

LANGTANG & LAUREBINA LA



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Demanding
TRIP STYLE: Tea House
5 Based On 3 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 25 Oct 2024
5 Trees Planted for each Booking

This is the classic trek to Langtang valley then up to the sacred lakes at Gosainkund. After crossing Laurebina La we walk through Helambu and Kathmandu.

Langtang region is a trekking area North of Kathmandu near the Tibetan border. Bill Tilman, the well known Himalayan mountaineer, explored this area. He described it as “one of the world's most beautiful valleys”.

The Langtang trek passes through forests home to the red panda, himalayan black bear and musk deer. Higher up above the treeline the landscape opens out to an alpine plateau. From the lodges at Kyanjin Gomba we see the glaciated valleys and high Himalayan peaks. There are fine views of Langtang peaks.

After descending the valley to Lama Hotel we pass Thulo Syabru and start the Laurebina La pass trek. We hike up through rhododendrons and pass Sing Gomba on the way to Gosainkund lakes. We enter the high alpine zone and then we cross the Laurebina La pass adorned with Buddhist prayer flags. The top of the pass is an elevation of 4,700m. The views of the Nepali and Tibetan Himalayas are sensational. To the West you see Ganesh Himal and to the East over to Rolwaling and Everest peaks.

From here we descend into the Helambu valley back to Kathmandu. Along the way we hike through scattered villages and fields. The last section is through Shivapuri National Park. We arrive at the road

head at Sundarijal on the outskirts of Kathmandu valley.

REASONS TO CHOOSE US

- The gradual ascent profile for this trekking holiday has worked well for our past groups. We have a very high success rate of our trekkers crossing Laurebina La and trekking out to Kathmandu.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Langtang & Laurebina La](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Langtang region throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room at Hotel Ambassador in Kathmandu and at trek lodges.
- All meals are included while on the trek. Breakfast only in Kathmandu. In total for Langtang & Laurebina La, we provide 16 Breakfasts, 13 Lunches, and 13 Dinners. The meals at the teahouse lodges cost in the region of **£325 (US\$410)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- All meals are included while on the trek. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), and porter(s). We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.
- Porters to carry your main bag. The portering allowance is 15kg.
- Weather forecasts for the Langtang region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 5 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

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 to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$95).
- Other items not listed in "What is included".

ITINERARY

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

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal.

After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

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

Drive to Syabru Besi (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After breakfast we leave Kathmandu by private vehicle. We exit the Kathmandu valley to the North past Shivapuri Nagarjun National Park. This is a long drive although these days the road is hard topped all the way to Syabru Besi. We pass through the rural landscape of villages and locals working in the fields.

We descend to Trishuli river and drive onto Trishuli Bazaar. As this is at a low elevation of 540m it will be hot and humid compared to Kathmandu. We follow the Trishuli river to the north and after passing through Dhunche we arrive at Syabru Besi. This small town is at an altitude of 1,420m and is about the same height as Kathmandu.

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

Walking 10km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Syabru Besi we start the trek by crossing a suspension bridge over the Bhote Khola. This river flows from Tibet and is the main tributary of the Trishuli river. Soon after you cross another suspension bridge over the Langtang Khola. The hiking trail follows this river all the way to Langtang.

Along the side of the river there is bamboo forest and we are likely to see troupes of Langur monkeys. The red panda also lives here although they are shy, nocturnal animals and rarely seen during the day. 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, we continue walking through the forest following the Bhote Khola river. After several hours you arrive at a few houses at Gumnachok. We are now above the tree line and hiking through yak pastures. Soon after we arrive in Ghora Tabela at an altitude of 3,020m. We get the first views of the snowy Himalayan peaks with Langtang Lirung to the North. After a short ascent we reach Thyangsyap where we stay in a lodge for the night. We do not walk to a higher altitude today as we are mindful of acclimatisation to the high altitude.

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

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today is a shorter day to ensure essential acclimatisation. As we are now over 3,000m in altitude we have to be careful to ascend at a gradual rate to allow time for our body to adapt. After Thyangsyap the valley widens out with extensive yak pastures.

