



Langtang & Tamang Heritage Trek

Country(ies): Nepal

Tour type: Small Group

Transport: A/C car/minibus & local bus

Group size: Min: 1 | Max: Any

Days: 15 days

Start Location: Kathmandu, Nepal

End Location: Kathmandu, Nepal

Meals: Breakfasts - 2, Lunches - 0, Dinners - 0

Tatopani Thuman Briddim Ghora Tabela Gatlang Syabrubesi Dhunche Thulu Syabru Sing Gompa Wathmandu NEPAL

Highlights:

Kathmandu, trekking on quiet paths through Tamang villages, lush Himalayan foothills, Langtang Valley, high mountain views of Ganesh Himal and the Langtang peaks, option to ascend Cherko Ri

Itinerary

Day 1: Arrive in Kathmandu

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Encounters Travel rep welcomes you, helps you settle in, and explains the agenda for the rest of your tour.

OVERNIGHT: Kathmandu hotel

MEALS: None EXTRAS:

Day 2: From Kathmandu (1400m) drive to Syabrubesi (1462m)

This morning you'll leave the Kathmandu valley and travel by private car/minivan (approx. 7 hours) with your trekking guide and porter(s). Our journey will take us north through agricultural land and hills to the town of Syabrubesi (1,462m), this is where your trek will begin. The town of Syabrubesi is located at the junction of the Trisuli Khola and Bhote Khosi, both known for white-water rafting.

OVERNIGHT: Syabrubesi trekking lodge

MEALS: Breakfast

EXTRAS:

Day 3: Trek to Gatlang (2238m)

You'll start today by hiking to a view point from which you'll be able to see beautiful views of the Gosainkund Range, Goljang Valley and also Ganesh Himal. After spending time appreciating the views, we'll continue down into the Goljang Valley for approximately an hour before taking a break for lunch. Then, later in the afternoon you'll trek for a further 3 hours before reaching the traditional Tamang village of Gatlang. Your trekking today, and through the first half of this trek, will be on paths used by the local villagers and away from the main Langtang trekking route. The scenery is lush and green with lots of terraced farmland, tiny homesteads and small villages. Over the next few days you'll gain a great view and insight into rural Nepalese life in the hills, and your guide will talk to you about how the farming seasons and lifestyle change through the year. Trekking time - 6-7 hours

OVERNIGHT: Gatlang trekking lodge

MEALS: None EXTRAS:

Day 4: Trek to Tatopani (2607m)

You have a long day ahead today which begins with a descent to Thangbuchet. After breaking for lunch in Thangbuchet, you continue through the valley, crossing a hanging bridge before making the ascent to Tatopani. The town of Tatopani, which literally means 'hot water' in Nepali, is famous for its hot springs. As you'll be

spending the night here, we recommend taking a dip and experiencing the healing qualities of the water for yourself.

Trekking time - 5-6 hours

OVERNIGHT: Tatopani trekking lodge

MEALS: None EXTRAS:

Day 5: Trek to Nagthali Hill (3210m) and Thuman (2338m)

The trail today ascends to Nagthali Hill where you'll find open grasslands and incredible views of the surrounding mountains. You'll have plenty of time to relax here and take in the views which surround you and if you're lucky you may be offered some tea from the caretaker of the nearby Gompa. Later, the day's trekking ends with a descent into Thuman village, a Tibetan influenced Tamang settlement.

Trekking time - 3-4 hours

OVERNIGHT: Thuman Lodge

MEALS: None EXTRAS:

Day 6: Trek to Briddim (2239m)

You start today's hike by walking along a flatter section of the trail which later will descend into Timure. This trail was originally part of the old trade route into Tibet though while we're relatively close to the Tibetan border here, it's no longer possible to cross on foot due. After taking a break for lunch you'll finish the day in Briddim, which is another traditional Tamang village. Your accommodation in the village will be at one of a number of homestays, where you'll experience real Tamang hospitality. You can spend the afternoon exploring the village or taking some short walks into the surrounding hills.

