



Langtang Adventure Trek

KATHMANDU • LANGTANG NATIONAL PARK

The Offer

Immerse yourself in a Himalayan mountain adventure like no other. This bucket-list journey begins in Nepal's capital, Kathmandu where you'll gain insights from local artisans, discover centuries-old stupas and share in the spiritual devotion of pilgrims as they spin their prayer wheels.

Explore an impressive mix of ancient UNESCO-listed sites and monuments, before discovering traditional markets for the chance to grab some chocolate, nuts and other tasty snacks for the trail ahead.

Bump your way along the road to Syabrubesi where you'll start and end your epic trek through Langtang National Park. Begin by crossing a suspension bridge to follow the Langtang Khola River, along steep, yet serene forested pathways. Catch stunning views of the majestic Himalayan mountains and look for glimpses of playful langur monkeys on the steady climb to 2470 metres through the Langtang Valley.

Stay at simple, comfortable, local Tea Houses, purpose built for adventurers and mountaineers who visit these impressive, yet remote locations. Share a Nepalese Dal Bhat

of spicy lentil curry, taste Momos (local dumplings) or try a steaming cup of Tibetan tea with Yak butter while relaxing after your daily trek.

As the trail opens up to idyllic yak pastures, hike past traditional villages, solitary Buddhist shrines and fluttering prayer flags. Climb up from the picturesque Langtang Valley to a peak altitude of 3870 metres to arrive in Kyanjin Gompa for a well-earned rest day. Keep the energy moving when you join an early morning hike up to Tserko Ri's breathtaking snowy panorama.

On the return descent, choose to search for cascading waterfalls as you drop down along the rugged path, or branch out to trek the spectacularly scenic trail from Rimche, ultimately reaching your end goal at Syabribesi.

On your return to Kathmandu, take the opportunity to finish your adventure on a high with an awe-inspiring helicopter flight over sherpa villages and icy glaciers to Mt Everest Base Camp and beyond.



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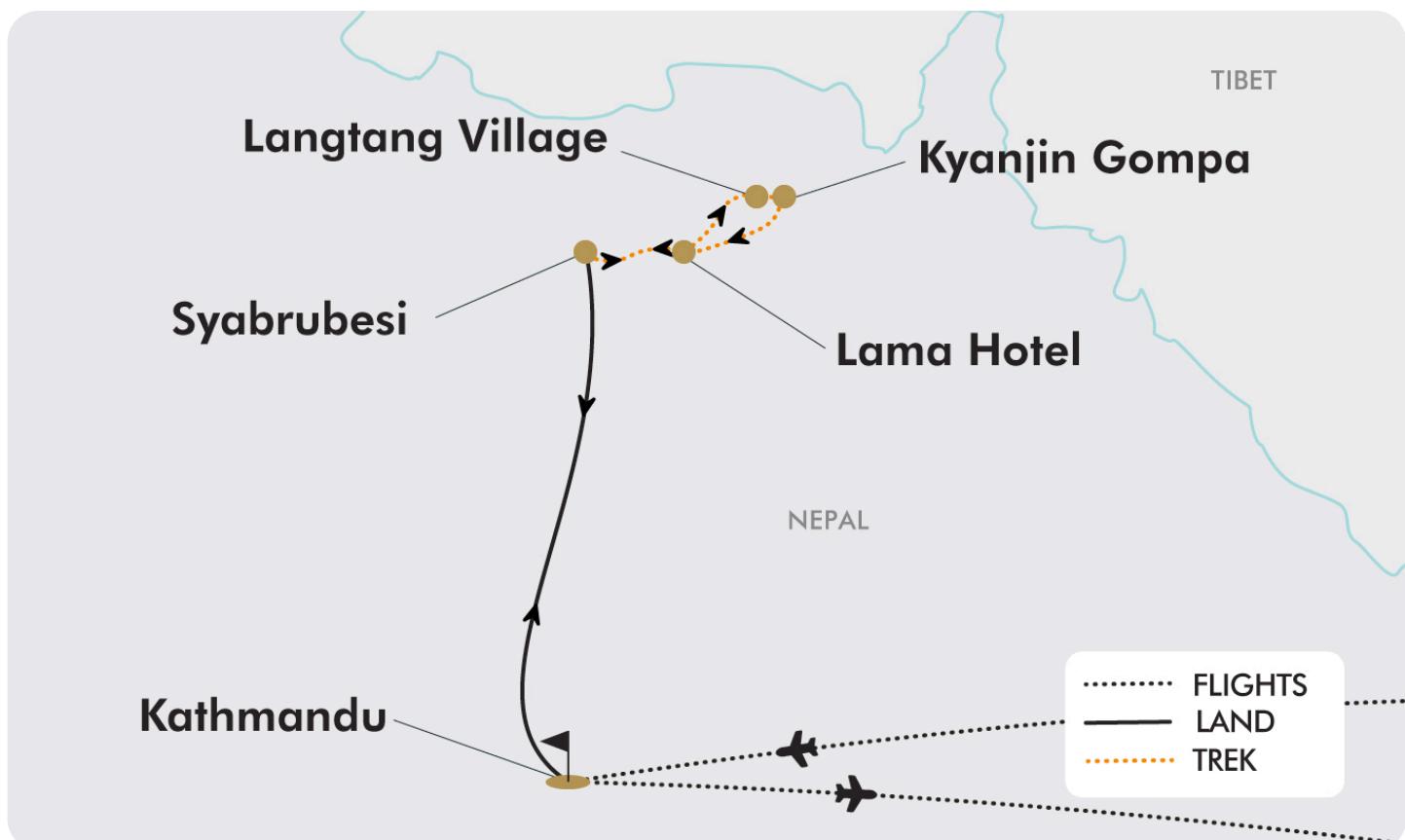
This bucket-list Himalayan journey includes return international full-service flights, 11 nights accommodation, 27 meals, professionally trained English speaking mountain trekking guide, porter assistance and more.

