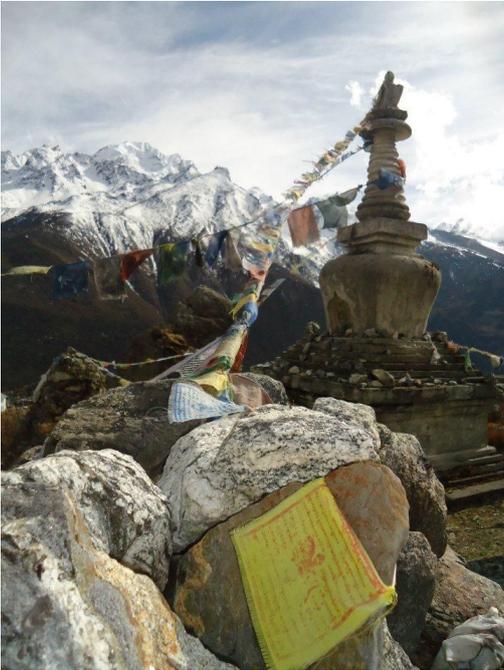


# Nepal tour - Helambu-Kathmandu-Langtang

**8-23 May 2020 or 8-18 May 2020**



A spacious ten-day journey into the sacredness of a unique land, among temples, monasteries and nature. Thought out for those wishing for a direct contact with sacred places, landscapes and Nepali culture with preference for alternative paths and perspectives.

Limited to a maximum of ten people, the itinerary will take you through several contemplation spaces in Kathmandu to then continue with a light trek in one of the sacred valleys of Tibetan Buddhism, where pristine nature and meditation caves meet.

The pace is purposely slow so to allow time for individual discovery. Plenty of suggestions based on the tour leader experience can be given to suit one's inspiration.



**Tour guide:** Born in 1987, Federico has been travelling since 2008. Since 2016 he has been living between India e Nepal, where he led small groups outside the most beaten tracks and collaborated with local NGOs as project manager. Karma Kagyu practitioner since 2014, has explored Kathmandu and Nepal in depth and looks forward to sharing insights and supporting others in their personal experience.

**Tour Operator:** Roger Pfister, Swiss, born in 1960 lives in Boudha, Kathmandu since 1995. During this time he founded and managed Snowjewel, a travel agency focused in expedition-like tours in remote areas of Tibet and Buthan. Buddhist practitioner, he spent long times in retreat within the Vajrayana and Theravada traditions.

Snowjewel has taken over 2900 people to Mt Kailash plus many others in Nepal over 24 years. During this time no major accident has occurred thanks to carefully planned itineraries that take into consideration the ever changing circumstances and altitude effects.



**Group Size:** Minimum 7, maximum 10 people (Langtang section limited to 15 pax)

**Duration:** May 8<sup>th</sup> – 23<sup>rd</sup> 2020 full trip (Helambu + Kathmandu + Langtang) / May 8<sup>th</sup> – 18<sup>rd</sup> 2020 short trip (Helambu + Kathmandu)

**Price:** 1300 EUR full tour / 1000 EUR short tour / 900 EUR short trip in addition to Overland Tibet tour (17/5 – 6/6 2020)

**Single room** mark-up 220 EUR full itinerary, 120 EUR short itinerary

**Included:**

- All overnight accommodations (double room)
- Private transportation
- Western guide, Nepali guide
- All expenses related to permits and entry fees
- Porter during Langtang trek (6kg max) the rest luggage is stored until your return
- Breakfasts except in Langtang section

**Excluded:**

- visa for Nepal 30 days multiple entry 50\$;
- All food costs except breakfast in Helambu and Kathmandu. All food costs in Langtang.
- Flight tickets in and out Kathmandu
- Airport transfers (10\$)
- Single room option – 220 EUR full itinerary, 120 short itinerary
- Personal expenses
- Insurances
- Tips and gratuities

Of course we cannot determine or foresee your spending behaviour however with a moderate way of spending, to cover food and drinks (no alcohol) you will need about:

- 900 NRS/meal in Helambu (ca 7 EUR)
- 500/900 NRS/meal in Kathmandu (ca 4/7 EUR)
- 2000/2500 NRS/day in Langtang (ca 16/20 EUR)

**FULL ITINERARY**  
**HELAMBU – KATHMANDU – LANGTANG**

**16 days (8-23/5/2020) – 1300 eur (min 7 pax, max 10)**

**OR**

**SHORT ITINERARY:**  
**HELAMBU – KATHMANDU**

**11 days (8-18/5/2020) – 1000 eur (min 7 pax, max 10)**

**in combination with Tibet overland tour – 900 eur**

**Key dates**

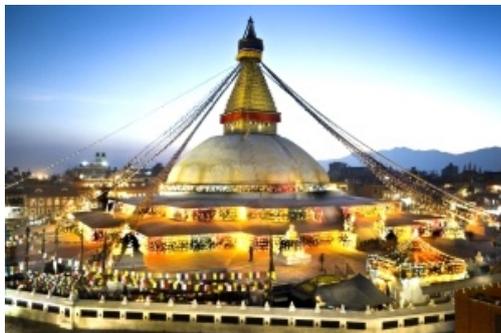
- **May 08<sup>th</sup>:** Tour starts
- **May 18<sup>th</sup>:** Last day for short itinerary participants
- **May 23<sup>rd</sup>:** Last day for full itinerary participants. It is advised to spend one more night in town to recover before heading back

