

LANGTANG AND LAUREBINA LA



Sherpani lady in the Langtang valley



HIGHLIGHTS

- This is a beautiful trek exploring the less visited Langtang and Helambu area of Nepal. You walk up the Langtang valley to Kyangjin Gompa, then to Gosainkund lake and over the Laurebina La to Helambu.
- There are superb views of the Langtang Lirung and Ganesh Himal and from the Laurebina La one can see over to Manaslu and even the Annapurnas including Machhapuchre.
- Roland, owner and founder of The Mountain Company, led this trip in 2006 and modified the itinerary based on this experience. He will be able to answer any questions you might have.



LANGTANG AND LAUREBINA LA

Total number of days	17 days
Grade & days trekking	Moderate, 13 trekking days
Accommodation	3 nights hotel, 13 nights teahouse lodge
2011 price ex Kathmandu	£895 (US\$1,495)
2012 price ex Kathmandu	£925 (US\$1,550)
Minimum group size	2
Dates	October 7 th to 23 rd 2011 October 20 th to November 5 th 2011 November 11 th to 27 th 2011 March 16 th to April 1 st 2012 April 6 th to 22 nd 2012 October 5 th to 21 st 2012 November 9 th to 25 th 2012 March 15 th to 31 st 2013 April 5 th to 21 st 2013



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- All internal transport & transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at hotel in Kathmandu and in teahouse lodges while on trek.
- Breakfast only in Kathmandu, all meals included while on trek.
- All trekking arrangements including permits and fees, Sherpa guide and porters.
- Langtang trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Financial protection insurance from International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Nepal Trek Information” notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu £140 (US\$230)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £550).
- Travel & trekking insurance (eg. Snowcard).



- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in our “Nepal Trek Information” notes).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd (“The Mountain Company”) are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk



factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.

The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

This is a classic trek to Langtang valley then to the beautiful Gosainkund lakes followed by crossing Laurebina La pass.

Langtang extends north of Kathmandu to the Tibetan border and attracts far fewer trekkers than Nepal's other main trekking areas of Everest and Annapurna. Langtang was first explored by Bill Tilman, the well known Himalayan explorer and mountaineer, who described it as "one of the world's most beautiful valleys". The trek passes through magnificent forests home to the endangered red panda, himalayan black bear and musk deer.

The Langtang valley then opens out to an alpine plateau with fine views of Langtang and Ganesh Himal. From lodges at Kyangin Gompa you can explore the impressive glaciated upper valley surrounded by high Himalayan peaks. The trek up to Gosainkund takes you through the high alpine zone and then we cross the Laurebina La pass adorned with Buddhist prayer flags. From here we descend into the Helambu valley with superb views north to the Himalayas and south to forested hills and the city of Kathmandu.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.



Day 1. Arrive Kathmandu and join the tour at the hotel.

A driver will be sent to collect you on arrival at Kathmandu airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer.

Day 2. Sightseeing in Kathmandu.

Today we explore Kathmandu with a local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples

Day 3. Drive to Syabru Besi (1,420m).

You will travel by private jeep to the road head at Syabru Besi. The drive is beautiful as you pass through many villages and see locals at work in the fields. Overnight lodge.

Day 4. Trek to Rimche (2,455m).

From Syabru Besi you start the trek by crossing a suspension bridge over the Bote Khola. Soon after you cross another suspension bridge over the Langtang Khola. The trail follows this river all the way to Kyanjin Gompa.

There is dense bamboo forest and you will probably see troupes of Langur monkeys. The red panda also lives here although they are shy and rarely seen.

You will stop for the night at the lodge at Rimche, this is a better spot than the more popular Lama Hotel. It is located on high ground so has a good view down the valley and also gets more sun than Lama Hotel which is located in the bottom of the valley. Overnight lodge.



Day 5. Trek to Langtang (3,500m).

After breakfast you will continue on up the Langtang valley through forest. You will get the first views of the snowy Himalayan peaks as you see Lantang Lirung to the north.

At Ghora Tabela the valley flattens and widens and at about 3,500m you are over the tree line. A few hours further along the trail you will see the old Buddhist gompa on the hill side and then shortly afterwards reach the village of Langtang. Overnight lodge.

Day 6. Trek to Kyangjin Gompa (3,800m).

After Langtang village you will pass through a series of long mani walls and there are superb mountain views of Naya Kanga, Dorji Lakpa and Urkinmang. Kyangjin Gompa is surrounded by mountains in all directions. Overnight lodge.

Day 7. Day hike to Chergo Ri.

It is well worth the visit to walk up Chergo Ri for the best mountain views. You could also walk up the valley towards the glacier or just spend the day relaxing at Kyangjin Gompa. Overnight lodge.

Day 8. Trek to Lama Hotel (2,400m).

Today we head back down the Langtang valley and back to Lama Hotel (or Rimche). Overnight lodge.

Day 9. Trek to Thula Syabru (2,100m).

We continue down the Langtang valley until we get to Bamboo where contour round the valley to the pretty village of Thula Syabru. Overnight lodge.

Day 10. Trek to Sing Gompa (3,250m).

