



LANGTANG & HELAMBU TREK

TRIP NOTES

Location:	Langtang Region, Nepal
Meeting Location:	Kathmandu, Nepal
Activity:	Trekking/Hiking
Accommodation:	Hotel/Tea House
Length:	17 Days (KTM - KTM)
Physical Rating:	C - Be prepared to sweat over a few long days.
Technical Rating:	2 - Some steep sections but generally on good, well defined trails.
Min Age:	16



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Trip Facts

Group Size: Small - medium group

Groups of 4 - 12 clients per trip. For smaller or larger groups, or for private trips, please contact Outdoor Explore.

Trip Timing: March - May or October - November

Spring and Autumn are the best time to trek in Nepal. The winter is very cold, and the summer monsoons bring lots of rain. The Spring trekking season is generally longer and has warmer days, with a wider variety of colourful wild flowers. The Autumn trekking season usually has better weather and clearer skies, however it is colder.



Location: Langtang National Park, Himalayas, Nepal

The Himalayas are the highest mountain range on Earth, spanning the borders between China and Pakistan, Nepal, India etc.

Langtang National Park was established in 1976 as the first Himalayan national park. The protected area exceeds an altitudinal range of 6,450m (21,160 ft) and covers an area of 1,710 km² (660 sq mi). It is linked with the Qomolangma National Nature Preserve in Tibet. The high altitude sacred lake of Gosainkunda falls within the park. The summit of Langtang Lirung (7,245 m (23,770 ft)) is the highest point in the park.

The northern and eastern border of the national park coincide with the international border to Tibet. The western boundary follows the rivers Bhote Kosi and Trisuli. The southern border lies 32 km (20 mi) north of the Kathmandu Valley.

Service level: Basic

- Excellent value, competitive price. For travellers preferring flexibility, convenience and the security of small groups.
- Simple and clean accommodation.
- Highly experienced and educated Staff, including Sherpas from the highlands of the Himalaya and/or trained guides from the Canadian mountains.
- Well designed itinerary by our experts to suit novice to experienced trekkers/mountaineers.





Introduction

The snowy south face of Langtang Lirung (7,227m) peers right over the looming green mass of Shivapuri, and presides over the closest trekking area to the Kathmandu Valley. Here you may join Hindu and Buddhist devotees on a full moon pilgrimage to the high-altitude lakes around Gosainkund, explore the unfrequented passes overlooking Tibet up from the flower-scattered alpine meadows of the Langtang Valley, and enjoy the heartfelt hospitality of Sherpa and Tamang households. Rhododendrons blend into moss-hung pine giants, yaks trundle down pastures on their way home, and in the monsoon, the blanket of clouds filling the lower valleys transports you a world away from the hustle and bustle of the capital city, Kathmandu.

An ideal destination if you are short on time or simply want to cut out the uncertainties of air travel, Langtang and Helambu offer landscapes and cultural experiences every bit as spectacular as anywhere else in Nepal. The Helambu and Langtang trekking areas are a hop and a skip away from Nepal's capital city. You can literally walk out of the Kathmandu Valley to get there. Yet you can still experience the intact, unique cultures of Tamangs, Newars and Sherpas, living in some of the most beautiful scenery in Nepal. The welcoming Sherpas who live here call themselves Hyalmo after the name of their sacred valley, Helambu. Here is a green and pleasant land of quiet villages, terraced slopes and pine forests leading up to Langtang National Park, perfect for relaxed, culturally oriented trekking.

A little more adventurous is the popular route to the alpine lakes of Gosainkunda, holy to Hindus, Buddhists and Tamang shamans alike. Time your visit with the August full moon, when thousands of pilgrims trek up to bathe in the frigid waters at 4,000m, and you're in for an intense experience. The Great Himalaya Trail passes over into Langtang via the 5,308m Tilman pass from where you can see right into Tibet. The descent delivers you into another, very different hidden valley, of glaciers, alpine meadows and cheese factories. After sampling the delicious yak cheese and curd, you can head homeward via the verdant gorge of the Langtang Khola, keeping an eye out for families of playful grey langur monkeys and the iridescent Impeyan Pheasant, the national bird of Nepal.