Trekking time 2-3 hours

OVERNIGHT: Briddim homestay lodge

MEALS: None EXTRAS:

Day 7: Trek to Sherpagaon (2490m)

The first section of your trek through the little visited Tamang hills and valleys finishes today as you enter the region of Khangjim and Sherpagoan, learning more about the rich culture of the Tamang and Sherpa communities along the way. At Sherpagoan you join busier trails on the route up towards Langtang. Trekking time - approx. 5 hours

OVERNIGHT: Sherpagaon trekking lodge

MEALS: None EXTRAS:

Day 8: Trek to Ghora Tabela (3035m)

You continue to pass through the Langtang National Park today as you climb through lush forested areas to Ghora Tabela (3,005m), and get glimpses of Langtang Lirung, ahead of you. The Langtang National Park was founded in 1976 to help to preserve the unique flora and fauno of the area. Himalayan Black Bear, Red Panda and Snow Leopards can all be found within the national park and chattering monkeys in the trees are a common feature of this trek.

Trekking time - 4-5 hours

OVERNIGHT: Ghora Tabela trekking lodge

MEALS: None EXTRAS:

Day 9: Trek to Kyangin Gompa (3849m)

You continue to ascend the valley today, and will start to feel more of the effects of the altitude. On the way you'll pass a mani wall (dry stone walls inlaid with Buddhist prayer slates). This is reputedly one of the longest in Nepal and you should follow Buddhist custom and walk to the left of the wall. During the day you'll pass the ruins of Langtang village which was very badly affected in the 2015 earthquake with many buildings destroyed. As you continue to climb, you are rewarded with good views of the Langtang Lirung Glacier flow to your left and the ice fluted Gyangchempo ahead and to your right. The valley begins to widen here as you cross-glacial moraine and finish in Kyangin Gompa (3,849m). Once here spectacular high peaks surround you. Kyangin has a small monastery and is well known for the delicious cheeses produced from local Yak herds. Trekking time - approx. 4 hours

OVERNIGHT: Kyangin Gompa trekking lodge

MEALS: None EXTRAS:

Day 10: Kyangin Gompa. Optional day hike to Tsergo Ri (4984m)

After a busy week of trekking, we've included 2 rest days here in Kyangin Gompa to make the most of this incredibly scenic spot. You may choose to rest today, explore Kyangin or take an optional hike to the top of Tsergo Ri (4984m), known as one of the best viewpoints in the region. From the summit of Tsergo Ri its often possible to see Shishapangma, Gangchenpo and Langtang Lirung. Langtang (7227m) to the west, Yala peak (5500m) to the north and Dorje Lakpa (6966m) and Shisha Pangma (8027m) to the east. The hike up to the top isn't too difficult, though there are some boulders to cross and any snow and icy parts should be taken with care. Overall the hike to the top and back can take around 4-5 hours depending on your pace and how you find the high altitude.

There are easier things to do as well, including shorter hikes to the base of the Lirung Glacier, visits to the Gompa and cheese factory, and sampling the delights of the German bakery.

OVERNIGHT: Kyangin Gompa trekking lodge

MEALS: None

EXTRAS:

Day 11: Kyangin Gompa. Optional day hike to Langshisa Kharka (4060m)

You have the full day free to enjoy more optional treks or to just relax and enjoy the stunning mountain scenery that surronds Kyangin Gompa. One option is a fairly level walk further up the valley to the hidden valley of Nubamatang (3,940m) and Langshisha Kharka (4,285m) where the Salbachum, Lanshisha, and Langtang glacial moraines all converge. The actual terminal ice of the glaciers remains significantly higher up on the way to Tibet, though visible in places. Langshisa Ri lies just ahead of you, but at 6,427m, she's not the highest peak in sight as numerous other snow-capped peaks can be seen all around, including Shisha Pangma, the only 8,000 meter peak in Tibet.

