



NEPAL LANGTANG TREK

NEPAL • TREK • ORANGE 3

ABOUT THE CHALLENGE

This magnificent trek, with the ultimate combination of spectacular scenery and fascinating culture, takes us to the magnificent Langtang region of the Himalayas, open again for trekking after 2015's devastating earthquake.

We trek through the wooded gorges, yak pastures and rocky ridges of the Langtang valley, with its friendly Tibetan-style culture and awe-inspiring mountain views. We stay in teahouses in small villages en-route, allowing a wonderful insight to the daily lives of the local people.

Our trek culminates in historic Nuwakot village, in one of the districts that suffered most from the earthquake. Discover Adventure actively supports the re-building project here; we end our trip getting involved in the practical work, a rewarding way to give something back to this magnificent country.

NEPAL LANGTANG TREK FOR GIRLGUIDING SCOTLAND • 12 DAYS

Day 1: Depart Scotland for Kathmandu

Day 2: Arrive Kathmandu

Transfer to hotel for trip briefing and dinner. Night hotel

Day 3: Kathmandu – Syabrubesi

An early start sees us driving into Nepal's 'middle hills,' following the fertile valley of the mighty Trisuli River. Some of the roads are rough and bumpy, but the scenes of Nepal en-route form a marvellous introduction to our adventure. We drive via Trisuli Bazaar and the main trading town of Dhunche, on to the small town of Syabrubesi, the starting point for treks into the Langtang Valley. Night teahouse (1460m).

Drive approx. 8 hours

Day 4: Syabrubesi – Lama Hotel

Our trek starts gently downhill, crossing a suspension bridge over waters of the Bhoté Kosi and then following a trail through forest – you'll hear and maybe see monkeys chattering in the trees – before trekking steeply up over a rocky ridge. We climb through deciduous woodland which forms a rich habitat for diverse flora and fauna, including the elusive red panda. Our gradient eventually eases as we reach the Langtang Khola, the boulder-strewn rushing river which flows through the valley; we cross the river and climb once more through a wooded gorge alongside a series of beautiful waterfalls. Although the terrain is not particularly hard, this is a long uphill day and should not be underestimated. Night teahouse (2470m).

Trek approx. 7-8 hours

Day 5: Lama Hotel – Langtang Village

Our trek today takes us higher, with exquisite views of the snow-capped Himalayas. We start alongside the Langtang Khola, climbing steadily to Ghora Tabela (2970m), where we are greeted by vistas of Langtang Lirung – the highest peak of the Langtang range. We continue steadily until a steep section leads us into the upper section of the valley, our trail now zigzagging higher and higher to Thangshep. The widening valley curves impressively ahead of us as we gain height, the occasional level section providing some relief. Dry-stone walls line our path as we approach Langtang. This lovely Tibetan-style village suffered a great deal in the earthquake, but is now able to welcome trekkers as it has been doing for decades, and it is rewarding to be able to bring income to the villagers here. Night teahouse (3430m).

Trek approx. 6-7 hours

Day 6: Langtang Village – Kyanjin Gompa

A very photogenic morning through pastures with mountain views – plenty of excuses to stop to take photos! We follow a

trail through yak pastures and meandering streams, heading up through the valley over an old glacial moraine. We pass a series of mani walls, inscribed stone tablets which are sacred to Buddhists, and views of Mt Gengchempo dominating views of the east. Crossing a small stream, we climb to a broad valley, passing small Tamang settlements at 3410m. Continuing uphill over more moraine, we emerge into awe-inspiring views of Kyanjin Gompa, a Tibetan-style monastery flanked by spectacular mountains. Depending on group pace, it may be possible to hike up the steep, rough track to the memorable Lirung Glacier (4300m) – an additional 2-3 hours, or you can simply explore the village, which boasts a famous cheese factory. Night teahouse (3850m).

Trek approx. 4 hours + additional glacier trek if time

Day 7: Kyanjin Gompa – Lama Hotel

We retrace our steps through the valleys and pastures, returning to the lower wooded slopes. Predominantly downhill, this can be deceptively hard, especially on the knees, and it's a long day – but the views as we head back are a wonderful distraction. Night teahouse (2470m).

Trek approx. 7-8 hours

Day 8: Lama Hotel – Syabrubesi

We retrace our steps to the end of the trail. If you've coped well with the challenges of the past few days this should be a fairly relaxed walk down! Syabrubesi will feel very large and busy in contrast to the higher villages. Night teahouse (1460m).

Trek approx. 6-7 hours

Day 9: Syabrubesi – Nuwakot

We load up into our vehicles for the drive to Nuwakot. This region is off the tourist trail, and very authentic. We stay at the Famous Farm, a farmhouse which has been beautifully restored to traditional wooden Newari houses, overlooking the hills. We have the afternoon free to explore. Night guesthouse.

Drive approx. 4.5 hours

Day 10: Nuwakot Project Work Today we have the opportunity to give something back to this wonderful country, and get stuck into practical project work, helping to re-build the village. Rather than hastily reconstruct what was damaged in the earthquake, the emphasis has been on sustainability, with careful attention to preserving the heritage of this historic village, and a long-term plan to help it to attract tourism and provide local income. There will be a variety of tasks we can help with; experience is not necessary, but you should be fit, willing to get involved, and flexible in your expectations. Night guesthouse.

Day 11: Nuwakot – Kathmandu More project work this morning, with time to walk around the village and appreciate its charm. After lunch we drive back to Kathmandu (approx 3-4 hours), where we are free to relax before meeting again for an evening of celebrations to mark our achievements this week. Night hotel.

Day 12: Fly Kathmandu to Scotland

CHALLENGE INFORMATION

DETAILED INFORMATION

Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Roomshare Arrangements

Some accommodation (in hotels or camp) will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

Accommodation

Accommodation is in shared rooms in teahouses (simple mountain lodges), hotel in Kathmandu, and comfortable restored houses in Nuwarkot. Tea-houses vary, but are usually quite basic and family-run. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people who host us along the route.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there

may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

CHALLENGE EXTENSIONS



CHITWAN NATIONAL PARK

Chitwan National Park lies in Nepal's subtropical Terai lowlands in the south of the country. It was Nepal's first National Park, awarded World Heritage Site status in 1984.

Its dense jungle, marshy wetlands and rippling grasslands are a haven to wildlife such as the one-horned rhino, sloth bear, gharial, leopard, and the creature everyone hopes to catch a glimpse of – the elusive Royal Bengal tiger. We will also keep our eyes open for the many other species of animals and birds which live here, including several species of deer and monkey.

We explore this beautiful and enchanting habitat by jeep and dug-out canoe, and also visit a local community, where the way of life is very different to what we have experienced in the mountains of Nepal.

Min 3 pax – £50 supplement for 2 pax

PRICES

2019	£525
2020	£575

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 22 May 2019, and the challenge is subject to change.