

# LANGTANG VALLEY TREK - 11 DAYS

**Explore Langtang, a region filled with awe-inspiring vistas and thriving Himalayan biodiversity ...**



Trip Level: Easy/Moderate | Group Size: Min. 1-12 people | Min. Age: 10 | Altitude : 4984 m

Arrival on: Kathmandu, Nepal | Departure from: Kathmandu, Nepal

## OVERVIEW

**Take a short trek to Langtang Valley. As the region lies close to Kathmandu, you won't face any difficulty reaching the trailhead. The valley is home to Tamangs, an ethnic mountain community, and rare Himalayan flora and fauna. Explore Langtang National Park and villages along the Tamang Heritage Trail. At Kyangjin Gompa, visit a cheese factory and sample yak cheese. When a devastating earthquake hit Nepal in the year 2015, Langtang was the worst affected among the trekking regions. Langtang, after the 2015 earthquake, needs visitors now more than ever. By choosing this trek, you will be contributing directly towards the welfare of local mountain communities...**

**Langtang Trek** is best suited for those looking for a short trekking adventure with amazing Himalayan views and unique mountain culture. Lying close to the capital, *Langtang Region* is easily accessible from Kathmandu. Our **short Langtang Trek** takes you to the homeland of Tamangs, an ethnic group who migrated to Nepal from Tibet centuries ago. As the region lies close to Tibet, one can view Tibetan peaks en route Kyangjin Gompa. Visit traditional homes of Tamangs and step inside ancient monasteries. Within days you will be walking along the glaciers tumbling down Langtang Himal. In addition, walk past Langtang National Park and get close to Red Pandas, langurs and a host of rare Himalayan flora and fauna.

## TREK TO LANGTANG AND HELP LOCAL COMMUNITIES GET ON THEIR FEET

**Langtang Valley** faced the full brunt of the earthquake that devastated Nepal in 2015. **Langtang Village** was almost wiped up. The inhabitants are trying their best to rebuild their lives. A trek to this beautiful region not only rewards you with delightful views but also gives you a chance to help boost the local economy. By using local teahouses and purchasing goods from local vendors you will be directly helping local businesses. Together with the local homes, teahouses have also been rebuilt. Now there are many new and modern teahouses dotting the trail. Trek to this fascinating region and experience its wonderful biodiversity. You won't have to worry about acclimatization problems as most of the time you will be trekking below 4000 metres. Join this **short Langtang Trek** and let our experienced trek leader guide you through this culturally and ecologically rich part of Nepal's Himalaya.

## LOOKING FOR CHALLENGING OPTIONS?

If you have already trekked through Langtang Valley and are looking for another adventure that will take you off-the-beaten-path, then we suggest you try our [Manaslu Circuit Trek](#). Filled with dramatic mountain views and fascinating culture, this trek takes you to some of the least visited parts of Nepal. You can also choose our popular [Everest Base Camp](#) if you want to reach the base of the world's highest mountain Mount Everest. Both these treks are harder and more challenging than the Langtang Trek.

Note:

## HIGHLIGHTS

- Explore Langtang National Park, home to rare Himalayan flora and fauna
- The trailhead lies close to Kathmandu
- Experience Tamang culture, which is similar to Tibetan culture
- Tread across verdant yak pastures and take pictures with these high-altitude hairy beasts
- Hike to Tserko Ri(4984m) and get a 360 degree view of frozen glaciers and Himalayan peaks
- Enjoy panoramic views of Langtang Himal and Tibetan Peaks

## IS THIS TRIP SUITABLE FOR YOU?

- This is a moderate trek, ideal for someone looking for a short Himalayan trekking adventure. The trail lies close to Kathmandu and there's not much of an altitude gain.
- Beginners can do it, but you need to be in reasonably fit. If you are a hiker or can walk for long distances

without any difficulty then you can easily do this trek.

- The route goes uphill and downhill and there are some steep sections en route.
- Compared to treks in the Everest and Annapurna regions, the Langtang trail is less crowded.
- The trek lasts for 7 days. The highest point you will reach is Tserko Ri (4984m).
- While trekking you will be staying at local teahouses or mountain lodges.