We pass the site where the village of Langtang used to be. In April 2015 an earthquake triggered an avalanche that buried the houses. The trail now climbs over the landslide debris and there is a memorial for the people that died. The lodges from Langtang have moved to Mundu as these are in a safer, more protected part of the valley.

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

Walking 5km (3 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

After leaving Mundu we pass through a series of mani walls as we are in Buddhist country. The people of Langtang valley are Sherpas who migrated from Tibet. There are superb mountain views of Naya Kanga to the South plus Langtang 2 and Langtang Lirung to the North.

Kyangjin Gompa is a beautiful place surrounded by high Himalayan peaks. We check into one of the lodges and have lunch. In the afternoon we 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 several options for day walks from Kyangjin Gompa. We recommend the walk up Chergo Ri for the best mountain views. We leave the lodges and walk up the valley to East then turn off to follow the trail climbing up Chergo Ri. This is a non technical route although if snowy or icy then may the conditions may not allow a safe ascent. The summit is at an altitude of 4,984m and the view of the Himalaya is sensational.

The other option for a less strenuous day walk is to walk up the valley towards the glacier. The upper part of Langtang valley is wild and remote with lots of places to explore. When you get back to Kyangjin Gompa after your walk, we can spend time enjoying this incredible place.

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 along the same trail. We spend the night at Lama Hotel and this is the place where we slept on the first night of the trek.

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

Walking 9km (5 to 6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We continue our hike down the Langtang valley. Lower down the trail starts to contour round the valley to the pretty village of Thula Syabru. The people in this village are Tamangs and like Sherpas came from Tibet many years ago.

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

Walking 5km (5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We have a significant climb today of 1,150m up to Sing Gompa at an altitude of 3,250m. As we have slept at a height of 3,870m at Kyangjin Gompa we are well acclimatised and will feel stronger on the uphill.

Through gaps in the forest we get mountain views of Ganesh Himal and peaks located on border with Tibet. We walk through rhododendrons. This section of the trail is colourful during the flowering season in Spring. Sing Gompa is a small village with several lodges, a gompa and a cheese factory.

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

Walking 8.5km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Sing Gompa there are a few short climbs before we ascend above the tree line. We follow an open ridge of grass and juniper called Chyolang Pati Danda. We pass through the small hamlets of Chandanbari, Chyolang Pati and Laurebina at 3,900m. We reach a stupa shortly after passing through the Laurebina Yak. From here the terrain becomes alpine and you will soon pass a lake on your right called Saraswate Kund. After a short climb you will see the holy lake of Gosainkund before you.

Lord Shiva created Gosainkund when he struck a glacier with his trident to drink water. He was thirsty after having swallowed poison that would destroy the world. During the full moon day in August, Buddhist and Hindu pilgrims come here. They worship Lord Shiva and take a bath in the lake.

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 to the pass goes around the edge of Gosainkund and further on there several smaller lakes. We are walking through the high alpine zone and ahead we see the prayer flags marking the top of Laurebina La. The pass is at an altitude of 4,700m. We see a panoramic view of the Himalayas in all directions. Ganesh Himal is the prominent peak to the West. The name of this peak comes from the elephant headed Hindu god. We descend from the pass for 1,000m to the lodges at Phedi. We then follow the path that traverses 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. We are now in the Helambu region and walk through Mangengoth. The vegetation is rhododendron forest. We pass mani walls and shortly after enter the village of Kutumsang.

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

Walking 12km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Kumtamsang the trail descends then there is a short climb to the pass at Gul Bhanjyang (2,140m). We follow a stony path through the minor passes at Thankune bhanjyang and Pati bhanjyang. We walk uphill to the lodges at Chisapani.