Want more? Ask about Arrive Early or Stay Behind in Kathmandu options.



13-DAY TOUR PACKAGE | LANGTANG ADVENTURE TREK

The Map





13-DAY TOUR PACKAGE | LANGTANG ADVENTURE TREK

The Itinerary

Day 1 Australia (or New Zealand) - Kathmandu, Nepal

Today depart Australia (or New Zealand) for Kathmandu.

Upon arrival at Kathmandu airport (1345 metres above sea level), be met by a tour representative and transferred to the hotel.

Please note: Due to flight schedules, some flights may depart on Day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documentation which you will receive around 6 weeks prior to departure.

Depending on your arrival time, settle into your accommodation to relax, or begin your own discovery of Kathmandu, Nepal's bustling and vibrant capital.

Overnight: Samsara Boutique hotel or similar, Kathmandu
Meals included: In-Flight

Day 2 Kathmandu

Wake to breakfast at the hotel, then begin the tour with a visit to the Swayambhunath Stupa and temple. Here, you will meet with local artisans and gain insights into Buddhism and the intricate Thangka paintings. Join pilgrims as they circle the site and spin prayer wheels, immersing yourself in the spiritual ambiance. Continue the exploration with a visit to Kathmandu Durbar Square and Boudhanath Stupa.

Kathmandu is a fascinating blend of ancient religious diversity and western influences dating back to the 'hippie' days of the 60's and 70's. The city offers a unique mix of the ancient and contemporary, with several sites recognised as UNESCO World Heritage Sites.

Later in the day, meet with your trek guide and prepare for the adventure ahead. Your trekking permits will be organised (ensure you have your passport photos ready), and you will be supplied with necessary trekking gear, including a sleeping bags and down jackets.

Enjoy some free time for any last-minute shopping, whether it's for snacks or additional gear. Then, enjoy your night at the hotel, ready for the trekking journey that awaits.

Please note: Monument entrance fees are not included as part of the Kathmandu tour.

Optional Tour: 1-Hour Everest Mountain Flight Tour

Embark on one of the most exclusive flights over the Himalayas. It is one of the quickest, most affordable and comfortable ways to enjoy the beauty of the Himalayan mountains. The hour-long commercial flight is open to all ages and designed to let travellers experience the serene beauty of the Himalayas from the sky. The flight takes off from Kathmandu, flies over the Langtang Himalayas, then heads towards Mt. Everest (8,849 metres), the highest mountain in the world. During the Everest mountain flight, you will see the 20 most stunning mountains in the world and numerous peaks and hills. This tour is a one hour scenic flight by Aeroplane which is operated at 06:00 and does not affect your scheduled itinerary as the day's activities starts about 09:30. Please see current pricing in Important Information.

Overnight: Samsara Boutique hotel or similar, Kathmandu
Meals included: Breakfast



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The Itinerary

Day 3 Kathmandu - Syabrubesi

After an early morning breakfast, leave Kathmandu for the drive to Syabrubesi, located in the Langtang Valley (approximately 130 kilometres, 8 hours).

As you depart the Kathmandu Valley, the road climbs over green hills and mountain ridges, offering impressive views of snow-capped mountains. Passing through small villages along the way, the long and bumpy road eventually leads to Syabrubesi village for your overnight stop.

Syabrubesi is the starting point for several major trekking routes, including the Langtang Valley Trek. Originally part of the salt trade route between Nepal and Tibet, the village saw the construction of a road in the 1980s to facilitate gem mining. Following the opening of the road, trekkers began arriving and tea houses were established to provide places for them to sleep.

Altitude: 1500 metres.

Overnight: Simple Teahouse or similar, Syabrubesi

Meals included: Breakfast; Lunch; Dinner

Day 4 Syabrubesi - Lama Hotel

Begin your first day of trekking by crossing the suspension bridge over the Trishuli River, a tributary of the Bhote Kosi (Tibet River), which flows from nearby Tibet. The trail then follows the Langtang Khola River to gradually climb through pine and rhododendron woodlands, passing small villages and terraced fields. The forest provides perfect cover for langur monkeys, red pandas and other wildlife.

Stop for lunch in one of the peaceful settlements along the way before continuing the trek, with a final steep ascent to the small village of Lama Hotel, where you will spend the night.

The trekking duration today is approximately 6-7 hours.

Altitude: 2470 metres.

Overnight: Simple Teahouse or similar, Lama Hotel

Meals included: Breakfast; Lunch; Dinner

Day 5 Lama Hotel - Langtang Village

Start your day with a gentle walk alongside a river before the trail climbs through dense forests, offering beautiful landscapes. As you trek, you'll catch occasional glimpses of the majestic snow-capped peaks peeking from behind lush hills. At Ghoda Tabela (3,030 metres) where the narrow river valley spreads out, permits are registered.

