

LANGTANG, GOSAIKUNDA AND HELAMBU TREK



panoramic view of Mt. Langtang RI, Langsisa, Langtang Himal

spectacular view of Ganjala Peak and Langtang Lirung glacier from Tsergo RI

A chance to explore the first Himalayan National Park of Nepal

Experience a wide variety of Nepal's climate zones, wildlife and landscapes



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Langtang, Gosaikunda and Helambu Trek. At Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling or kayaking Nepal Wanders can make it happen for

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

you. We hope you will join us for a life changing experience!!

WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all-inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

TRIP FACTS

Activities: Trekking

Trip duration: 17 days

Grade: Moderate which means

- 1) Suitability: a good choice for most hill walkers, reasonable level of fitness required.
- 2) Walking times: average 5 to 7 hours walking per day for up to 14 days usually with some rest days included.
- 3) Altitude: up to 5,000m.
- 4) Terrain: for most of time following well-travelled trails, there will be daily ascent and descent.
- 5) Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/mobile phone reception.

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

TRIP INTRODUCTION

Langtang, Gosaikunda and Helambu Trek is a beautiful journey in Nepal through lush forests, quaint villages, abundant wildlife and astounding views of the majestic Himalayas. The 17-day trek begins in Kathmandu with tours of the city's UNESCO World Heritage Sites. Then we drive to Syabrubesi which is a Tamang village located on the banks of the Bhoté Koshi River and begin our trek. We reach Kyanjin Gumpa and then climb Tserko Ri the next day. From there we get tremendous views of the Langtang Lirung (7,200m/23,622ft) range. Next, we continue trekking in the beautiful Langtang Valley and reach Gosaikunda which is a revered place of pilgrimage for both Buddhists and Hindus. Moreover, the place is named after the glistening Gosaikunda Lake whose water is believed to have magical healing powers. We pass by a few more lakes on our trek and cross the Laurebina Pass. Our trek in the Helambu Valley begins after crossing the pass. Another highlight of our hike is to reach the top of Ama Yangri at 3,800m. The view of the Himalayas from the top of the hill is believed to rival that of Poon Hill. From here, Mt. Shishapangma and the Langtang ranges seem so close that we feel that we can almost touch them. We continue trekking in the Helambu region for a few more days and end our remarkable journey to the mountains with a drive to Kathmandu.

TRIP ITINERARY

Day 01: Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program.

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

Meal included: Dinner

Day 02: Kathmandu valley sightseeing

The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swoyambhunath - a Buddhist shrine dedicated to Lord Buddha - the Light of Asia.

After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

Day 03: Drive to Syabrubesi (1460m/4790ft): Today our destination is Syabrubesi. It's a nine hour drive from Kathmandu. Therefore, we start early. Our guides will come to pick you up at your hotel as per scheduled departure time and escort you to the bus station to catch a bus to Syabrubesi.

The journey to Syabrubeshi begins towards the north of Kathmandu valley following the Pasang Lamu highway along the north- western hills of Kathmandu passing different settlements. A well paved highway continues till Trishuli Bazaar. From Trishuli Bazaar, following the unpaved yet the main road we continue towards Syabrubeshi passing Dhunche, the district headquarter of Rasuwa. Overnight at a lodge in Syabrubeshi.

Meals included: Breakfast, Lunch & Dinner

Day 04: Trek to Lama hotel (2455m/8054ft)

Today is the first day of the trek and our destination is Lama Hotel. The trail first drops down to the cross the bridge across

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

the Bhote Koshi River. A right turn from here will take us to, a small settlement of Syabru Besi, then following the a stone paved trail we walk towards the bridge across the Langtang River. We cross this bridge to follow the south bank of Langtang River, through the forest up to another bridge. We cross the bridge and walk towards the road junction. From here, a moderate descent will finally take us to Changdam, also famous as the Lama Hotel which is inside the forest. Today's walk is an easy walk. Overnight at a lodge in Lama Hotel.

Meals included: Breakfast, Lunch & Dinner

Day 05: Trek to Langtang (3430m/11253ft)

Today is the second day of the trek and our destination is Langtang. The walk continues through the forest following the trail along the Langtang Khola crossing Gumnachowk, Chhunama and finally up to Ghodatabela. From here we will ascend to Chamki crossing Thyngsyap village. Then, the trail finally leads towards Langtang village which is one of the largest settlements of the area. Overnight at a lodge in Langtang.