Note: As this is a high altitude trek in a remote area, the itinerary/schedule may be subject to be change due to weather, however there are always safer alternative routes in the area to complete the trip.

Trek Highlights

- Explore the ancient city of Kathmandu, Nepal:
 - Visit Swayambhunath (the monkey temple), a 2,000 year old Buddhist Stupa
 - Visit Boudhanath Stupa with its' 130 ft. dome
 - Visit Pashupatinath Temple with its holy cremation site
- Scenic drive from Kathmandu to Syabrubeshi along mountain roads
- Langtang village aptly called 'the valley of glaciers'





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- Visit traditional Sherpa and Tamang villages
- Visit old Buddhist shrines, Langtang Gompa and Kyanjin Gompa
- Hike to the holy Gosainkunda Lake and other pilgrimage sites
- Climb Tserko-Ri (4,984m) for stunning views
- Panoramic views of Mt Langtang-Ri, Langsisa, Langtang Himal, Ganjala Peak
- Tibetan Buddhist Culture
- Beautiful rhododendron forest

Rough Itinerary

Day	Activity
1	Arrive in Kathmandu and transfer to hotel
2	Relax and Kathmandu sightseeing tour
3	Bus to Syabrubesi (1,440m)
4	Trek to Lama Hotel (2,470m)
5	Trek to Langtang (3,430m)
6	Trek to Kyanjin Gompa (3,870m)
7	Acclimatization day at Kyanjin Gompa (3,870m)
8	Trek to Lama Hotel (2,470m)
9	Trek to Thulo Syabru (2,230m)
10	Trek to Shin Gomba (3,330m)
11	Trek to Gosainkunda Lake (4,380m)
12	Trek to Gopte (3,440m)
13	Trek to Molemchi-goan (2,560m)
14	Tarke Gyang (2,590m)
15	Trek to Sermathang (2,610m)
16	Trek to Melamchi Bazaar and drive to Kathmandu
17	Depart Kathmandu for home





Itinerary disclaimer

The itinerary is the strongest part of our trips. Stick to it and you should have less altitude related problems, go one day harder and you can get into trouble. We have tested these programs out several times and our experience is that they work very well. Sometimes they will seem slow but it's about enjoying the trip, not pushing hard and getting ill. You need a very good reason to go faster.

Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee that we will stick to this plan. Weather conditions and the health of trekkers can all contribute to changes. The trek leader/guide will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to Outdoor Explore ASAP.

Furthermore, our trip notes are a general guide to the trek and region we are going to visit. Any mention of specific destinations or flora and fauna are by no means a guaranteed that they will be visited or come across.

Trek Cost Includes

- 3 night hotel accommodation in Kathmandu in 4 star hotel. Breakfast is included and rooms are on a 2 person sharing basis.
- Trekking permits, National park entry fees, TIMS Card & all government taxes.
- Private transportation to and from the trekking area.
- All pickup and drop off transportation from and to the airport for international flights.
- One day sightseeing tour in & around Kathmandu (largest Buddhist stupa in the world, Boudhanath; the most important Hindu temple in Kathmandu, Pashupatinath; the ancient monkey temple, Swayambhunath).
- All lodging & meals during the trekking period. 3 meals per day: Breakfast/Lunch/Dinner/all hot drinks
- One local Sherpa guide. One porter per two guests. Depending on the size of the group, additional staff may be required.
- Cultural celebration meal in Kathmandu after the trek
- Insurance for all local staff & porters
- One locally made duffel bag with Outdoor Explore Logo will be provided by us for the trek, it is yours to take home if you wish
- A comprehensive medical kit (bring your personal first aid kit with personal medications).