The trail then ascends through yak pastures - a clear sign you're trekking at high altitude, as yaks are rarely seen below 3,000 metres. Continue to Chyamki village, passing by chortens (Buddhist shrines and monuments), water mills, prayer wheels and small stone walls encircling fields of potatoes and turnips. Finally, reach the picturesque Langtang Village to stay the night.

The trekking duration today is approximately 6-7 hours.

Altitude: 3430 metres.

Overnight: Simple Teahouse or similar, Langtang Village

Meals included: Breakfast; Lunch; Dinner



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The Itinerary

Day 6 Langtang Village - Kyanjin Gompa

Depart Langtang Village this morning for today's shorter trek. As the trail ascends, the valley opens up and the views become increasingly spectacular. Pass through several remote villages and make your way across small streams on your way to Kyanjin Gompa. Along the trail, keep a lookout for the fascinating Buddhist mani walls, constructed with stones of varying shapes and sizes, with each carved with important religious mantras.

Kyanjin Gompa is surrounded by snow peaks on all sides and features a small monastery and a government-operated cheese factory, which you can visit.

The trekking duration today is approximately 3-4 hours.

Altitude: 3870 metres.

Please note: Be mindful of the increasing altitude, which can make you tired and out of breath.

Overnight: Simple Teahouse or similar, Kyanjin Gompa

Meals included: Breakfast; Lunch; Dinner

Day 7 Kyanjin Gompa - Rest Day

At Kyanjin Gompa, enjoy a day of rest or explore the surrounding area further. For those feeling more energetic, an early morning hike to Tserko Ri (4,984 metres) is highly recommended. This viewpoint offers stunning panoramic views of the nearby Langtang peaks and glaciers, including Langtang Lirung rising well over 7,000 metres, Ganesh Himal, Shishapangma, Kang Guru and Dorje Lakpa.

Be prepared for a tough hike, as the trail to Tserko Ri is not well marked, however the breathtaking scenery is truly worth the effort.

The trekking duration to Tserko Ri is approximately 7-8 hours.

Altitude: 3870 metres.

Overnight: Simple Teahouse or similar, Kyanjin Gompa

Meals included: Breakfast; Lunch; Dinner

Day 8 Kyanjin Gompa - Lama Hotel

Begin the descent, following the same trail back to Lama Hotel. From Kyanjin Gompa, descend to Langtang Village, walking through picturesque pastures. The trail then drops down through dense forests, providing a beautiful contrast to the higher altitudes.

As you walk along the Langtang River bank, you'll pass by enchanting waterfalls before reaching Lama Hotel.

The trekking duration today is approximately 6-7 hours.

Altitude: 2470 metres.

Overnight: Simple Teahouse or similar, Lama Hotel

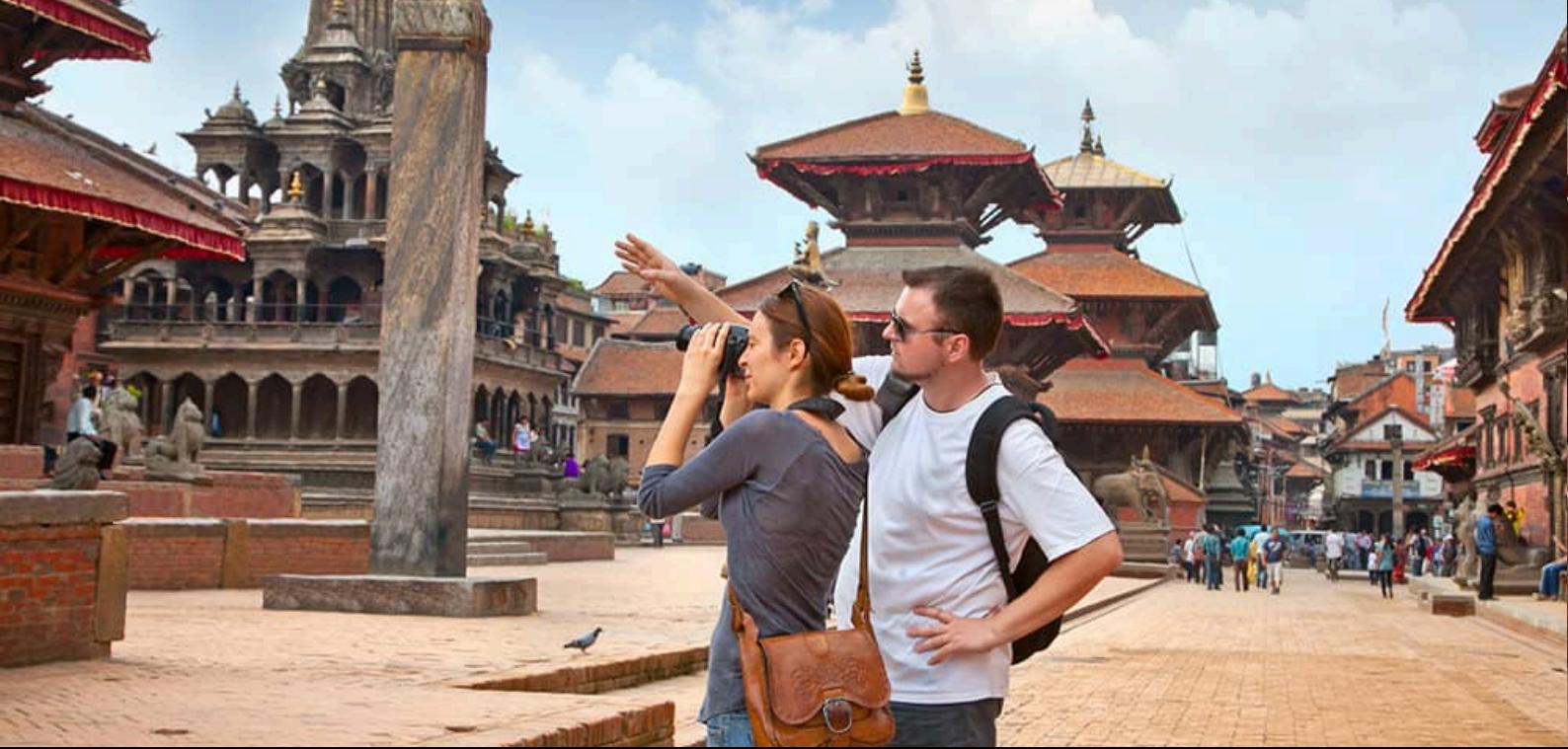
Meals included: Breakfast; Lunch; Dinner