From Thula Syabru the trail is mainly uphill with views of Ganesh Himal and a range of peaks located in Tibet. Sing Gompa is a small village with a few lodges, a gompa and a cheese factory. Overnight lodge.

Day 11. Trek to Gosainkund Lake (4,400m).

From Sing Gompa there is a few short climbs before passing through Chalang Pati. From here the trail continues climbing and as you pass through the tree line Ganesh Himal and Langtang can be seen. On a clear day it is also possible to see Manaslu, the Annapurnas and Machhapuchre.



You reach a stupa shortly after passing through the Laurebina Yak. From here the terrain becomes more alpine and you will soon pass a lake on your right called Saraswate Kund. After a short climb you will see the sacred lake of Gosainkund before you. Overnight lodge.

Days 13 to 15. Trek through Helambu.

Day 16. Trek to Sundarikal, drive to Kathmandu.

There is a short climb over the valley rim and then a descent down a trail leading to Kathmandu. You will be met by the driver at Sundarikal for the drive back to Kathmandu.

Day 17. Transfer to the airport for your flight back home.



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

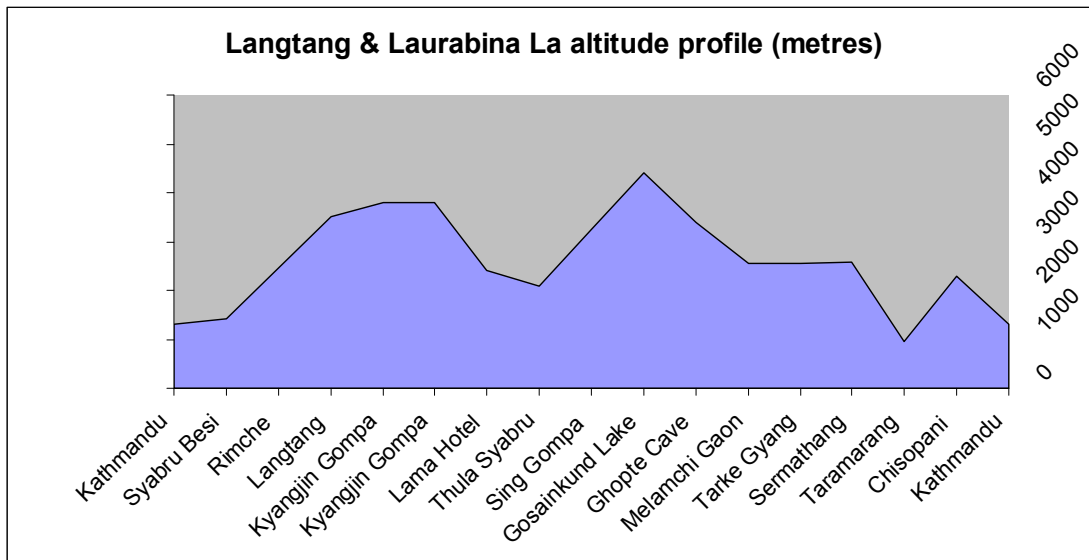




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Langtang and Laurebina La itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN KATHMANDU

For our Langtang treks we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

Hotel Manaslu is located in Lazimpat close to Hotel Tibet and the Radisson. For more information on Hotel Manaslu please take a look at their website <http://www.hotelmanaslu.com/>

Hotel Vajra is located on the road to Swayambunath Temple (commonly know as Monkey Temple). For more information on Hotel Vajra please take a look at their website <http://www.hotelvajra.com/>

Hotel Ambassador is located in Lazimpat near the diplomatic enclave. For more information on Hotel Ambassador please take a look at their website <http://www.acehotelsnepal.com/ambassador/>

There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.



FOOD

In Kathmandu there is a wide range of excellent restaurants, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. For breakfast you will get porridge, cereal, toast or chapattis, omelette and a range of hot drinks. On arrival at the lodge in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -20°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Langtang and Laurebina La trek has been included in the Appendix below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip although you can arrange to rent one in Kathmandu.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

- 15 days USD\$25 or equivalent convertible currency
- 30 days USD\$40 or equivalent convertible currency
- 90 days USD\$100 or equivalent convertible currency

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.



FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC s

Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.



CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gumpa it is customary to give a donation for its upkeep.



SUGGESTED READING

Please take a look at The Mountain Company's online bookstore for a wide selection of books and maps to Nepal, the link is at:

<http://astore.amazon.co.uk/themountainco-21>

- The Seven Mountain Travel Books by H.W. Tilman
- The Ascent of Rum Doodle by WE Bowman
- A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography) by Andrew Stevenson
- Nepali Phrasebook by Lonely Planet

MAPS

- Helambu & Langtang, Map No. 08 Schneider Nepal Maps Scale 1:50 000



APPENDIX 1

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in lodge in the afternoons/ evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or baselayer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (eg Nuptse jacket by The North Face).

Handwear:

- Fleece gloves.
- Warms mittens and/or gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.



- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag.
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles (Black Diamond with “Flick Lock” are best).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.



- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).



APPENDIX 2

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.