## MEALS

Planning a vacation calls for many decisions. One of the easiest ways to travel is to book with a travel company and let the experts take care of the planning and logistics. But some travelers want the freedom to explore options that packaged tours rarely offer. Taking into account the needs of an average traveler, we have designed two packages - Standard and Deluxe. A Standard Package offers a combination of services at a lower price and freedom to do certain things your own way (for instance, choosing your own accommodation in the city). Choose a Deluxe Package, if you want to take the stress out of planning your trip. After booking a Deluxe Package, you can rest easy knowing that the experts are there to plan your holiday. If you have zeroed in on your destination, all you have to do is select the package that suits your travel style and book your trip!

## BEST TIMES

Spring (March to May) and autumn (late September to November) are the ideal seasons for **Langtang Valley Trek**. During these seasons the days are neither too hot nor too cold. Expect nights to be cold. Above 4,000 meters, you can expect nighttime temperatures to drop as low as -10 degrees.

## ACCOMMODATIONS

**Accommodation for 8 nights in the mountain is included in this package.** You will be staying at teahouses or mountain lodges run by the locals. Compared to Everest and Annapurna regions, the teahouses around Langtang tend to be a lot more rustic, offering basic facilities. While some teahouses may offer rooms with attached bathrooms, hot showers and wi-fi, most teahouses don't have these facilities. Moreover you need to pay additional for using wi-fi and taking hot showers.

**Accommodation in Kathmandu is not included in this package.** Kathmandu offers a wide selection of hotels, from luxurious five star establishments to budget hotels. If you want to stay at a 3-star category hotel then we highly recommend Oasis Kathmandu Hotel. It is located in the tourist hub of Thamel, near all the major sightseeing places. Do send us a request if you want us to book rooms for you.

Accommodation is on a twin-sharing basis. You will have to share the room with a fellow traveler of the same sex, if traveling alone. In case you need a single room, it will be available at an extra cost. Please choose the 'single supplement' option at the time of booking. Please note while single rooms are readily available in Kathmandu, while trekking teahouses at higher elevations may not have single rooms.

## MEALS:

Except for farewell dinner in Kathmandu, no meals are included in this package. There are many restaurants in Kathmandu serving international food. If you need any help choosing a restaurant, do let us know. We will be more than happy to oblige.

While trekking you will be stopping for meals at local teahouses. Items on offer include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

## ITINERARY

### 1: ARRIVAL IN KATHMANDU (1,400M/4,593FT) & TRIP PREPARATION

Welcome to Nepal! Once you arrive at Tribhuvan International Airport, our representative will be there to meet you and drive you to your hotel. Check-in and take rest. In the afternoon or evening attend a pre-trek briefing where you will meet your trek leader and teammates. Check your gears for the final time. If you have missed out on any item on the kit list, buy or rent from any of the stores lining the streets of Thamel (Kathmandu's tourist hub). Your trek leader can suggest some good stores. *Overnight in Kathmandu.*

Meal Included : | Dinner

### 2: DRIVE FROM KATHMANDU TO SYABRUBESI (1,500M/4,921FT)

Leaving Kathmandu, drive north towards Syabrubesi. En route drive past traditional farms, terraced fields and mountainsides filled with verdant forest. The road winds along pretty hillsides dotted with traditional rust-colored mud houses. Drive past the busy riverside settlement of Trishuli. Climb upwards to Dhunche before arriving in Syabrubesi. Once you arrive in Syabrubesi head to a teahouse and rest for the night. Overnight in Syabrubesi

Meal Included : | Breakfast | Lunch | Dinner

### 3: TREK FROM SYABRUBESI (1,500M/4,921FT) TO LAMA HOTEL (2,480M/8,136FT)

Today is the first day of your trek. Wake up early and hit the trail. Enter **Langtang National Park**, one of the oldest and ecologically rich national parks in Nepal. The route goes past the Bhote Koshi River, that flows from Tibet. Walk past a thickly wooded trail filled with rhododendron and oak trees. Watch for monkeys swinging around in the trees while you follow a steep ascent up to Lama Hotel. Once you reach Lama Hotel, make your way to a teahouse and call it a day. *Overnight in Lama Hotel.*