Meals included: Breakfast, Lunch & Dinner

Day 06: Trek to Kyanjin Gompa (3870m/12696ft)

Today is the third day of the trek and our destination is Kyanjin Gompa. Leaving the Tibetan village, Langtang, behind, the day's hike begins towards Kyanjin Gompa. We first climb up to the ridge and then a steady climb will take us to Mumdu and Sindum. From here, we walk up to the cheese factory and then a short climb from here will finally take us to Kyanjin Gompa. The view of Langtang gets much better at this point. You can observe Langtang Himal to the northwest and Yansa Tsenji and Kinshung lies to the north. The day will be spent exploring the Kyanjin Gompa area. Overnight at a lodge in Kyanjin Gompa.

Meals included: Breakfast, Lunch & Dinner

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

Day 07: Explore day (3870m/12696ft)

Today is the fourth day of the trek and we spend our day exploring the area. If your health and fitness level permits, we will walk up to Tsergo RI which is a four hour walk towards the east of Kyanjin Gompa or we hike up to the glacier, if not, we go for side trips like Yak Cheese Factory or Kyanjin Gompa. Overnight at a lodge in Kyanjin Gompa.

Meals included: Breakfast, Lunch & Dinner

Day 08: Trek to Lama Hotel (2455m/8054ft)

Today is the fifth day of the trek and our destination is Lama hotel. Following the same trail used earlier to climb, we descend to Lama hotel crossing Tamang villages like Langtang Village, Thyangyap Village, Ghodatabela who share Tibetan culture. The walk continues till the Lama hotel. The trail goes downhill through the forest following the river.

Overnight at a lodge in Lama Hotel.

Meals included: Breakfast, Lunch & Dinner

Day 09: Trek to Thulo Syabru (2250m/7381ft)

Today is the sixth day of the trek and our destination is Thulo Syabru. Following the trail along the north bank of the Langtang River, we first walk downhill toward the riverside to cross a bridge across the river. On crossing the bridge the trail descends following the south bank of the river we walk towards another bridge where the trail split, one leading to Syabrubesi and the other one leading to Thulo Syabru.

Leaving the trail that leads to Syabrubesi, we follow the uphill trail to the ridge and drop a little down to the river and continue towards Thulo Syabru crossing Pairo. Overnight at a lodge in Thulo Syabru.

Meals included: Breakfast, Lunch & Dinner

Day 10: Trek to Chandanbari (3330m/10925ft)

Today is the seventh day of the trek and our destination is Chandanbari. We first walk up to the ridge of Thulo Syabru

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

that offer interesting views of Ganesh Himal, Langtang mountain and other Tibetan mountains. From here, a steep uphill trail through the fir, oak, hemlock and rhododendron forest, will lead us to Foprang Danda. A light ascend from here and then a flat trail will then take us to Shin Gompa passing Phuung Gompa. We further proceed until we reach Chandanbari. The remaining day can be spent exploring the cheese factory and the Gompas. Overnight at a lodge in Chandanbari.

Meals included: Breakfast, Lunch & Dinner

Day 11: Trek to Gosaikunda (4165m/13664ft)

Today is the eighth day of the trek and we finally reach the destination of the trek, Gosaikunda. Initially a gentle ascent will take us to Lauribina crossing the cheese factory in Chandanbari enjoy the views of mountains. From Lauribina, passing several roofless huts in the pasture we walk up to the pass (4,165m) which greets us with the first view of the holy lakes. The first lake is Saraswati Kunda, Second lake is Bhairab Kunda and the final biggest lake is Goaikunda From here, we walk up till Gosaikunda. The remaining day will be spent exploring the lakes of Gosaikunda. Overnight at a lodge in Gosaikunda.

Useful information: There are more than 20 holy lakes in Gosaikunda Basin. Out of these lakes, Bhairabkunda, Saraswatikunda and are the major lakes. During Janai Purnima festival, in the month of August, lots of Hindu devotees come to take a holy bath in this lake. It is believed that the lake was created by Lord Shiva, one of the head Hindu deities while trying to quench his thirst after swallowing the poison that threatened to destroy the world.

Meals included: Breakfast, Lunch & Dinner

Day 12: Trek to Ghopte (3430m/11253ft)

Today is the ninth day of the trek and our destination is Ghopte. Today, our first hike following the rocky trail passing a few lakes takes us to Lauribina Passat (4,630m). Then a

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

steep downhill walk through a rocky trail accompanied by Tinchuli Danda will first take us to Phedi. From Phedi, a gentle walk up and down hill through summer pastures will take us to Ghopte crossing Dhupi Chaur. Overnight at a lodge in Ghopte.