Trek Cost Excludes

- International & home country domestic airfares, transfers en route & excess baggage
- Your personal insurance: Medical, mountain rescue cover and repatriation is obligatory
- Your personal expenses e.g. phone calls, laundry, alcoholic beverage, mineral water, charges for showers, cost of electronic device charging and Wi-Fi on the trek
- Main meals (Lunch & Dinner) in Kathmandu apart from celebration meal in Kathmandu. (Allow up to US \$12-15 per meal)
- Your Nepal entry visa fee (see below)
- Extra night accommodation in Kathmandu due to early arrival or late departure
- Tipping to the Sherpa & staff (see below)
- Personal trekking gear

Outdoor Explore on the Trek

Our aim is to provide you with a safe, enjoyable and comfortable trip to Nepal. We provide all of our guests with a smooth and efficient service to maximize both your enjoyment and your chances of a successful trip.

The benefits of trekking with us in the Langtang region are:

A very well planned itinerary and acclimatization schedule based on years of experience leading treks and expeditions in the Himalaya.

We provide a high level of skill and professionalism. Our sherpas and guides have trekked in the Langtang region many times and have a great knowledge of the area.

Flexibility

Whereas every effort will be made to keep to the original itinerary, changes may occur due to weather, snow conditions, electrical storms, political events, etc.

Passport & Visa

A passport with at least 6 months validity beyond the end date of the trip is required and it is your responsibility to obtain your own visa on arrival. This can be obtained at Kathmandu international airport at a charge of:

- Single Entry Visa for 15 days - US \$25
- Single Entry Visa for 30 days - US \$40





- Single Entry Visa for 90 days - US \$100

The visa process is now electronic and can be obtained from the computer terminals inside the arrival lounge at Kathmandu airport. Enter all your information into the computer including name, passport number, hotel address (will be provided closer to the departure date). The terminal will then take your photo and print a receipt. Take this receipt to the payment desk and select the relevant visa for your length of stay.

It is worth bringing some spare (4) passport photos of yourself in case you are required to fill in the old paper visa application.

A Scan copy of passport size photographs and passport details will also be required for the trek permit and these should be sent to Outdoor Explore well before the start of trek so we can prepare necessary documents before your arrival.

Flying to Kathmandu

All flights to Kathmandu go through Kathmandu Tribhuvan international airport (KTM). Please book flights to arrive on or before the scheduled start date of the trip, and to depart on or after the scheduled end date of the trip. If you wish to spend more time in Nepal before or after the trek, please book flights accordingly. Note that additional nights in Kathmandu are not included in the trip cost, but we are happy to help with booking a hotel.

Once you have booked your flight, please send all flight details to info@outdoor-explore.com, including flight number, arrival date, arrival time, etc.

Kathmandu airport is small and basic. Due to the number of travelers arriving in Kathmandu, it can get busy and confusing. Delays are common so please be patient.

Upon Arrival in Kathmandu

Upon your arrival at the Kathmandu Tribhuvan international airport, look for a signboard for Outdoor Explore at the exit to the arrivals lounge. We will welcome you with a garland and a bottle of mineral water, then transport to your respective hotel in Kathmandu. It is common for local taxi drivers to try and pick up your bags and guide you to their taxis. Make sure you keep your bags close and only follow a member of the Outdoor Explore team.

All airport pickup and drop off shuttles are included in the trip cost and will be accompanied by a member of the Outdoor Explore team.





Accommodation in Kathmandu

The trip cost includes 4 star category hotels in Kathmandu on B&B (Bed & Breakfast) basis. Team members will be accommodated on a twin share basis in en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable.

A member of the Outdoor Explore team will be more than happy to show you around Kathmandu and suggest good restaurants, shopping areas, tourist sites etc.

Important note: Power cuts are a regular occurrence in Nepal, especially throughout Kathmandu. Although the hotels usually have generators, there may be times when these won't work.