Day 9 Lama Hotel - Syabrubesi

Continue retracing your steps to Syabrubesi, enjoying the serene and quiet forested hills along the way. If you are feeling fit and adventurous, you can take the spectacular route from Rimche to Syabrubesi. This detour will extend your trekking duration but offers stunning scenery that is well worth the extra effort.

The trekking duration today is approximately 6-7 hours.

Altitude: 1500 metres.



13-DAY TOUR PACKAGE | LANGTANG ADVENTURE TREK

The Itinerary

Overnight: Simple Teahouse or similar, Syabrubeshi

Meals included: Breakfast; Lunch; Dinner

Day 10 Syabrubesi - Kathmandu

Bid farewell to the mountain regions as you return to Kathmandu. Begin the drive early in the morning and on arrival in Kathmandu, you will be dropped at the hotel.

For the remainder of the day, explore the city and shop for minute souvenirs of your adventure in the local market. Later this evening, catch up with everyone at a farewell dinner before your return trip home.

Overnight: Samsara Boutique hotel or similar, Kathmandu

Meals included: Breakfast; Lunch; Dinner

Day 11 Kathmandu Free Day

Today is yours to spend at leisure in the beautiful city of Kathmandu. Relax and explore the city at your own pace, immersing yourself in its rich culture and history, or for those seeking more adventure, take the opportunity of an Everest mountain flight tour or Everest Base Camp helicopter tour. Both excursions can be arranged directly with the operator once you arrive in Nepal.

Optional Tour: 1-Hour Everest Mountain Flight Tour

Embark on one of the most exclusive flights over the Himalayas. It is one of the quickest, most affordable and comfortable ways to enjoy the beauty of the Himalayan mountains. The hour-long commercial flight is open to all ages and designed to let travellers experience the serene beauty of the Himalayas from the sky. The flight takes off from Kathmandu, flies over the Langtang

Himalayas, then heads towards Mt. Everest (8,849 metres), the highest mountain in the world. During the Everest mountain flight, you will see the 20 most stunning mountains in the world and numerous peaks and hills. This tour is a one hour scenic flight by Aeroplane which is operated at 06:00 and does not affect your scheduled itinerary as the day's activities starts about 09:30. Please see current pricing in Important Information.

Optional Tour: Everest Base Camp Helicopter Tour

Join this 4 hour trip to the Everest region. Enjoy spectacular aerial views of the river valleys, Sherpa villages, lush hills, mountains, glaciers and moraines. Everest Base Camp helicopter tour has multiple landings on its journey towards the lap of Mount Everest, the highest mountain in the world.

First you will fly over lush green hills, gorgeous river valleys and in no time, Lukla Airport (2,846 m) will be in front of your eyes. The next part of the helicopter tour involves flying over picturesque Sherpa villages and the Khumbu glacier. Fly over Everest Base Camp before flying to Hotel Everest View, for the breakfast of your choice at the highest hotel in the world. Then admire the spectacular snow-capped mountain views of Mt. Everest (8,848m), Mt. Lhotse (8,516 m) and Mt. Nuptse (7,861 m) before returning. Please see current pricing in Important Information.

Overnight: Samsara Boutique hotel or similar, Kathmandu

Meals included: Breakfast



13-DAY TOUR PACKAGE | LANGTANG ADVENTURE TREK

The Itinerary

Day 12 Kathmandu - Australia (or New Zealand)

Today brings an end to your Langtang Trekking adventure. At the appropriate time, you will be transferred to Kathmandu's Tribhuvan International Airport for your return flight home.

