

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

Itinerary - Langtang 2.

Day 1: Arrive Kathmandu

On arrival you will be met by our Nepal Trek Leader Bhoj Tandan, and taken to the Hotel in the centre of Kathmandu. You will have a briefing of the planned trek itinerary, day to day life on the trek and general information regarding the departure for trekking the next day. Trek packs will be issued, which include sleeping bag, inner sheet, duffle bag, mattress and down jacket.

Day 2: Drive/Walk to Sau Bari (6 hours)

Leaving the rims of Kathmandu valley, the road journey winds down to Trisuli with views of Himchuli, Ganesh Himal and Langtang - this is your first introduction to the mountain ranges of the mighty Himalaya. We will be having our packed lunch along the way and after eating we take the road to Sau Bari where you will get a sense of being off the beaten track! On the arrival in Sau Bari we'll meet our porters and our bags will be organized as we set off trekking toward our first campsite at Sau Bari. Here we can see the impressive views of Ganesh and Piador. Our outlook from the camp is stunning, with folds of foothills rolling south towards the terai.

Day 3: To Diling (4-5 hours)

The morning's walk traverses the ridgeline up until lunch, after which time we ascend to the top of the ridge passing through Chettri and Brahmin settlements. The scale of the imposing mountains astounds us as we reach the ridge top and gaze at the adjacent peaks.

There are two distinct inclines through forests 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 system that runs through the snowy giants.

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

Day 4: To Labung (5hrs)

The scale of the imposing mountains astounds us as we reach the ridge top and gaze at the adjacent peaks.

Day 5: To Serma (5-6 hours)

We ascend further today crossing farmland 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 treks as is the approach route. The view of the surrounding area is unforgettable. The sprawl of the Langtang and the Ganesh ranges dominates the skyline north, with verdant valleys stretching in every other directions - 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.

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Day 6: To Thulo kharka (4-5 hours)

We walk along an uphill trail to reach to the Thulo Kharka. We will see the ranges of Gosainkunda and downwards we will see the pine forests along with rhodendron trees. We also can see the eastern part of Tibet with some of its beautiful mountains.

Day 7: To Gosainkunda (4-5 hours)

After 4 to 5 hours of walking up and down we will reach our destination point called Gosainkunda.

Day 8: Excursion Day.

Today we will be taking a day walk up the hill with beautiful scenery all around us. We are heading to the Gosainkunda which is one of the famous religious places of Nepal. It is believed that if we take a bath at the kunda then our diseases will be cut off (hopefully this includes trekker's knee and aches and pains!). If anyone is interested they can bathe in the holy water.

Day 9: To Serma (6 hours)

Today we will make our way back to our previous camp where we are camping at the top of the hill. If the weather is good then we will get a chance to see a great view of the surrounding hills from the front side of our camp ground.

Day 10: To Thangdor (6-7 hours)

This is the one of the oldest Tamang farming villages, where we can see many of the old tamang cultures and tradition. As we descend, we leave behind the high alpine environment, meander through old forests 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.

Day 11: To Dumrang Chaur (5-6 hours)

We will be camping at the top of the villages called Langbu and Arukharka, where there are animals and some food grains like potatoes, mustard and wheat. In winter the sheep are also kept here, but in summer they are taken up to the hills. This is a quiet spot with a good view of many villages and hills down below.

Day 12 & 13: To Jhib jhibe (5-6 hours)

We descend steeply to the river of Maite Khola. There is no bridge as such so we'll need to remove our boots for the crossing (according to the weather). Your Sherpa staff will be there to assist with this. We then commence the ascent to Betang, where there is a very old tamang village and after lunch we will visit the School and Gumpa (Buddhist Monastery). Slowly we head down to Jhib Jhibe, where we can see the school and the Hospital. The next day we will be visiting the hospital, upper school and lower school and we may have an opportunity to view some traditional cultural programmes.

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Day 14: Drive to Kathmandu (6 hours)

Today is your chance to explore this exotic city and do any last minute shopping. You might like to visit temples such as Bodhnath (the world's largest stupa) or Pashupatinath with its ghats and holy men (Sadhus) or you can explore the alleys around the Durbar square and of course there are plenty of things to buy. The area has an amazing range of fascinating highlights, whatever your interests. Kathmandu has more world heritage sites than any other city in Asia.

Day 15: Depart Kathmandu.

You will be transferred to the airport and assisted with your check in.