the variety of restaurants in the cities according to their tastes.

In the mountains, you can fill your water bottles at the tap or at the water sources (on the advice of the guide), but it is essential to filter it or treat it with purifying tablets. The purchase of bottled mineral water may also be possible in lodges, in town, or in restaurants. However, we encourage all to minimize plastic consumption: there is no recycling on site.

Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 * hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using homestay accommodation options which offer insights into Nepalese life and support local families. In addition, the use of lodges

considerably reduces the number of porters and cut down the infrastructure of trekking.

Transportation

Transport/transfer by bus, private minibus & plane.

Budget & exchange

The local currency is the Nepalese Rupee NPR.

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

Tips

Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We ask that you do not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important.

Vital equipment

- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

From head to toe:

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high-rise walking boots - strength, good grip of the foot and ankle (high stems) and impermeability are essential. Choose shoes with non-slip soles (vibram).
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

Do not forget

Your personal toiletries and a fast drying towel

Water bottle(s). Min. 2 litres, light and isothermal

A good pair of sunglasses (think min. category 3)

Sun-cream, face and lips

Head torch and spare batteries

A pocket knife

A pair of hiking poles

A waterproof bag cover (or plastic bags) to protect your belongings

Toilet paper

Anti-bacterial hand gel

Your camera

Notebook or travel diary

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from

water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax. Soft shell layers are effective against the wind.

Our advice for keeping warm

Weather conditions in the high mountains can be variable, please think carefully about what clothes you pack especially for our winter trips and remember that the layers you wear next to your skin can make the biggest difference.

We recommend:

- No cotton
- Always carry dry spares of everything, including underwear and gloves

Wear multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and water proof protective outer layers

Luggage

Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- We use porters to transport our other belongings when trekking. Please bring a flexible travel bag with zips for easy access max 80L and max 13kg (16kg with camping gear). Please do not bring suitcases or other hard bags which the porters cannot transport.
- You may also be able to store some belongings securely at the hotel in Kathmandu.

To protect your bags, we will provide solid waterproof Altaï Bags.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers. And of course, do not forget to bring medicines that you have to use regularly. And of course, do not forget to bring medicines that you take regularly, if any.

Passport

Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

Visa

It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 30 US\$
- 30 days : 50 US\$

Mandatory vaccines

No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

Health information & recommendations

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your

doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

Hygiene Recommendations

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, aquatabs ...). Consume only treated water or water which has been boiled for 30 minutes and then filtered. Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

Weather

From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10 °C (14°F) at night.

- **In winter** (mid-December to mid-February): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0 °C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.

- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28 °C (50 - 83°F), but can rise to over +30 °C (+86°F). Between 2000 and 3000 m, temperatures rarely drop below 0 °C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.

- **In summer**: it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

Electricity

In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as

possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.