Trekking time 6-7 hours

OVERNIGHT: Kyangin Gompa trekking lodge

MEALS: None EXTRAS:

Day 12: Trek to Lama Hotel (2500m)

Whilst you will be on your feet for most of today, this is a relatively easy day with the journey mostly a fairly steady downhill as you start retracing your steps, following the Langtang Khola to Lama Hotel. Along the way you can enjoy the mountain views from a different aspect to your walk up the valley. Our route out of Kyangin Gompa takes us through the small village of Mundu which will give you some idea of how most houses in this region once looked.

Trekking time - 6-7 hours

OVERNIGHT: Lama Hotel trekking lodge

MEALS: None EXTRAS:

Day 13: Trek to Thulu Syabru (2260m)

Today you continue along the Langtang valley, covering new ground after you pass the junction with the trail you descended on from Sherpagaon. You'll continue to follow the Langtang Khola along the base of the valley, passing by corn fields, before heading south and climbing up the side of the valley to the village of Thulo Syabru. If you wish, you could finish the trek today by continuing on to Syabrubesi to spend the night there, before driving back to Kathmandu tomorrow. However, we like to add a couple more days, heading towards the start of the trek up to the Gosainkund lakes and enjoying some more great views before finishing.

Trekking time - 5-6 hours

OVERNIGHT: Thulu Syabru Lodge

MEALS: None EXTRAS:

Day 14: Descend to Dhunche (1960m) and drive to Kathmandu

You finish your trek today with a steep descent from Sing Gompa through Dimsa to Deurali and then on to Dhunche where you meet our vehicle and drive back to Kathmandu (approx. 6-7 hours). Trekking time - approx. 3 hours

OVERNIGHT: Kathmandu hotel

MEALS: None EXTRAS:

Day 15: Kathmandu. Free time, departure airport transfer

You'll have some free time in Kathmandu today until we transfer you to the airport for departure. Extensions are available if you'd like to do some other trekking, try some white water rafting, or add a visit to one of Nepal's national parks.

OVERNIGHT: N/A MEALS: Breakfast

EXTRAS:

Included:

- All accommodation (2 nights in 3-star hotels, 12 nights in trekking lodges)
- 24-hour airport arrival & departure transfer service
- Private car/minivan for drive to/from Syabrubesi
- Services of a trekking guide and porter(s) throughout the trek
- Insurance for porters and guides
- Trekking area permissions/permits
- Meals as indicated in the itinerary (breakfasts in Kathmandu)
- Trekking Pack Hire (Down Jacket, Sleeping Bag and Walking Poles)

Excluded:

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary (budget approx. US\$325 for breakfasts, lunches & dinners on the trek)
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for guides and porters
- Any other items not mentioned above

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

Everest Mountain Flight

Min numbers: 1

This short but spectacular flight takes you from Kathmandu up towards and around Everest and the surrounding high peaks and Tibetan plateau. The planes have good sized clear windows, and window seats are guaranteed. The flight takes around 1 hour and we aim to book one of the first flights of the morning when the views tend to be better and the flights are less liable to delays or cancellations. Transfers to and from your hotel are included. If the flight does not run due to poor weather, we will aim to reschedule it for later in your tour. If that is not possible then you will be refunded.

Panauti Community Homestay Extension - 1 Night post-tour

Min numbers: 1

Immerse yourself deeper into the rich tapestry of Nepalese life with a one-night post-tour extension to the heartwarming Panauti Community Homestay. Embark on an insightful village tour, where you'll witness the rhythms of daily life, interact with friendly locals, and gain a profound understanding of their customs and traditions. Delve into the culinary heart of the community as you participate in a hands-on cooking experience, learning to prepare authentic Nepalese dishes using fresh, local ingredients.

Extra day in Kathmandu - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Extra day in Kathmandu - pre-tour

Min numbers: 1

This option adds an extra day to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Single Room Supplement (NPTMLT)

Min numbers: 1

The pricing for this tour is based on twin/double shared accommodation. This option books a single room in all the hotels used on the tour. Single rooms may not be available during the trek though and subject to availability and numbers of guests, single travellers may need to share a (same sex) twin room with another trekker.

1. Accommodation

This tour uses a variety of accommodation from comfortable boutique style hotels to basic trekking lodges.