Meals included: Breakfast; In-Flight

Day 13 Arrive in Australia (or New Zealand)



13-DAY TOUR PACKAGE | LANGTANG ADVENTURE TREK

Tour Inclusions

HIGHLIGHTS

See Durbar Square & Swayambhunath Stupa on a guided tour of Kathmandu

Soak in the stunning mountain views & vistas of the Himalayan mountain range

Trek through forests of rhododendrons, alpine meadows & picturesque villages

Share special moments with indigenous communities of the Langtang Valley

Spend time on one of Nepal's least crowded trekking routes & support people rebuilding their livelihoods

Visit the old Kyanjin Gompa & other stupas throughout the trek

Explore the rich cultural heritage of Kathmandu Valley & multiple UNESCO World Heritage Listed sites

Witness spectacular sunrises, search for wildlife & get a glimpse into local lifestyle

Enjoy time at leisure in capital city Kathmandu, known for its historical temples & fascinating religious monuments

FLIGHTS

Return international full-service flights (economy class), departure city surcharges may apply

ACCOMMODATION

4 nights of standard hotel accommodation

7 nights of simple tea houses during the trek

DINING

Enjoy 27 meals, including full board during the trek

ESSENTIALS

Professionally trained English speaking mountain trekking guide

Porter assistance with carrying of luggage throughout the trek (up to 10kg per person)

National Park Entry fees & Trekkers Information Management System (TIMS) permit

Sleeping bag & down jacket for use during the trek

TRANSPORT

Transportation by private air-conditioned vehicles

TRANSFERS

Return airport transfers

Important Information

***Please note: All information provided in this brochure is subject to both change and availability. Prior to purchase please check the current deal for up-to-date information. If you have already purchased this deal, the terms and conditions on your Purchase Confirmation apply and take precedence over the information in this brochure.**

Booking Information

After purchase, you will receive a receipt and a Purchase Confirmation, directing you to an online Passenger Information Form. You must complete the Passenger Information Form within 72 hours of purchase.

Any special requests, preferences and optional extras MUST be clearly stated in your Passenger Information Form. Any change requested after submitting your Passenger Information Form cannot be guaranteed, is strictly subject to availability and will incur surcharges as outlined in the Schedule of Fees below.

On purchasing this Travel Offer, you are bound by the [General Terms and Conditions](#) and the specific terms and conditions outlined in this Important Information.

Please note: All countries and territories have different entry requirements in relation to vaccinations, quarantine/isolation periods and travel restrictions. Due to the evolving nature, we would ask all of our customers to monitor, meet and adhere to the specific requirements of their intended destination(s) in the lead-up to and immediately before travel, as well as any requirements post-travel upon their return.

Our Policies

Cancellation & Refund Policy

By placing a booking with us, you acknowledge the following important information:

• **we act as your booking agent:** TripADeal is a booking services provider, and curates the Travel Offers available on our website. We act as your booking agent, and we receive payment for the Booking Services as part of the booking price, however, we do not provide any of the

Travel Services (flights, accommodation, tours or other products or services) included in your booking – the Travel Services are provided by a number of third party Travel Suppliers.

• **each booking is unique:** our Travel Offers are made up of a variety of different components and are, during the booking process, uniquely tailored to suit your requirements, for example, departure dates and ports, flight and room upgrades, tour inclusions, etc.

• **changes/modifications to your booking may not be possible:** once your booking has been made, changes or modifications may not be possible, and where possible, may incur a fee. It is important to ensure that the information you provide during the booking process is accurate and up to date, and that you read the Travel Offer carefully before placing your order.

• **Travel Offers are a package:** our Travel Offers have been curated into package offerings and must be used as a package – individual components cannot be used independently of the full package offering.

• **our Travel Offers are generally non-refundable:** in order to provide great value Travel Offers, we work with a variety of Travel Suppliers to find the best deals – this often means the Travel Suppliers' offerings are non-refundable to ensure the best price. We recommend that you obtain travel insurance as soon as you make a booking with us.

To read more about our Cancellation and Refund Policy, please click [here](#).

General Terms & Conditions

By placing your booking with us, you acknowledge and agree to our [Terms & Conditions](#), [Privacy Policy](#) and [Cancellation Policy](#).

Offer Essentials

This travel offer is valid for travel on selected dates until the 20th December 2027.

Minimum group size 2, maximum group

size 12 per vehicle.

This travel offer is priced per person based on a twin share.

Single Traveller Supplement

For solo travellers, a mandatory single supplement of \$400 applies.

Please note: Accommodation for single customers who are travelling on a tour or cruise package may be in a single room, depending on availability.

Child Policy

This offer is only available for adults 18 years old and over.

Departure Dates & Surcharges

See checkout for live dates and availability.

Flights

Departure Cities

Sydney, Melbourne, *Brisbane, *Adelaide, Perth or *Auckland.

Departure City Surcharges

- Brisbane and Adelaide: \$300 per person
- Auckland: \$700 per person

International Full-Service Flight(s)

- Cabin Class: Economy Class

Please note:

- We cannot accommodate one-way flights. Travellers must take all included flights within the package, and any flights intentionally forfeited will result in later flights being subject to cancellation.**
- From Sydney or Melbourne, the flying journey to your destination may take up to 20 hours, with up to 1 stop.**
- From Brisbane or Adelaide, the flying journey to your destination may take up to 27 hours, with up to 2 stops.**
- From Perth, the flying journey to your destination may take up to 17 hours, with up to 1 stop.**
- From Auckland, the flying journey to your destination may take up to 28 hours, with up to 2 stops.**

Important Information

- This is provided as a guide only - actual flight duration can vary depending on availability and airline schedules. Your booking's final details will be confirmed to you via email once available.