Accommodation on trek

We will stay in teahouses in local villages along our trekking route, the price is included in the trip cost. We will choose the best available lodges in the area, but please bear in mind that at higher elevations, lodge accommodations will become more basic. Team members will be accommodated on a twin share basis.

Most of the lodges in this area will have hot showers available at the charge of US \$5-10 per shower which is not included in your trip cost. Some of the showers are solar heated and hot water may not be available.

Note: Irrigation in the Khumbu Valley feeds into rivers and streams. It is advisable (if possible) to bring a biodegradable soap which will be more sensitive to the environment.

Meals on the Trek

Meals at teahouses during the trek may be selected from the menu at each location. Breakfast, lunch, dinner and hot drinks are included in the trip cost.

Most menus are very similar and include, but are not limited to, fried rice, fried noodles, dal bhat, fried potatoes, different breads and soups, all come with your selection of vegetables, cheese, eggs or meat.

Meals at teahouses should be selected from the menu, unless the group is large. For large groups you should place a bulk order as the teahouse will find it easier to prepare a bulk order than individual meals. The easiest thing to do is to pick 2 or 3 choices and get a show of hands, the kitchen will thank you!

During a Tea House trek you will usually have breakfast and dinner in the lodge where you stay; lunch will be eaten at one of the trail side restaurants.





Every Lodge serves the traditional Nepali meal "Dal Bhat" which is comprised of rice, vegetables and lentil soup. This is a staple meal in Nepal and is eaten twice a day by most Nepali.

Soft drinks, snacks and beer are available in all lodges and trail side restaurants. These are not included in the trip costs.

Water in Nepal

Tap water in Kathmandu is NOT safe to drink. Please only drink bottled water. We also suggest using bottled water when brushing teeth. The climate in Nepal can be very hot and humid so please always carry water with you.

While on the trek, bottled water can be purchased at all teahouses and restaurant. Bottled water is not included in the trip cost. The price per bottle varies depending on altitude from around US \$1 to US \$4. Please note that at altitude, it is essential to drink lots of water and stay very well hydrated!

If you choose to bring a water filter or a form of water treatment, please check with your guide to make sure that this is safe and suitable to use in the area that you're trekking.

Kit List

You will need to bring a comfortable medium sized day pack to carry the things that you will need during trekking days. This should have a waist strap or (better) a padded waist belt.

The weather is subject to change in high altitude so layered clothing is recommended throughout the year, and always carry waterproofs.

Baggage

- Kit Bag (provided in Kathmandu)
- Luggage for flights (leave in hotel with clothes for before/after trek)
- Day bag for hiking
- Locks for bags

Food

- Energy/Granola bars
- Energy gels
- Electrolyte Drink Mix
- Water bottles (2L +) or hydration bladder

First Aid

- Personal first aid kit
- Diamox (recommended)
- Antibiotic for travelers sickness
- Blister kit
- Personal Medications (Ibuprofen, Painkillers etc.)

Misc

- Camera & charger/batteries
- Trekking poles
- Knife





Clothing in Kathmandu

- Shirt
- T-shirts
- Fleece/Sweater
- Pants
- Shorts
- Socks
- Underwear
- Swim Shorts (optional)

Trek Clothing

- Comfortable, stiff, waterproof hiking boots - well worn in.
- Light trainers/runners for KTM or tea houses
- Sandals/flip-flops
- Hiking Socks
- Gators
- Warm base layer top and bottoms
- Breathable/wicking t-shirts
- Fleece/padded top
- Hiking pants
- Shorts
- Underwear
- Belt
- Waterproof Jacket
- Waterproof Pants
- Warm down jacket (good to -15)
- Warm hat
- Thick waterproof gloves
- Thin gloves
- Glove liners / spare gloves
- Buff/scarf/balaclava

Official

- Passport (valid for 6 months after trip end date)
- Wallet and money
- Trip documentation
- Money Belt

- Headlamp and spare batteries
- Book
- Cards/games
- Notepad and pens
- Spare shoe laces
- Hand Warmers
- Phone and charger (SIM cards available in Kathmandu)
- Thin sleeping bag/liner (optional, bedding is provided)
- Water purification: Iodine tablets or Polar-pure crystals.