Meal Included : | Breakfast | Lunch | Dinner

### 4: TREK LAMA HOTEL TO LANGTANG VILLAGE(3,430M/11,253FT)

Take an upward trail through a dense forest. After you walk for sometime you get a glimpse of Langtang Lirung. Walk slowly as you cross the Ghode Tabela (Horse Stable) at 3000m. Enjoy the majesty of the Langtang Himal rearing in the background. Past Ghode Tabela, the trail leaves the forest and opens out. Mountains surround the landscape. Hike across Tamang villages and temporary shelters of yak herders, until you reach **Langtang Village**. The village was completely wiped out by a landslide during the 2015 earthquake. 243 people including 41 trekkers lost their lives. The new Langtang Village has been rebuilt 100 metres above the ruins of the old one. There are new teahouses and lodges offering food and accommodation to trekkers and travelers. Head to a teahouse and take some rest. Later take a walk through the old Langtang Village, which is now covered with stones and boulders. There's a 'Mani Wall Memorial' dedicated to those who lost their lives during the earthquake. Day your respects to the departed souls. Overnight in **Langtang Village**

Meal Included : | Breakfast | Lunch | Dinner

### **5: TREK LANGTANG VILLAGE (3,430M/11,253FT) TO KYANGJIN GOMPA (3,830M/12,566FT)**

Walk further for about half an hour till you reach the settlement of Mundu. Mundu is a quaint settlement filled with traditional houses and modern teahouses. Take the trail that heads up to Kyangjin Gompa. Take an upward ascent and walk through yak pastures. Walk past glacial rivers and cross bridges. After walking for sometime you reach the village of **Kyangjin Gompa**. Your guide will lead you to a teahouse where your rooms are booked. After a brief rest, you can explore the village. This picturesque settlement lies at the foot of several small peaks and is named after an old Buddhist monastery (Kyangjin Gompa) located at the village. There's also a cheese factory run by the government. Visit the monastery and the cheese factory. At the cheese factory, sample or buy some yak cheese. If the weather is clear, you can hike to the nearby hill of Kyangjin Ri (4,984m) and enjoy the sunset. Kyangjin Ri, which lies northeast of Kyangjin Gompa, is a popular vantage point in the Langtang Region. Ascend the small hill and enjoy the spectacular sunset over the snowcapped Gang Chhenpo (6388m), Langshisa (6427m) and Dorje Lakpa (6966m). *Overnight in Kyangjin Gompa.*

Meal Included : | Breakfast | Lunch | Dinner

### **6: KYANGJIN GOMPA – ACCLIMATIZATION DAY: EXPLORE TSERKO RI (4,984M/16,352FT)**

Wake up early in the morning and head to Tserko Ri. The trail climbs up all the way to Tsergo Ri. Enjoy the mesmerizing mountain views. Savor the inspiring Himalayan panorama of Langtang Lirung, Yala Peak, Naya Kanga, Yubra Himal etc. stretching towards the north and the south. You get to watch the frozen Langtang Lirung glacier tumbling down and the icefall in the middle of the peaks Changbu and Yubra. After enjoying these magnificent sights head back to Kyangjin Gompa. *Overnight in Kyangjin Gompa.*

Meal Included : | Breakfast | Lunch | Dinner

### **7: TREK KYANGJIN GOMPA (3,830M/12,566FT) TO LAMA HOTEL (2,480M/8,136FT)**

From Kyangjin Gompa head down to Lama Hotel. Go downhill past ethnic **Tamang villages**. Having migrated

from Tibet centuries ago, the Tamangs share a similar culture with the Tibetans. Follow the Langtang Khola (river in Nepali) and walk past **Langtang Village** and Ghore Tabela. Soak in picturesque sights of green alpine meadows and yaks grazing before you reach Lama Hotel. Once you reach the village head to a teahouse and take a well-deserved rest. *Overnight in Lama Hotel*