Preferred Airline Surcharge

- Cabin Class: Economy Class
- Singapore Airlines: \$300 per person

Please note:

- Preferred airlines are subject to availability. If we are unable to fulfil your request, the above extra cost will be refunded.
- On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed, subject to aircraft configuration.
- In the event that a purchased stopover package and a purchased preferred airline upgrade are not compatible, you will have the option to receive a refund for the preferred airline upgrade or be offered an alternative stopover city option, e.g if you choose to fly with Singapore Airlines you cannot stopover in Dubai.
- Preferred airline refers to the marketing carrier and could include codeshare partners.

Arrive Early & Stay Behind Options

Fly out and return home up to 60 days pre and post your tour dates.

Arrive Early

Kathmandu, Nepal - From \$300 per person, subject to availability.

Stay Behind

Kathmandu, Nepal - From \$300 per person, subject to availability.

Please note:

• Exclusions:

This fee does not include extra nights' accommodation, meals or airport transfers.

• Cancellations & Changes:

Flight booking changes or cancellations after air tickets have been issued are not guaranteed and may incur additional fees and fare difference, subject to the airline cancellation and change policies. Flight changes are subject to availability at the time of booking.

• High Season:

A high-season Arrive Early or Stay Behind can be purchased for an additional charge, subject to availability. For pricing, please refer to the cart.

• + 60 Days:

You can fly out up to 60 days before your package's start date, and/or return home 60 days after your package's end date. Should you wish to fly out or return home for more than 60 days from the tour, please contact us to request availability. Additional costs may apply.

• Estimated Dates:

Your estimated departure, return, and arrival dates are all subject to availability and may vary. The confirmed schedule for all flights will be provided when you receive your flight tickets.

• High season surcharges apply to flights departing between the below date ranges:

- 1 December 2025 - 31 January 2026
- 3 April 2026 - 20 April 2026
- 26 June 2026 - 17 July 2026
- 18 September 2026 - 9 October 2026
- 12 December 2026 - 26 January 2027

Stopover Packages

- Singapore
- Kuala Lumpur

Includes:

- 2, 3 or 5 nights in 4-star accommodation
- Daily breakfast
- Return airport transfers

For pricing, please refer to the payment cart at checkout.

Please note:

- When a pre and post-tour stopover is chosen, the same stopover location must be chosen each way, due to the airline used.

- When selecting to Arrive Early for your tour in conjunction with a Stopover Package, your fly out date from home will take place before the stopover.

- When selecting to Stay Behind after your tour in conjunction with a Stopover Package, your stopover will take place before your final flight home.

- Stopover packages are subject to availability.

- In the event that a purchased stopover package and a purchased preferred airline upgrade are not compatible, you will have the option to receive a refund for the preferred airline upgrade or be offered an alternative stopover city option, e.g if you choose to fly with Singapore Airlines you cannot stopover in Dubai.

- Blackout dates apply to flights departing between the below date ranges:

- Christmas and New Years Eve: 22nd December 2025 - 2nd January 2026
- Singapore Grand Prix: 1st October 2026 - 9th October 2026
- Christmas and New Years Eve: 18th December 2026 - 3rd January 2027

Flight Class Upgrades

Business Class: For pricing, please refer to the payment cart at checkout.

Please note:

- Flight upgrades are subject to availability and pricing changes (if we cannot fulfil your request, the upgrade cost will be refunded).
- On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed

Missed Flights

If you fail to arrive for your outbound flight, you risk all flight and land arrangements in your destination being automatically cancelled by the airlines and land operator, respectively. Additional fees may apply to reinstate these services. If you miss your flight for whatever reason, please contact us as soon as possible to make arrangements.

Accommodation

Important Information

Accommodation Used

3-Star Properties (Self-rated)

- Kathmandu: Samsara Boutique hotel or similar.

Tea Houses (on trek)

Tea houses are not star rated and provide a simple but comfortable stay. Tea Houses typically offer (subject to availability):

- Bedrooms that are unheated and have two single beds
- Communal dining
- Bathrooms that are generally shared and with very basic facilities (sometimes non-Western style)
- Limited hot water (additional charges may apply)
- Limited electricity (additional charges may apply)
- Additional blankets
- Limited wi-fi (additional charges may apply)
- Basic toiletries that are available to purchase

Please note: Accommodation/rooms offered are based on a lead-in room type and are subject to availability based on seasonality. In the instance a property is not available, a similar standard of accommodation will be provided. Properties will be confirmed and included in your travel pack, which you will receive 4-6 weeks before travel.

Extra Nights

Not available.

Please note: If you are interested in booking additional nights of accommodation pre or post-tour, please wait until you receive your travel documentation approximately 4-6 weeks before departure for the confirmed list of hotels. If booking your own additional accommodation directly with the hotel, please be aware that you may be required to change rooms at the start/end of your tour.

Maximum Room Capacity

2 people.

Triple Share

Not available.

Bedding Configuration

Twin or double (subject to availability).