Sun Protection

- Good Sunglasses (ideally glacier glasses)
- Sun Hat
- Lip Balm (SPF 50+)
- Sun Screen (SPF 40+)

Toiletries

- Light travel towel
- Soap/shampoo (ideally biodegradable)
- Hand Sanitizer
- Toilet rolls
- Tooth brush
- Toothpaste
- Ear plugs
- Cotton buds
- Nail Clippers





Equipment supplied by us

One Outdoor Explore kit bag will be provided to you in Kathmandu for the trek. This will be included in your trek cost. Your travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.)

Satellite phone if travelling in the remotest parts of Nepal (pay for air time used: USD \$5/minute)

Group medical kit (for altitude illness, trauma, reserve antibiotics)

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment in Kathmandu (If forgotten) but don't rely on it.

Luggage and Packing

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. Please note that between every 2 members there will be 1 porter and your trekking gear will be carried by the porter in a duffel bag that we will provide for you. The maximum the porters are allowed to carry in Nepal is 30kg/66lbs, which means the average weight of each member's duffel bag shouldn't exceed 15kgs. You should carry a day bag with essential equipment for that day, such as warm clothes, waterproofs, snacks and water. This bag should weigh around 5KG

Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you. Most international airlines allow 20-30KG of hold luggage and 5-10KG hand luggage.

Please practice packing your trekking luggage (15KG) and day bag (~5KG) before departing to make sure you are not overloading yourself or the porters.

Weight saving tips:

- Take small travel bottles of shampoo, body wash, etc. Showers are available in some tea houses (for a fee), but you'll be surprised how little you actually use them.
- Take travel wash (ideally biodegradable) so you can wash clothes while on the trek. This means you can take less clothes!
- E-readers are a lightweight alternative to heavy books.
- Invest in good quality outdoor/hiking clothing. It is usually light weight and harder wearing so it will last longer.
- Share gear with a trekking partner, e.g. a solar charger.
- Find equipment that has multiple uses. E.g. your cell phone can also be your camera, book, watch, GPS, etc.





Feedback

After your trip, we want to hear from you! Your feedback is vital for us to enhance the quality of our services. Please help us to improve our trips by completing the feedback form, which will be provided to you at the end of the trip. The best quality of service is our foremost priority.

We also really appreciate comments and reviews on Google, Trip Advisor, the Outdoor Explore website etc.



Booking Conditions

A deposit of 25% of the total trip cost is payable at the time of booking and the final balance due 8 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

Cancellation

Should you wish to cancel your booking please inform us immediately in writing by email. The following charges will apply, as a percentage of the trip:

- More than 42 days before departure – 25% of total cost
- 42 to 29 days – 50% of total cost
- 28 days to 15 days – 75% of total cost and
- 14 days or less – 100% of total cost.

These cancellation charges go to paying, amongst other things, outside guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

Note: No refund will be given if any member breaks from the group due to illness or otherwise. Costs incurred due to medical evacuation, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.





Travel Insurance Recommendations

We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance for Nepal that covers medical expenses, helicopter evacuation and repatriation. Please ensure that your chosen policy provides cover for trekking with a guide at elevations up to **5,000m/18,188ft**.

Emergency Evacuation

Helicopter rescue services are available throughout the Langtang region. Evidence of insurance will be required by the evacuation services before the helicopter will fly. Helicopters can land at most villages in the Langtang region but they require a good weather window to land. Emergency evacuation costs are not included in your trip cost.