Meals included: Breakfast, Lunch & Dinner

Day 13: Trek to Melamchi Gaon (2530m/8300ft)

Today is the tenth day of the trek and our destination is Melamchi Gaon. Initially the trail takes us down that later ascends through the rhododendron forest till Tharepati Pass. Tharepati Pass is a junction of two important trail to Gosainkunda; via Helambu and via Melamchi. Leaving Helambu trail, we take the trail that descends to Melamchi through pine and rhododendron forest. Melamchi village is a Sherpa village surrounded by beautiful forests. The remaining day will be spent exploring the monasteries and the village of Melamchi. Overnight at a lodge in Melamchi village.

Meals included: Breakfast, Lunch & Dinner

Day 14: Trek to Sermathang (2590m/8490ft)

Today is the eleventh day of the trek and our destination is Sermathang. From Melamchi Gaon the trail descends till Melamchi River. On crossing the river, the trail is quite easier compared to other day's trail as we walk on a flat land, accompanied by beautiful forest. We cross several streams and we walk up to Tarkeghyang, a beautiful Sherpa village. Then, we further descend till the same trail until we reach Setighyang where the trail to Kangja La, Naya Kanga Trek meets the secondary road. Following this road up and down hill we first ascend to Ghangyul and then descend toward Sermathang. This is another pretty Sherpa village that offers a lot to tourists interested in Sherpa culture. The remaining day will be spent exploring the village. Overnight at a lodge in Sermathang.

Meals included: Breakfast, Lunch & Dinner

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

Day 15: Trek to Melamchu pul (870m/2854ft)

Today is the last day of the trek and our destination is Melamchi Pul (Melamchi Bridge). The trail gradually descends through meadows and cultivated fields, passing a number of Gompas, temples, Mani walls, Mane, Chorten and other small and unique settlement of people until we reach the bridge across the Indrawati River. On crossing the bridge, we walk further to cross another bridge a little away from the junction of the Indrawati River and Melamchi River before we finally reach Melamchi Bazaar. Overnight at a lodge in Melamchi Bazaar.

Meals included: Breakfast, Lunch & Dinner

Day 16: Drive to Kathmandu (1300m/4264ft)

Today early in the morning after having breakfast we take bus to Kathmandu. It will take about 4-5 hour to reach Kathmandu. On reaching Kathmandu, you will be escorted to your hotel. You can spend the remaining day either relaxing at the hotel or you can also opt for some sightseeing tour. In the evening, a farewell dinner at a very special Nepalese restaurant. Overnight at a hotel in Kathmandu.

Meals included: Breakfast, Lunch & Dinner

Day 17: Farewell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meals included: Breakfast, Lunch & Dinner

FOOD

In Kathmandu there is a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, most meals will be taken at the various lodges along the way. The trekking lodges have to source most of their food

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

locally due to their extremely remote locations, so you can expect similar menus in each lodge based on fresh local produce. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner.

During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

In Kathmandu we take our breakfast in the hotel and also in the excellent local restaurants which offer dishes from all around the world.

DIETARY REQUIREMENTS

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

food allergies and be capable of self-administering these medications.

ACCOMODATION

While in Kathmandu, guest will stay at the Ambassador Hotel situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Whilst on trek there are 13 nights spent in lodges/tea houses that we have used over the years and proven to offer relative comfort and healthy meals. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road is it not surprising that they are simple establishments as everything must be carried up by porters or animals. Mostly these lodges have heated dining areas which are often attractively decorated. Bedrooms tend to be quite basic and are unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. All accommodation is arranged on a twin sharing basis. However if you are looking for single rooms, extra charges will be applied. For the 3 nights hotel in Kathmandu, single rooms are also available for a supplementary cost. Additional hotel nights in Kathmandu are also available.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft. www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in

Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip.

For details please read our "terms and conditions".

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

GUIDANCE ON TIPPING

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew.

At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

BAGGAGE ALLOWANCE

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

leave clothes or other items not required on trek at the group hotel.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

EQUIPMENT LIST

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

OUR ATTEMPT WHILE YOU ARE ON A TREK:

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less.

Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned

LANGTANG, GOSAIKUNDA AND HELAMBU TREK

person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINKS

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>

Reservation and Booking Link:

<https://nepalwanders.com/booking-form/>