Optional Tours/activities

- Day 2 or 11: Everest mountain flight tour - \$250 USD per person
- Day 11: Everest base camp helicopter tour - \$1,585 USD per person

Please note:

- *Prices are based per person, are subject to availability, time permitting and weather conditions, and are payable directly to the tour operator in the currency specified.*
- *Tours require minimum numbers to operate.*

Exclusions

- Visa fees and requirements
- Domestic transfers and flights not stated in the deal offer
- Meals/beverages not stated in the deal offer
- Optional gratuities/tipping
- Optional activities/tours
- Monument entrance fees (on Kathmandu City Tour - Day 2)
- Bottled water (available to purchase during the trek)
- Personal expenses
- Travel insurance
- Any costs associated with an interruption to your tour as a result of an airline schedule change or cancellation
- Mandatory city tax (if applicable)

Gratuities/tipping

Gratuities (tips) are not included in the tour price for services of the tour guides, drivers, and porters throughout the tour. The recommended tip is \$10 AUD per person for the tour guide and \$5 AUD per person for the driver on Day 2. To cover both your tour guides and porters for the trek from day 3 to 11, there will be a total of \$120 AUD per person collected on tour.

Please note: Tipping for services provided is always a matter of personal discretion; however, please be aware that many locals consider tipping part of their normal remuneration, and they may approach you

for payment; there's no need to be intimidated by the request.

Other Important Information

TOUR GUIDE VS. TOUR LEADER

Tour Guide

Often locals with intimate knowledge of an area, its culture, and history. Their role entails providing commentary, routing the tour, and seeing that people have a good time. They are a licensed, qualified expert who supplies specific information on the history, art, architecture and culture of the city/village/attraction where they are guiding the tour. The guide meets the group at the required place and leaves it at the end of the tour; they do not travel with the group.

Tour Leader

An experienced person tasked with ensuring the smooth operation of tours, as well as providing practical support to passengers throughout the whole trip. Their role primarily includes assisting with accommodation, transportation between locations, and communication with tour guides at each stop. A tour leader may provide general guidance around a city or village and offer information on the place visited on the bus. However, they are not required to have specific art, architecture, or historical knowledge. They are not allowed to provide a guided tour or commentary of a city/village/attraction once there and, if caught doing so, can be fined.

Please note: Tour leaders/guides are not a standard inclusion in all travel offers. Tour leaders/guides will only be made available when required to enhance the experience of the destination featured.

CLIMATE & AVERAGE TEMPERATURES

High Altitude Sickness

Altitude sickness can occur at high elevations when the body receives less oxygen. It can affect anyone, regardless of age or fitness, with symptoms such as headache, nausea, dizziness, fatigue, and

Important Information

shortness of breath.

Tips to help prevent altitude sickness:

- Stay well hydrated and eat light, high-carbohydrate meals
- Avoid overexertion during the first 24–48 hours at high altitudes
- Limit alcohol and avoid smoking
- Consult your healthcare professional about preventive medications or your suitability for travel to high-altitude areas

Langtang Region, Nepal

The optimal trekking periods are from March to May and September to December, with temperatures ranging from 5°C to 20°C, providing mild and clear conditions ideal for trekking. January and February, while colder with temperatures from -5°C to 7°C and frequent snow at higher elevations, are also feasible for trekking for those prepared for colder weather and looking for a quieter experience.

FLIGHTS

Seat Selection & Frequent Flyer Points

We do not arrange seat selection. It is essential to highlight that some airlines do not allow pre-selected seats. We strongly suggest you contact the airline directly with seating allocation requirements and/or arrive at the airport earlier to arrange your seating. While we do not add frequent flyer member details to bookings, you can do this directly with the airline once you have your flight information.

Passport Validity

Customers must provide valid passport details either at the time of purchase or no later than 45 days before the departure date. Failure to do so may result in the cancellation of the booking. Customers will be responsible for any costs and fees incurred in this instance.

COACH TOUR

Meals

For meals not included, the tour leader (when available) will offer assistance with reservations, suggestions and directions to

local restaurants. It is your responsibility to notify us of any dietary requests/requirements.

Please note: We will do our best to meet your requests/requirements; however, we cannot guarantee that we will always be able to.

Luggage

You will be responsible for all your personal belongings whilst on tour. You must carry your own luggage from the vehicle to the hotel room and back to the vehicle. The driver will assist with the uploading and unloading of bags from the vehicle.

Please note: For the trekking segment of this deal, you will be assigned a porter for every two people who will assist with carrying luggage (up to 10kg per person).

OTHER

Recommended Packing List

General

- Four seasons sleeping bag (alternatively these can be hired and returned at the end of the trek free of charge).
- Duffel or rucksack bag to keep all the gear and this will be carried by the porters. Max 10kg per person.
- Daypack for yourself.
- A down Jacket (alternatively these can be hired and returned at the end of the trek free of charge).
- Shade hat.
- Warm wool hat to cover your ears.
- A pair of lightweight warm gloves.
- T-shirts (2- 3 pieces).
- Lightweight thermal tops.
- Fleece jacket.
- Windstopper jacket (optional).
- A pair of quick-drying nylon hiking shorts.
- Two pairs of trekking pants (preferably that zip on/off at the knees so they double as shorts).
- Four pairs of liner warm socks.
- A pair of light to medium weight waterproof hiking/trekking boots.
- A pair of light trekking shoes for camp/lodges.
- A pair of sandals (optional).

