

This itinerary can be modified and tailored to suit your timing, fitness and other considerations

Itinerary - Langtang

Day 1: Arrive into Kathmandu 1,330m

On arrival you will be met by our Trek leader Bhoj Tandan and taken to the Hotel in the centre of Kathmandu. You will have an opportunity to rest and unwind in the afternoon and explore the tourist district of Thamel. In the evening we will have a traditional Nepalese meal and short briefing of the next day's activities.

Day 2: Kathmandu 1,330m

After breakfast at the hotel we will spend half a day exploring the major sights of the Kathmandu Valley. This will include the world's largest Buddhist Stupa in Bodhnath and the Hindu temple of Pashupatinath on the river, with its ghats and Holy Men (Sadhus). There will also be the opportunity to view Kathmandu from above at The Monkey Temple. After lunch we will have a team meeting with a briefing on the day to day life on our trek and we will issue equipment and duffle bags to allow you to pack up ready for an early departure the next day. Dinner will be at one of the many restaurants in Thamel.

Day 3: Drive/Walk to Gurase 1,950m

Leaving the rims of Kathmandu valley, the road journey winds down to The Trisuli River with views of Himchuli, Ganesh Himal and Langtang- this is your first introduction to the mountain ranges of the mighty Himalaya. Along the road we will stop and have a packed lunch before finishing off drive along the road that winds its way to Ramche - you will now be feeling a sense of getting off the beaten track! On arrival in Ramche, we'll meet our porters and our bags will be organized as we set off trekking for 2 hours toward our first campsite at Gurase. The terrain is mixed with some ascents and at other times level walking with impressive views of Ganesh and Piador. Our outlook from the camp is stunning, with folds of foothills rolling south towards the terai.

Day 4: To Labung 3,195m

Walk for approximately 5 hours, with the morning spent traversing the ridgeline until lunch, after which time we ascend to the top of the ridge. Villagers greet us with 'Namaste', the traditional Nepalese greeting, as we pass through Chettri and Brahmin settlements. The scale of the imposing mountains will astound you as we reach the top and gaze at the adjacent peaks.

There are two distinct inclines through forest of pine and rhododendron where we break out above the tree line into alpine pastures. The mountains become closer and we are able to see the dramatic glacial systems that run through the snowy giants.

The trails that we are following are exclusively used by locals to move cattle during the summer to the high pastures for grazing. We arrive at Labung in the afternoon where we can relax and take in the intoxicating mountain scenery, or talk with our Nepalese trekking crew who can provide endless tales and information about the Himalayas.

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Day 5: To Serma 3,656m

Walk for approximately 5 hours. We continue to ascend, crossing farm land into valleys with windswept pastures. These are used by the semi-nomadic farmers during the summer months. As winter approaches they move to warmer places further down the valley. Our camp at Serma is one of the highlights of the trek, as is the approach route. The view of the surrounding area is unforgettable. The sprawl of the Langtang and Ganesh ranges dominate the skyline north, with verdant valleys stretching in every other direction - this is Himalayan scenery at its best! We can also see Shisapangma (8,000m peaks in Tibet) and from our high points, the Gosainkunda trail weaves its way below.

Day 6: To Phalangu Khola 2,134m

Be prepared for around 5 hours of walking that can be hard on the knees. We descend from our high camp down to the river. As we descend, we leave behind the high alpine environment, meander through old forest and enjoy some of the Nepal's great hospitality as we pass through small villages. Singbangdi is one such settlement, an old and interesting Tamang village. We descend toward the riverbed to our small camp site near the river. The climate of the high climbs is replaced with new warmth and there is plenty of time to have a swim in the river.

Day 7: To Saramthali school 2,235m

This is our longest and most demanding day with 7 to 8 hours trekking. The previous 4 days will have contributed to greater fitness and put us in good stead for the day ahead. Soon after leaving camp we cross a steel suspension bridge and commence our ascent towards the ridge top. Having crossed the saddle we again descend to a well earned lunch by the river. After lunch we climb up to the village of Chilaune, from where the trails levels to Saramthali School, situated on a large plateau. This is a wonderful opportunity to sample the education in Nepal mountaineous region.

Day 8: Spare Day in Saramthali 2,235m

Day 9: To Bhorle 950m

Walk for 4 hours, descending steeply to the river of Phalangu. There is no bridge so we remove our boots for the crossing. Your Sherpa staff will be there to assist with this. There is the possibility of swimming in the river at this point if you desire. We then commence the ascent to Bhorle, which is seen directly across the valley from Saramthali. This is a relatively steep climb particularly with the afternoon sun and limited shade. We camp near the Bhorle School.

Day 10: To Betrawati 711m

Today's 5 hour walk takes us through pristine Himalayan forest that is reminiscent of the setting of Tolkien's Lord of the Rings novels. Lunch is taken by a small stream in a shelter gully at Betrawati and the afternoon trek descends through dwarf rhododendron forest. Camp this evening will be a fun affair as we enjoy a party with our Nepali staff that have helped us along the way.

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Day 11: Drive to Kathmandu 1,330m

Unfortunately our trek is over and we will drive for 4 hours back to the hustle and bustle of the Kathmandu valley. The afternoon will give you a chance to get organised for the next adventure!

Day 12: Drive to Chitwan National Park

We once again drive out of the Kathmandu valley towards the Terai (lowlands). We will arrive at the Island Jungle Resort for lunch. Afternoon activities will commence after we have settled into our rooms. Perhaps an elephant ride through the jungle to try our chances of seeing a tiger or Rhino, or a leisurely canoe ride around the island.

Day 13: Chitwan

Today is our chance to complete all activities on offer at the resort. This may be a nature walk, elephant bathing, elephant rides, and education sessions, birdwatching or even just relaxing by the river at the waterside bar. The choice is yours. In the evening there will be a Tharu cultural show and traditional dinner.

Day 14: Drive to Kathmandu.

Today we head back to Kathmandu and spend our last night here before departure. You will have a chance to pick up a few last minute souvenirs and treasures before our final dinner, or explore the sights and smells of the Ason, near Durbar Square.

Day 15: Depart Kathmandu