Hotels in Kathmandu

We use a comfortable boutique style hotel in Kathmandu (approx. 3 star), set in the Thamel district which is most popular with tourists and has easy walking access to plenty of cafes, shops, restaurants and trekking equipment shops.

Trekking with lodges

For this lodge-based trek, we will use a variety of trekking lodges and teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, the lodges on the Tamang Heritage Trail and in the Langtang Valley are generally a bit more basic than on the busier Annapurna and Everest trekking routes. Toilets and washing facilities, including bucket showers, may be outside the main building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide the option to hire a sleeping bag in our trekking pack option, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

One night in Briddim is spent staying in facilities similar to a simple trekking lodge but with more direct contact with the local family running the accommodation.

2. Meals

Hotel in Kathmandu

Breakfasts only are provided in the Kathmandu hotel. However, the city has a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat within a short walk of the hotel.

Trekking with lodges

Three meals per day are included on the trek, covering one main item from the lodge menu plus tea/coffee for breakfast and dinner, and a more basic lunch. This provides a hearty breakfast and dinner, but you may add to these if you wish (eg. for deserts or snacks), paying the lodges directly. You'll find that some lodges along the route provide a surprisingly good selection of food and drink. In places the menu may be limited and stick to typical Nepali Dal Bhat (lentil dal, rice and some vegetables) but the food is always nourishing and wholesome. To protect the limited resources available in remoter trekking areas (particularly with regard to fuel) we politely suggest that you either eat the same items as the guide / porters, or as the rest of your party, and not to order too many different items from the menu.

Water & Drinks

It is very important that you drink lots of water and remain well hydrated during this, and any trek. We also recommend you refrain from drinking much alcohol during the trek. This all helps your general wellbeing and to protect against the symptoms of altitude sickness. You can buy bottled water at most of the lodges along the route and tap water is also available but should be treated. However, we strongly recommend against buying bottled water as plastic waste is a perenniel problem in the Himalayas and other trekking areas. We therefore recommend that you carry your own water bottle (or two) and refill it each day at the lodges you pass or from springs or streams your guide suggests are OK to use. Any water collected this way should be treated either with a water filter or with purification tablets. Water bottles with built in filters are readily available these days and are

excellent for trekking with. Purification filters and tablets are available to buy in trekking shops in Kathmandu if you don't want to bring them with you. You can also get cheap powdered flavourings to remove the taste of purification tablets.

3. Group Size / Tour Leaders / Guides

Group size

This is a private tour, so your 'group' will just be whoever you are booking and travelling with, plus your guide and porter(s).

Guides

Fully trained English-speaking Nepalese trekking guides are provided on this tour and many of our travellers consider them a highlight of their tour. For parties of 1-6 travellers we provide one trekking guide plus porters, and for groups of 7 to 12, two guides are provided plus porters.

Porters

This is a supported trek, and we provide porters to carry your main bag. All you will need to carry is a small day-pack containing your water bottle/camera/snacks/clothes you may take on and off during the day. You can leave a bag with some of your luggage locked securely in the hotel in Kathmandu.

We support and follow international guidelines for the employment of any trekking porters we use, including those of Tourism Concern and the IPPG (International Porter Protection Group). Insurance is provided for all porters. Generally we use one porter per 2 trekkers though this will vary slightly on occasion depending on the make up of your party.

If there are two people travelling, then our normal arrangements are for one guide and one porter. You could bring two main pieces of luggage with you, leaving one behind in Kathmandu and sharing your kit in the other main bag for the porter to carry. Our strict maximum weight limit for porters in Nepal is 30kg. Please therefore plan to take a maximum of 15kg per person on the trek that you would like the porter to carry.

At Encounters Travel we only use local Nepali guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

4. Transport

We use private cars or minibuses for all the main transfers & journeys on this tour, including from Kathmandu to Syabrubesi and back to Kathmandu.