**Itinerary**

- Day 1: Arrival in KTM – GH Monastery
- Day 2: Helambu drive and trek/ Tea house
- Day 3: Helambu trek/ Tea house
- Day 4: Helambu trek / Tea house
- Day 5: Helambu trek, drive to Kathmandu / GH Monastery
- Day 6: Rest day / GH Monastery
- Day 7: Boudhanath Stupa and Gokarneswor / GH Monastery
- Day 8: Light trek Kopan, Amithaba, Pulahari monasteries/ GH Monastery
- Day 9: Pashupati and Swayambu / GH Monastery
- Day 10: Patan – meet-up with Tibet group / GH Monastery
- Day 11: KTM - Langtang - Acclimatisation / Tea house / End of service after breakfast for short itinerary participants
- Day 12-14: Langtang - Acclimatisation / Tea house
- Day 15: Drive KTM / Hotel 3\* - Continuation onto Tibet overland tour
- Day 16: Breakfast and end of service.

## Detailed itinerary

- Day 1:** Welcome to Kathmandu! Airport pick-up (10\$) and hotel check-in. General information will be given as well as the opportunity to get acquainted with Boudha, our reference point in Kathmandu.
- Day 2:** Drive Kathmandu to Timbu, trek to Milarepa's cave – 2000m, drive 5h / 3h trek
- Day 3:** Trek Milarepa's cave to Tarkegyang – 2600m / 3-4h trek
- Day 4:** Trek Tarkegyang to Gangyul – 2550m / 3-4h trek
- Day 5:** Trek Gangyul to Timbu, drive to Kathmandu – 1300m/ 2h trek / 5h jeep
- Day 6:** Rest. Possible NGO visits, shopping, short visits.
- Day 7:** We will meet the majestic Boudha Stupa, its surrounding monasteries and realities. In the afternoon we will visit Gokarneshwor temple, one of Shiva's temples on the Bagmati river off the beaten track.



**Day 8:** In the morning we will walk up these three major monasteries whilst having the chance to be exposed to local life. Once back, there will be the chance to visit a local NGO of Buddhist inspiration and its social projects.

**Day 9:** We will leave at dawn for a kora of the Stupa with the monks, to then walk towards the awe-inspiring temple of Pashupatinath, the main Hindu temple of Nepal, place of sadhus, meditation caves, cremations and monkeys. In the afternoon we will visit Swayambhunath, the stupa known as “Monkey temple”.

**Day 10:** We will head towards Patan where we will visit both Durbar Square, and the many small Hindu and Buddhist temples of the area whilst enjoying the atmosphere of one of the most peculiar places in area. We will meet-up with the Tibet group with which we will share the Langtang trek.



**Day 11:** Early morning 5AM transfer by private transport to the Langtang area near Nepalese border, 134km, 6-7h drive, after

lunch break 3,5-4,5 h walk up the mountain to 3300m. Tea house trek. For the participant to the short itinerary, the service will end today after breakfast.

**Day 12:** Rest and acclimatisation day late afternoon walk 1,5 h up to 3900m.

**Day 13-14:** During these two days we offer short treks, so that one can adjust to the altitude or simply rest & acclimatise. Day 5: afternoon, trek down to 3300m in about 1 h.

**Day 15:** Early morning 5 AM 3,5h trek down to where we meet with our Bus/Car which will take us Rasuwa border 1,5 h drive. After crossing the border, we meet up with the Tibetan Guide/ Driver. We begin our overland journey in Tibet to Kyrong 2820m 1h drive, with a marvellous view over the Himalayas. We stay the night in a simple Hotel.

**Day 16:** End of service after breakfast. If you wish to arrange airport transport or extend your journey, please let us know.

## General Information

### Please Note

- We will not be responsible for extra cost incurred due to force majeure, including but not limited to landslides, road blockages and other weather-related or international/local political problems.
- You are responsible for your own health. Our arrangements are designed to allow sufficient time for acclimatisation and based on 24 years of experience.

### Visa and Passport Information

#### Visa Nepal

Is best applied upon arrival in Nepal. You will need a passport photo. For your first entry in a calendar year you get a 30 day or 90 day multiple-entry visa valid from the date of entry. The visa costs US\$ 50 or US\$ 125, respectively.

**Passport Validity; Minimum 6 months from date of entry.**

### Final remarks and suggestions:

- The full itinerary is composed by three sections: a light trek in Helambu, an in-depth visit of Kathmandu's sacred places and a medium trek in Langtang. For a total of 16 days.
- The short itinerary is composed by two sections: a light trek in Helambu and an in-depth visit of Kathmandu's sacred places, for a total of 11 days.
- For those who wish to continue the full itinerary into Tibet (Mt Kailash and Manasarovar kora) the cost of the short itinerary is 900 euro. Please contact Snowjewel for details.

**ENGLISH/GERMAN**

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**May all beings be happy!**