

Langtang & Laurebina La



COUNTRIES VISITED: NEPAL

TRIP TYPE: Trekking
TRIP GRADE: Demanding
TRIP STYLE: Tea House

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 02 Apr 2021

Langtang & Laurebina La is the classic trek to Langtang valley then up to the beautiful Gosainkund lakes followed by crossing Laurebina La pass back to Helambu and Kathmandu.

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.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists and we have been operating trips in Nepal for many years. Roland Hunter, owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of the Langtang region.

- Read our [AITO Traveller Reviews for Langtang & Laurebina La](#) where our overall holiday rating is 100%. Our approach to organising trips in the Himalayas has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.
- The Mountain Company will receive bespoke weather forecasts for the Langtang region from EverestWeather.com and from our in house forecasting throughout the duration of this trek.
- We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by our Operations team with first hand knowledge of Langtang & Laurebina La trek. During high season we have a TMC representative from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport & transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Dormitory room with common bathroom while on trek.
- Breakfast only in Kathmandu, all meals included while on trek. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.
- All trekking arrangements including permits and fees, trekking guide(s) and porter(s). We provide one trekking guide for group size of two people and two guides for a group size of three people and three guides for group size of six people plus.
- Bespoke weather forecasts for Langtang region from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
- Langtang trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- 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 Pre Trip Information" notes.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- 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 Pre Trip Information" notes).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Tibet in Kathmandu

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

Sightseeing in Kathmandu

Breakfast

Hotel Tibet in Kathmandu

This is a day to explore Kathmandu where we organise guided sightseeing to the Buddhist and Hindu sights in Kathmandu, to Kathmandu's Durbar Square, Swayambunath - the Buddhist monkey temple and Pashupatinath - a sacred Hindu temple complex on the banks of the Bagmati River.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Kathmandu Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. You should get back to the hotel after your sightseeing tour around mid-afternoon and the rest of the day is free for you to explore the city further and pack bags ready for the start of the trek the following morning. You can leave a bag at the hotel with items you will not need on the trek.

DAY 3: DRIVE TO SYRABU BESI (1,420M)

Drive to Syabru Besi (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

You will travel by private vehicle 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.

DAY 4: TREK TO LAMA HOTEL (2,450M)

Walking 10km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

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

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 one of the lodges at Lama Hotel.

DAY 5: TREK TO THYANGSYAP (3,100M)

Walking 7km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast you will continue on up the Langtang valley through forest following the Bhote Khola river. You will get the first views of the snowy Himalayan peaks as you see Lantang Lirung to the north. After several hours you arrive at a few houses at Gumnchok then after several hours you arrive in Ghora Tabela. After a short ascent you reach Thyangsyap where you stay in a lodge for the night. After a further short ascent you reach Thyangsyap where you stay in a lodge for the night.

DAY 6: TREK TO MUNDU (3,450M)

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today is a shorter day and this is required for gradual acclimatization to the high altitude before ascending to Kyanjin Gumpa tomorrow. After Thyangsyap you ascend above the tree line and the valley widens as you arrive to where the village of Langtang used to be located. In April 2015 a huge landslide was triggered by a magnitude 7.8 earthquake and this debris buried Langtang village. The current trail climbs over the landslide and there is a memorial to pay ones respects to the people that died.

DAY 7: TREK TO KYANGJIN GOMPA (3,870M)

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After Mundu you will pass through a series of long mani walls and there are superb mountain views of Naya Kanga, Dorji Lakpa and Urkinmang. Kyangjin Gumpa is a beautiful place surrounded by high Himalayan peaks in all directions. After lunch at one of the lodges in Kyangjin Gumpa, in afternoon you can walk with the guide to a viewpoint overlooking the valley with a panoramic view.

DAY 8: DAY WALK TO CHERGO RI (4,984M)

Walking 5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

There are a number of options for day walks from Kyangjin Gomba and if you are feeling strong then 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 Gomba.

DAY 9: TREK TO LAMA HOTEL (2,400M)

Walking 12km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we head back down the Langtang valley and back to Lama Hotel.

DAY 10: TREK TO THULA SYABRU (2,100M)

Walking 9km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

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

DAY 11: TREK TO SING GOMPA (3,250M)

Walking 5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Thula Syabru the trail is mainly uphill with views of Ganesh Himal and a range of peaks located in Tibet to the north. Sing Gomba is a small village with a few lodges, a gomba and a cheese factory. There are many rhododendrons nearby and it is colourful during the flowering season in Spring.

DAY 12: TREK TO GOSAINKUND LAKE (4,400M)

Walking 8.5km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

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.

DAY 13: CROSS LAUREBINA LA (4,700M) AND TREK TO GHOPTE CAVE (3,440M)

Walking 6km (6 to 7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

The trail passes around the edge of Gosainkund and further on there several smaller lakes. The Laurebina La is at 4,610m and decorated with many prayer flags. From the pass there is a long descent to Phedi then a traverse to Ghopte Cave where you stay the night.

DAY 14: TREK TO KUTUMSANG (2,450M)

Walking 7km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Ghopte Cave the trail contours around to the plateau with a cluster of lodges at Thadepati then descends to Kutumsang.

DAY 15: TREK TO CHISAPANI (2,300M)

Walking 12km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Kumtamsang the trail continues to Gul Bhanjyang (2,140m).

DAY 16: TREK TO SUNDARIJAL, DRIVE TO KATHMANDU

Walking 9km (3 to 4 hours)

Breakfast and Lunch

Hotel Tibet in 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 Sundarijal for the drive back to Kathmandu.

DAY 17: FLY BACK HOME

Fly home

Breakfast

Transfers to Kathmandu airport for flights back home.

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
02 Apr 2021 to 18 Apr 2021	Local Leader	US\$1,895pp	US\$240pp / NA	2 Left to Guarantee
01 Oct 2021 to 17 Oct 2021	Local Leader	US\$1,895pp	US\$240pp / NA	2 Left to Guarantee
29 Oct 2021 to 14 Nov 2021	Local Leader	US\$1,895pp	US\$240pp / NA	2 Left to Guarantee

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
01 Apr 2022 to 17 Apr 2022	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
07 Oct 2022 to 23 Oct 2022	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee
28 Oct 2022 to 13 Nov 2022	Local Leader	US\$1,950pp	US\$240pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR LANGTANG

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Langtang & Laurebina La trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Langtang trek you are likely to experience hot conditions with temperatures around 25°C. You will experience the coldest temperatures at Gosainkund Lake at an altitude of 4,200m where overnight lows will be down to around -10°C.

Each trekker should bring one backpack for gear 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 maximum weight allowance for back pack is 5kg.** The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. **The maximum weight allowance for your duffel bag is 15kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

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.
- Warm mittens and/or gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- 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).

Threat and risk assessment

THREAT AND RISK ASSESSMENT FOR LANGTANG

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. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Langtang and Laurebina La trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Langtang and Laurebina La we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Langtang and Laurebina La is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE and HAPE.

- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accident.
- Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation 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.

Weather and climate

WEATHER AND CLIMATE FOR LANGTANG

Langtang & Laurebina La 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 -10°C.

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.

ACCOMMODATION

HOTEL TIBET IN KATHMANDU



Hotel Tibet is located in Lazimpat next to the Radisson and is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our previous clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city.

TEAHOUSE LODGE IN NEPAL



While on trek at a teahouse lodge in Nepal there are twin share rooms with common bathroom and a heated communal dining room.

We will provide all meals at the lodges and include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

Notes downloaded on: 06-07-2020