5. Transfers

This tour include a 24-hour airport arrival and departure transfer service at Kathmandu airport and all other transfers. There will be a collection of people waiting on the far side of an airport service road immediately in front of you as you exit Kathmandu airport. Please look out for an Encounters Travel signboard to find our representative. You may well be pestered for tips by porters who try to carry your luggage. We suggest you either be firm and insist on carrying your own luggage, or if you want assistance, wait until you have met our representative and then let him arrange the porter for you. You will need to have some money ready for a small tip (eg. up to NRs 50 or a single US Dollar bill).

Your airport transfers are only included on the first and last day of the time you have booked with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

6. Trekking

The trekking times given in the daily itinerary are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge ahead - as long as this does not change the profile of the way you are gaining altitude from day to day. This must be done in consultation with your guide and be based on lodge availability. If travelling in a group of people, you should be prepared to walk at the speed of the slowest member.

We have graded this trek as: MODERATE:

"A serious trek, where we would expect you to have had previous trekking experience and to prepare in advance. You should be very confident of your trekking ability and be prepared to walk some long days perhaps on a steep climb (or descent). You may also have to walk difficult terrain or at high altitude for a number of days. This is definitely the kind of trek where you are more likely to experience extremes of altitude and/or weather."

You will need to prepare in advance for this trek and we will provide you with a simple training guide. We will also ask you to complete a simple questionnaire about your fitness which will help us to advise you on how best to prepare.

Due to the nature of the trek we set a minimum age of 15 on this tour. If you have a family with younger children then please contact us and we will be able to offer options for alternative trekking routes.

7. Trekking seasons

Winter - December to February

It can get extremely cold higher up during the winter, and large dumps of snow can also cause delays. However, this trek is generally possible all year round including during the winter.

Spring - late February to May

This is a great time to trek, with the weather getting gradually warmer, and rhododendrons in flower.

Monsoon season - June to September

The monsoon rains start around mid-June and continue through July and August and into September. While it is possible to trek during these months, we avoid them on this route because the trails particularly at lower elevations can get muddy and slippery and hiking through prolonged periods of heavy rain isn't that enjoyable. There is also a higher risk of landslides blocking the trails and potentially causing injury.

Peak season - October-November

October and November are peak season for trekking in Nepal, with good weather and mainly clear skies, though you will often still get some afternoon showers if the monsoon is running a bit late. This is the busiest time on the mountain and flights into Nepal can also fill up and get expensive earlier.

The notes above are a rough guide and the weather does vary throughout each season and from year to year. The monsoon rains can start earlier and also drag on into October, and cloud cover can be variable too. However, taking a balance of the numbers of people on the trails and the weather & visibility, our preferred months to trek this route are October-November, March and April.

8. Acclimatisation and Altitude Sickness

The tour reaches an altitude of over 4000m for several days and we therefore plan the daily walking schedule to ensure that you acclimatise gradually and to take account of the effects that spending time at high altitude can have on you. The speed that we gain altitude is therefore restricted and you may not push on ahead even if you think it has been an easy, short day, if you are feeling fine at the time or if you want to shorten the overall trek.

Acute Mountain Sickness (AMS) can develop at any altitude over 2000 meters. The early symptoms are headache, extreme fatigue, and loss of appetite. Some people become breathless at rest. AMS is the result of fluid accumulating in parts of the body where it does not belong: in the brain, in the lungs, or both. When mild symptoms develop, it is a signal that you must stay at that altitude or descend until symptoms have gone away. Never ascend with any symptoms of AMS!

Most people reaching altitudes above 3000m and certainly above 3500m will experience some breathlessness, mild headaches, and poor sleep patterns. Other common symptoms include lack of appetite, increased urination (though you should be drinking a lot so should expect this anyway), strange dreams, tightness in the chest and fatigue. However, few people get very severe symptoms or go on to develop acute altitude sickness (AMS) which requires medical treatment.

If you are male and/or unfit/unhealthy and/or older (60s, 70s, 80s) then you are more likely to be affected than if you are female and/or fit & healthy and/or younger. However, there is no hard and fast rule and there are plenty of exceptions to these generalisations.