Most helicopters struggle above 5,000m. Often a helicopter can only take one person at the limit of its operating altitude. There are no ground mountain rescue services available, the victims must be evacuated to a safe helicopter landing site preferably below 5,000m.

Emergency Contact

Should you need to contact us while in Nepal, here is our contact information:

- Namgya Sherpa (Head of operations, Nepal) Cell No. + 977- 9851174471 (7/24)
- John Gill (Operations director, Canada) Cell No. +1 604-355-6678
- Additional contact numbers for trip staff will be provided before the trip

Be a safe Trekker

1. Keep your eyes on your team mate while trekking. Trekking trails in the Himalayas are often connected with caravan and nomad trails, trails to the nearby villages, domestic and wild animals trail, etc. These can often be misleading and consequently, people could wander off track.
2. Try not to ascend too rapidly especially on the first few days of the trek, no matter how physically fit you are.
3. Drink plenty of plain fluids at least 4 liters per day. Keeping yourself hydrated during and after exercise at altitude is imperative to reducing the chance of getting AMS (Acute Mountain Sickness). Avoid drinking alcohol once you hit high altitude, which is above the altitude of 3,500 meters.





Make a habit of drinking water, tea, soup, juice and so on, instead of alcohol.

4. Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and re-adjust it.
5. Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frostbite at high altitudes due to the freezing temperatures. Remember, although the temperatures at the top may not seem cold, wind chill can reduce the temperature even further. Always be prepared with a warm layer, something to cover your face, warm gloves and thick walking socks.
6. We advise that you take some plasters/a blister prevention kit with you to keep your feet in a good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.
7. Keep your head torch in your daypack, always. You never know when and where you end up walking in the dark.
8. Walking poles can aid your trek, providing additional support and balance. Walking poles also help to significantly reduce knee strain, particular during descent.
9. Your guides and sherpas are very experienced and knowledgeable about the places you are trekking. We always recommend you follow their instructions and help them to create a magnificent and successful trip. And, of course, have fun!

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safekeeping of your passport, flight tickets, travellers' cheques, cash and any other valuable items, especially while in Kathmandu. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables and please make sure you get a receipt if you use this facility. A lock is recommended for securing your luggage.

Altitude Notes

Altitude affects everyone differently. Regardless of your age and fitness level, altitude can still cause issues. The itinerary we have created is specifically designed to allow each trip member to acclimate properly, but we cannot guarantee that you will avoid the side effects of being at altitude.





Diamox (Acetazolamide) can be obtained with a prescription from your travel doctor. It is used to prevent and reduce the symptoms of altitude sickness. This medication can decrease headache, tiredness, nausea, dizziness, and shortness of breath that can occur when you climb quickly to high altitudes.

The best ways to deal with altitude include:

- Ascend slowly and take lots of breaks
- Breathe deeply. Expect to get breathless much faster than at sea level
- Drink lots of water (4L + per day)
- Take Diamox (consult a travel doctor prior to the trip)
- Trek high during the day, then drop to lower elevations to sleep
- Eat lots! Altitude can reduce your appetite. Be mindful of how much you are eating and be sure to take in enough calories for the day ahead.
- If you are really struggling, the best cure is to drop to lower elevations.

Most importantly, if you are feeling unwell or are struggling with the pace or altitude, please tell one of the guides! Adjustments can be made to the plan to make sure you have additional time to recover and acclimatize.

Training for the Trek

There are many different schools of thought when training for a long trek at altitude. Leg strength is very important for the uphill sections, while core strength is useful when carrying a pack or traveling on uneven terrain. A high level of endurance will help with back-to-back trekking days, while good cardio can aid with acclimatization and breathing.

The following methods are great ways to train for your trek. The best method is a mix of all.