DAY 16: TREK TO SUNDARIJAL, DRIVE TO KATHMANDU

Walking 9km (3 to 4 hours)

Drive to Kathmandu (1 hour)

Breakfast

Hotel Ambassador in Kathmandu

As we exit Chisapani we pass the entry office for Shivapuri Nagarjun National Park. We walk through forest and cross the minor pass at Borlang bhanjyang at 2,420m. From here we descend the trail down to Muk Kharka village at 1,859m. We finish the trek at Sundarijal on the outskirts of Kathmandu. We meet our vehicle for the drive to the hotel.

DAY 17: FLY BACK HOME

Fly home

Breakfast

Transfers to Kathmandu airport for flights back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
25 Oct 2024 to 10 Nov 2024	Local Leader	US\$1,995pp	US\$240pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
11 Apr 2025 to 27 Apr 2025	Local Leader	US\$1,995pp	US\$240pp / NA	2 Left to Guarantee
03 Oct 2025 to 19 Oct 2025	Local Leader	US\$1,995pp	US\$240pp / NA	2 Left to Guarantee
24 Oct 2025 to 09 Nov 2025	Local Leader	US\$1,995pp	US\$240pp / NA	2 Left to Guarantee

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
10 Apr 2026 to 26 Apr 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
02 Oct 2026 to 18 Oct 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee
23 Oct 2026 to 08 Nov 2026	Local Leader	US\$2,095pp	US\$250pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal

dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucksack). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

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.

Kit List

KIT LIST FOR LANGTANG TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Langtang trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience warm conditions with temperatures up to 20 Celsius. You experience the coldest temperatures in Gosainkund LAke at an altitude of 4,200m. Overnight lows here will be down to around -10 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

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. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around the lodge.
- Walking socks.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.

- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -10 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at [SheWee](#).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. 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 with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- 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

RISK ASSESSMENT FOR LANGTANG TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. 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 and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Langtang trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. 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.
- Getting lost or becoming separated from the group eg. crossing Laurebina La pass in a whiteout.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke).
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Weather and conditions

WEATHER AND CONDITIONS FOR LANGTANG TREK

Langtang and Laurebina La trek has a wide range of temperatures. This depends on the season, altitude and time of day. Below 3,000m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 20 Celsius. At higher altitudes temperatures range from about 15 Celsius to -10 Celsius.

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

We have chosen the dates for optimal conditions on the high passes. By April and May in the Spring season the weather is warmer and the snowline is higher than March. This decreases the chance of snow blocking the Laurebina La pass. In the Autumn season we organise the trek during October and November.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek 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 a 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.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REPORTS

To read our trip report please click on the link below to our blog:

[Trip Report from Helambu into Langtang via Laurebina La and Gosainkund Lake](#)

TRIP REVIEWS

REVIEW BY TIM 08/11/2023

Amazing Langtang Trek! We had an amazing and very well organised trek in the Langtang Valley and Laurebina la pass with the Mountain Company. The guides and porters were brilliant and great travel companions and we always felt in safe hands. The scenery was stunning, at times tough going but you are so in the mountains. Accommodation was variable as you would expect on a trek.. The company kept us well informed and well briefed throughout and was very responsive, and we had full confidence. ...

REVIEW BY GRAHAM DUTHIE ON 27/11/2018

Langtang, Laurebina-la and Gosainkund trek trek to the Langtang valley then to the Gosainkund lakes followed by crossing Laurebina La pass and finally descending through Helabu to the north rim of

Kathmandu valley. This area was the epicentre of the terrible 2015 earthquake. Much of the region has been rebuilt but the natural beauty remains intact . The area is getting back on it's feet and starting to attract visitors from Kathmandu city as well as abroad. Fabulous trek. Superb. I've trekked with Mountain Company many times since 2008. Always been great! Roland Hunter is very good at this and knows the Himalayas and it's people well. ...

REVIEW BY PETE H ON 03/12/2019

Langtang Valley to Laurebina La Nepal trek Superbly organized. Epic views on this 13 day trek in one of less explored regions in Nepal. Physically one of the toughest treks I've ever done but certainly worth the effort. Great communications throughout. Very safety conscious and thorough in all preparations. Would strongly recommend. ...

Notes downloaded on: 14-10-2024