To try and minimise the effects of altitude, we recommend that you:

- Ensure you keep warm
- Don't take any baths or showers for your first couple of days at altitude
- Don't smoke
- Eat more fruit & vegetables than normal
- Breathe deeply but normally don't be tempted to gasp and hyperventilate
- Drink lots of water (several litres) before you leave low altitude, and carry on drinking a lot of water while at high altitude.
- Don't rush walk slowly and don't exert yourselves. Taking things easy and slowly really helps prevent mountain sickness
- Don't drink alcohol
- Tell each other and your guide how you are feeling as time goes on (this helps others spot if symptoms are becoming severe)

People with serious heart disease should not visit high altitudes, and people with light heart troubles should check with their doctor and follow their advice, as should people with high or low blood pressure.

More severe symptoms that may require medical treatment or an early descent to a lower altitude include severe and persistent headaches, nausea & vomiting, disorientation and loss of co-ordination, irrational behaviour. If you do experience any of these, make sure you tell each other and your guide straight away.

Trekking and Altitude Sickness

If you are trekking with us then you should keep your guide informed at all times of any symptoms you may be developing, especially headaches and breathlessness while at rest. You may need to spend a night or two at the same altitude before continuing your trek. All our trekking tours have acclimatisation days or specially designed schedules to help with this. Usually within one or two days you will feel well and can continue your trek. On private tours, your guide will adjust your itinerary to try and ensure the normal route can be achieved, though this may not always be possible. On group tours, the group may delay their ascent if the itinerary allows, or a porter or second guide may remain with you until the group descends and rejoins you.

If you are resting at the same altitude and your symptoms are becoming worse, then it is necessary to descend. Worsening symptoms of AMS including increasing tiredness, severe headache, vomiting, and loss of coordination. These are signs of High Altitude Cerebral Edema (or HACE). HACE can lead to unconsciousness and death within 12 hours if progressive symptoms are ignored. Increasing shortness of breath, cough, and tiredness are signs of High Altitude Pulmonary Edema or HAPE. HAPE can also be rapidly fatal if ignored.

A person suffering from AMS may not have clear thinking and may have to be forced to descend. You accept that our guides have the final decision on whether you should descend and that ignoring their advice constitutes your choice to leave the tour. Even if someone is willing to descent they should never be allowed to descend alone and one of our porters or a second guide will accompany you. Keep descending until the person shows some sign of improvement, usually after 300-500 meters of descent. Even if the diagnosis is not clear, but might be AMS, you should descend. You can always re-ascend when you feel better.

It is best to start descending while the person who is ill can still walk. In Nepal, if the person can no longer walk, a yak or horse might be obtained. Porters can often be found to carry a sick person down. Do not wait for a helicopter. If you choose to administer oxygen or medications do not delay the descent to watch for improvement.

In summary, if you are not doing well at altitude, most likely you have some mild symptoms of AMS. Rest at the same altitude until you feel well. If you are getting worse at the same altitude, descend to at least the last point at which you felt well. If you are not sure of the diagnosis, err on the side of being too cautious. Remember severe altitude sickness is entirely preventable if you follow these guidelines.

Costs for changing itineraries:

If you are not able to complete your trek or tour for any reason and choose to return back down early, then you may be liable to pay for extra accommodation and transport costs (see our booking conditions for full details). We try to be as flexible and helpful as possible in these cases, and will aim to arrange some lower altitude trekking or other tours during the time you would have spent at higher altitude. You must ensure that you have travel insurance that will cover you for any extra costs incurred due to symptoms or treatment or altitude sickness, and that your policy will cover you for helicopter evacuation to the altitudes reached on your tour.

More useful information on altitude sickness

9. Fees & Permits

All your entry fees and permits are included in the price of the tour to cover entry into the trekking conservation areas, and sites on any optional day tours added to the tour.

10. Dates & Prices

We offer private departures on this tour starting on any day throughout the available seasons. Prices are given on our website for each season and are based on a minimum of 2 people travelling together. Customised pricing is available on request for solo travellers and for larger parties.

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Note: Please <u>download an up-to-date copy</u> of these tour notes shortly before you travel as itineraries and information does change from time to time.