Meal Included : | Breakfast | Lunch | Dinner

## **8: TREK LAMA HOTEL (2,480M/8,136FT) TO THULO SYABRU (2,210M/ 7,251FT)**

Leave Lama Hotel and trek to Thulo Syabru. The trail goes down gently and climbs up. As you walk through the forested trail, you are greeted with delightful sights. Langurs scamper around and swing in the overhead branches, rare Himalayan birds twitter and chirp in the background. If you are lucky you will get a rare sighting of a Red Panda napping on a tree trunk. The Red Pandas are nocturnal creatures and spend the daytime sleeping. A steep ascent through terraced fields brings you to Thulo Syabru. Located on a ridge top, the settlement offers mesmerizing views of the snow-covered peaks (*Ganesh Himal and Langtang Himal*). Make your way to a teahouse where your room has been booked and take rest. *Overnight in Thulo Syabru*

Meal Included : | Breakfast | Lunch | Dinner

## **9: TREK THULO SYABRU (2,210M/ 7,251FT) TO DHUNCHE (1,960M/ 6,430FT)**

Trek to Dhunche leaving Thulo Syabru. This is the final leg of your trek. The route dips down all the way to Dhunche. The trail is lined with rhododendron trees and if this trek is done in spring, bright red rhododendron blooms will fill the trail. Once you reach Dhunche head to a teahouse. In the evening celebrate the completion of your trek with your teammates and trekking crew. *Overnight in Dhunche*

Meal Included : | Breakfast | Lunch | Dinner

## **10: DRIVE DHUNCHE TO KATHMANDU (1,400M/ 4,593FT)**

Drive back to Kathmandu. On reaching Kathmandu, check into your hotel and take rest. Stroll around Thamel and shop for souvenirs. Attend a farewell dinner (complimentary) at an authentic Nepali restaurant to celebrate the completion of your Langtang adventure. *Overnight in Kathmandu*

Meal Included : | Breakfast | Dinner

## **11: FINAL DEPARTURE**

Our representative will drop you to the international airport three hours prior to your flight's departure. If you wish to explore more of Nepal or other Himalayan nations (Bhutan, India, Tibet) do let us know.

Meal Included : | Breakfast

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### **Note on itinerary**

If you need to add an extra day in the itinerary before the start or at the end of your trek, please let us know beforehand. We will make the required arrangements (accommodation, day tour etc.) for you. Say if your flight's scheduled arrival to Kathmandu is late at night then you will not be able to make an early departure (to Syabrubesi) on Day 2. You will have to stay an extra day. Likewise an extra day at the end of your grueling trek will allow you to relax your tired muscles.

## WHAT'S INCLUDED

### PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Accommodation in Kathmandu at a 4 star hotel, with breakfast
- Clean and comfortable tea-house accommodation during the trek
- Teahouse accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.
- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Transfers from Kathmandu to Syabrubesi and Dhunche to Kathmandu by Private Vehicle
- Langtang National Park entry fee, TIMS and Trekking Permit.
- Complimentary Farewell dinner at a traditional Nepali restaurant.
- Third Rock Adventures' T-shirt and map

### PRICE EXCLUDES

- Lunch and dinner in Kathmandu
- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Extra night accommodation in Kathmandu in case of early arrival or late departure.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- All Meals (except farewell dinner)

- Accommodation in Kathmandu
  - Excess baggage fee.
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**Note :**

If you need to add an extra day in the itinerary before the start or at the end of your trek, please let us know beforehand. We will make the required arrangements (accommodation, day tour etc.) for you. Say if your flight's scheduled arrival to Kathmandu is late at night then you will not be able to make an early departure (to Syabrubesi) on Day 2. You will have to stay an extra day. Likewise an extra day at the end of your grueling trek will allow you to relax your tired muscles.

## **ADDITIONAL INFORMATION**

### **Passport & Visa for Nepal**

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5" \* 1.5") will be required and the following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

### **Lukla Weather Condition -Nepal [Everest]**

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.
- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).
- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

## Climate in Nepal

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

## Banking and Forex in Nepal

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's ( you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

## **Custom Formalities-Nepal**

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

## **Emergency Contact Information**

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

## **Safety and Security - Nepal**

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

## **Electricity - Nepal**

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar power.