- A water bottle.
- Head/torch Light.
- A medium size towel.
- Walking poles (optional).

Medicines & First Aid Kits

We recommend consulting your local Medical GP regarding any medication suggestions to take for these regions.

Miscellaneous (Important)

- Passport and extra passport photos (4 copies) - these extra passport photos are necessary to obtain the trekking permits.
- Durable wallet / pouch for travel documents, money & passport.
- 2 x SPF 20+ lip balm.
- Sun cream with SPF 40 is recommended.
- Pocket knife.
- Water purification Iodine tablets.
- Toiletry kit, including toilet paper stored in a plastic bag, hand wipes, liquid hand sanitiser, towel, soap, etc.

Luggage/Backpack on Trek

Your main luggage will be carried by porters on trek and you simply carry a daypack with a water bottle, camera, sun-screen, spare jacket etc. during the trek, as small loads allows for full enjoyment of the trek. A trek bag is ideal for your main luggage, plus a small lockable bag for travel clothes or anything that you do not need during the trek which you can leave at hotel's locker room/safe deposit box in Kathmandu free of charge. A porter is provided for each 2 trekkers and a porter can carry about 20kg (10kg per person).

Electricity & Battery Charging on Trek

Electricity is available in some of the villages on the Langtang Valley trek where you can re-charge your camera batteries, and there is solar power in some villages that you will trek through. We suggest you bring spare batteries, and be prepared to pay a small fee to charge electronic items.

Insurance/Rescue/Evacuation

In case of a serious sickness or injury while you are on Langtang Valley trek, we will do

Important Information

everything to transfer you to the nearest hospital. You will be entirely liable for all the expenses incurred in the evacuation/rescue, so, please make sure that these expenses are covered by your insurance policy before departure

Mobility

Due to the nature of this deal, wheelchair access is not available.

Fitness Level Required

A demanding level of fitness will be required. A high fitness level is required to undertake these activities, which may include high-altitude trekking for anywhere between four to seven hours per day for an extended number of days. Recommended for active travellers with some previous trekking experience.

Please note: If you have any concerns please consult your healthcare provider prior to purchase/travel.

Sightseeing

Please note: If entry to a site is affected by changes in operating hours or public holiday closures, your itinerary, where possible, may be adjusted, or a similar activity will be offered in its place (subject to availability).

Wildlife

TripADeal cannot guarantee animal sightings. Wildlife are unpredictable and factors such as weather conditions, predatory fear and animal movements can impact sightings.

Shopping

Shopping overseas can be a daunting and confusing experience, especially when there is a language barrier. Please be very cautious when foreign currencies and prices are involved. If paying by credit card, please pay close attention to the amount you are being charged and keep all your receipts. Do not make any purchases you are not comfortable with or feel pressured into. If you are uncertain or need assistance with the language barrier, please seek assistance from your Tour Guide/Leader. Please refer to our [Terms and Conditions](#) regarding shopping for further information.

Visas

A Tourist visa for Nepal is required if travelling on an Australian Passport. This can be arranged on arrival for approximately USD\$50, valid for 30 days. Visas must be arranged in USD currency at the border with 2 passport sized photos.

Important:

- Please start arranging your visa three weeks before departure to account for any delays due to consulate operating hours.**
- Visa rules are subject to change. Please check with the nearest embassy, consulate or immigration department of the destination/s you are visiting once you receive your travel documentation to ensure you have the most up to date information.**
- It is your responsibility to be travel-ready and ensure that you are aware and comply with any destination or travel requirements, including the validity of all required travel documents.**
- Passengers who are not Australian citizens must also check with the respective consulate or visa agency to determine what their visa requirements are and what personal identification is required.**
- It is also important to note that some areas of employment, such as journalism, government authorities and charity organisations, may have additional restrictions in applying for visas. This may, in turn, affect the type of application required.**

Travel Insurance

Embarking on your next trip is exciting, and while you hope the unexpected does not happen, it is best to be prepared. We strongly recommend you take out travel insurance when making your booking. Whether it's a potential medical emergency, a flight cancellation, a delayed suitcase, or an unforeseen event, it's important to ensure you're adequately protected. For more information or advice

visit <https://www.tripadeal.com.au/travel-insurance>

Schedule Of Fees

Voluntary Changes

This includes booking changes requested by you, including but not limited to those changes requiring an airline ticket or a Purchase Confirmation reissue.

- Changes - \$100 AUD per booking and any additional charges applied by the airline/cruise company/accommodation/other travel providers.

Name Changes Due To Passenger Error

If the incorrect name has been provided, charges of \$100 AUD per booking and any additional charges applied by the airline/cruise company/accommodation/other travel providers.

Supplier Fees

In the event the tour package you have purchased is unable to proceed, and/or a travel Supplier is unable to fulfil the tour due to external circumstances (Limitation of Liability e.g. a Force Majeure event), there may be a fee or amount of money that is withheld by our Suppliers and is unrecoverable. This may be due to non-refundable airline tickets, cancellation penalties with cruise cabins or unrecoverable payments with our land/accommodation partners. If refunds are not available from Suppliers, we will endeavour to obtain a travel credit on the best terms available and communicate these outcomes to you. In the event we are unable to obtain a refund or travel service credit, or part thereof, this cost is passed on to the customer as a Supplier Fee.