- Strength training (in a gym) - Be sure to seek advice for the best exercises and posture.
- Long distance Hiking with a pack
- Interval training (running/cycling)
- Hill/stair climbing with a weighted pack (the steeper, the better)

Note: When hill climbing with a heavy pack, carry bottles of water so that you can pour the water away once you reach the top. This will save straining your knees on the descent. Start with a light weight (5KG) and increase the weight as you progress through your training plan (max 20KG).

Don't overtrain! It is important to give your body time to rest between training sessions to reduce the chance of injury.





If you would like more information on training for altitude and trekking, please get in touch with us at: info@outdoor-explore.com

Vaccinations and Medications

Recommended vaccinations for this trip are:

- Polio
- Tetanus
- Typhoid
- Hepatitis A

Please consult your local travel clinic for more information. Attain your vaccinations at least 8 weeks before departure to make sure you are properly covered before the trek.

Certain medications can be prescribed to you by your travel clinic. We recommend Diamox (Acetazolamide) to aid acclimatization and an antibiotic (e.g. Azithromycin) to combat traveler's diarrhea.

Electricity

Electricity

230V
50Hz

Electrical Plugs

European plug with two circular metal pins
Indian-style plug with two circular metal pins above a large circular grounding pin
Some hotels have a universal socket which takes most plugs

Electrical Device Charging

Most of the tea houses en route on the trek offer electronic device charging for a fee (US \$3 - \$5).

Time Difference

The time in Nepal is equal to GMT plus 5 hours 45 minutes





Mobile Phones, Internet and Wi-Fi

Trekking is a wonderful break from the digital world. However, if you wish to check in from time to time, wireless internet is available in most hotels and some restaurants in Kathmandu (sometimes for a charge).

Check your mobile phone roaming services prior to leaving to know whether you might have service.

Nepal - Kathmandu

Local SIM cards can be bought from corner shops and start at around \$10 (cheap!), and refills by scratch cards. You need an UNLOCKED phone to use a local SIM.

Thamel (the local shopping district in Kathmandu) is full of internet cafes.

Langtang Region, Nepal

Cell phone coverage is very limited in the Langtang region, as is wifi. Expect to be out of contact from friends and family for up to 2 weeks while on trek. This is a perfect opportunity to unplug and de-stress.

Outdoor Explore Trek staff will have one Sat Phone for emergency uses during the trek.

Tipping

Tipping is at your own discretion but is customary and common throughout Asia. Your trek leader can help to advise on tipping. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, Sherpa guides and porters.

Local staff (porters) are usually tipped on the last day of the trek, when you reach your final location. Your lead guide and possibly other guiding staff will accompany you back to Kathmandu and tips can be given to them at the celebration meal at the end of the trip.

Suggested Tip Amounts:

Porters and assistant staff: US \$4-5 per trekker, per day while on trek. Your lead guide will help to divide this between the staff)

Lead guide: US \$2-4 per trekker, per day while on trip (including the days they are with you in KTM)

Example: 4 days in KTM, 16 days on trek = 20 days overall

Porters and assistant staff, 16 days = US \$64 - \$80 per person (to be shared amongst staff)

Lead guide, 20 days = US \$40 - \$60 per person

Restaurant Bills: 10% - 15%. Most restaurants already include a 10% service charge.





Tour Staff in KTM: US \$2-3 per tourist, per day

The above amounts are guidelines. Please consult your trip leader for advice as these amounts vary depending on the size of the staff team.

Tips can usually be given in any currency and exchanged by staff in Kathmandu.

Next Steps

If you would like to proceed with this trek, please contact info@outdoor-explore.com

We will ask you to complete the following steps in the lead up to the trek:

- Fill in the booking form/sign the waiver
- Pay your 25% deposit (we will send an invoice)
- Book your flights and send us your flight details
- Start training! Contact us if you need more advice on how to train for trekking
- Acquire travel insurance as per the information provided above
- Get your vaccinations and medications for the trip
- Buy any necessary equipment which you may be missing
- Pay the remainder of the trip cost (we will send an invoice)
- Go trekking!