## **Vaccinations - Nepal**

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure. Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

## **Baggage - Nepal (Porter and Domestic Flight)**

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

## Physical Condition & Experience

Walking in higher altitudes is always more physically demanding than walking in the lower reaches. If you are in good health; have average physical fitness, positive attitude, self-confidence and strong determination, you can definitely complete the trek successfully. We would recommend exercising and jogging regularly for some weeks prior to the trip. This will help you enhance your strength and stability. Past [trekking and hiking](#) experience would be an asset but no technical skills are required for this trip. Participants who have pre-existing medical conditions such as heart, lung and blood diseases are required to consult their doctor before participating in this trip. We also advise you to inform **Third Rock Adventures** if you have any medical condition before booking the trek.

## Altitude Sickness & Acclimatization

At higher altitudes (2000 metres and above) the air gets thin and the oxygen level decreases. To let the body get used to thin air one should acclimatize properly before going higher. Going too high too fast will result in acute mountain sickness or AMS. The symptoms include difficulty in breathing, nausea, headache, dizziness, irregular heartbeat, vomiting etc. If left untreated it will affect the brain (known as HACE or High Altitude cerebral Oedema (swelling of the brain)) and the lungs (HAPE or High Altitude Pulmonary Oedema(fluid in the lungs) ) and will result in death within an hour or two.

All our itineraries allow sufficient time for acclimatization. One or two rest days have been assigned at lower elevations before you venture into the higher reaches (3500 to 4000 metres and above). This will give your body enough time to get used to rarefied air. Additionally our guides carry a first aid kit with medicines like diamox (a pill that prevents and reduces the symptoms of altitude sickness) and antibiotics. On the trail, keep yourself hydrated by drinking lots of fluids as dehydration doubles the risk of AMS. To be on the safe side we advise you to consult your physician before booking a trek.

## Equipments & Packing List - Nepal Trekking

The list give below is a guideline to help you pack for your adventure. We also want you to understand that the items listed below will vary according to season and the trek duration. The weight limit for your luggage is 33 pounds or 15 kg. Your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We would also suggest you to pack only what is important.

### Important documents and items

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

## **Head**

- Bandana or head scarf, very useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

## **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket
- Gore-Tex jacket with hood, waterproof and breathable

## **Hands**

- 1 pair of lightweight poly-liner gloves or lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs
- 1 pair of Hiking shorts and 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers/ waterproof shell pants, breathable fabric.

## **Feet**

- 2 pairs of thin, lightweight inner socks and 2 pairs of havy poly or wool socks and cotton socks(optional)
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, “broken in”)
- 1 pair of trainers or running shoes and/or sandals
- Gaiters (winter only), optional, “low” ankle high version

## **Sleeping**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding

- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

## **Toiletries**

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

## **Group Size**

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

## **Guide, Trek Leader & Support Staff**

The trekking group is led by a [professional trek leader](#). He is a licensed trekking guide with years of experience guiding trekking groups in the mountains. He is a local and has in-depth knowledge of the region you will be trekking to. Assistant guides and Sherpa crew assist the trek leader.

## **Arrival & Departure (Kathmandu)**

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

## **Travel Insurance for Nepal**

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

## **FREQUENTLY ASKED QUESTIONS**

# TERMS & CONDITIONS AGREEMENT

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

## 1. THE BOOKING CONTRACT:

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

## 2. BOOKING A TRIP:

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

### **3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:**

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

#### **Deposit Payment:**

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

#### **Final Payment:**

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

#### **Lifetime Deposit**

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

### **4. PAYMENT METHODS:**

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

#### **Prices:**

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many

reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

## **5. CANCELLATION BY THE CLIENT:**

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable. The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

## **CANCELLATION BY THE CLIENT DURING AN EMERGENCY**

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

## **6. CANCELLATION OF A TOUR BY THE COMPANY:**

- The company reserves the right to cancel any trip you booked unless guaranteed to run.
- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of

the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

## **7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:**

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

## **8. TRAVEL INSURANCE:**

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

## **9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:**

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be

your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

## **10. TRIP AMENDMENT:**

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

## **11. VISA & PASSPORT:**

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

## **12. INJURIES AND EVACUATION:**

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance. Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

## **13. SERVICES MISSED OR UNUSED:**

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

#### **14. UPDATING OF TERMS AND CONDITIONS:**

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and conditions will always be found on the website [www.thirdrockadventures.com](http://www.thirdrockadventures.com) and will be the terms referred to in any dispute.