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Sorry! There are no remaining departures for "Trekking Langtang" (ANTL), [but here are some similar trips](#).



Trekking Langtang

15 days, Kathmandu to Kathmandu

Trip code ANTL

What's included

- Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu
- Your Welcome Moment: Meet Your CEO and Group

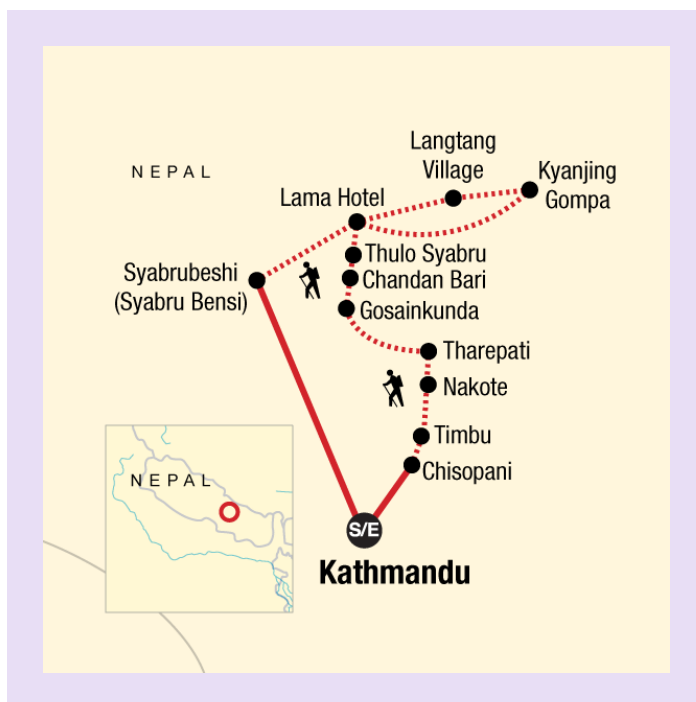
- Transport to and from Kathmandu
- Hike in the Langtang region (10-day)
- English-speaking local guide and assistants for the trek
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2019 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Kathmandu

Arrive at any time.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Kathmandu/Nuwakot

In the morning enjoy free time exploring. Afterwards, visit the G Adventures-supported Sisterhood of Survivors Project and enjoy an authentic Nepalese style lunch. Afterwards, drive to Nuwakot and arrive at the homestay. Visit the surrounding village and farms, observing how the local homestays positively impact the community.



Meals included

Lunch | Dinner



Today's Activities

ACTIVITY

Visit this G Adventures-supported grassroots organization that is helping to support rehabilitated survivors of human-trafficking and other at-risk women. SASANE, our project partners, train once vulnerable women to be certified paralegals, so that they are the first point of contact for other women coming out of abuse. Where survivors lack a high school diploma, the minimum requirements to be a paralegal, Planeterra and G Adventures have helped catalyze a hospitality program for these women to be reintegrated into a dignified work environment. The survivors will teach you how to make momos (traditional dumplings) as well as a Nepali lunch. The program helps support SASANE's outreach and education programs across Nepal.

Private Vehicle

Kathmandu - Nuwakot

3h

81km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 3

Nuwakot/Syābru Bensi

Bid farewell to the homestay and community at Nuwakot. Embark on the narrow route to the trekking start point. Drive through the countryside along the winding roads.

Sit back and soak in the scenery en route to the starting trekking village. The first part of the highway is quite smooth. As the scenery becomes increasingly rural, the roads get narrower and start to wind. Some roads remain in disrepair from the earthquake and landslides. Arrive to Syabrubeshi village, the gateway for the Langtang trek.



Meals included

Breakfast



Today's Activities

Private Vehicle

Nuwakot - Syābru Bensi

5h

101km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 4

Syābru Bensi/Lama Hotel

It's a full day of hiking today. Leave Syabru Besi and hike to Lama Hotel, passing through villages and past rhododendron forests along the way. Expect to hike a gradual incline for approximately 6 hours.



Today's Activities

Hiking

Syābru Bensi - Lama Hotel

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 1

Syābru Bensi - Lama Hotel

6h-7h

13km

Walk from Syabrubeshi to Lama Hotel (2,470m/8,104 ft). Follow suspension bridges and stone paths over the Langtang Khola.

Day 5

Lama Hotel/Lāngtāng

Enjoy a full day of hiking from Lama Hotel to Langtang Village. There are gradual ascents on the trek today, through varied forests.

The trail inclines gradually for approximately two hours with arid views, resembling a desert. Langtang is one of the biggest villages on this trekking route. Notice a raised Memorial Chorten to commemorate the 2015 Nepalese Earthquake which triggered an avalanche through the village. From Langtang village, take in views of snow-capped mountains such as Yala Peak, Changmu Peak, and Gangchempo Peak.



Today's Activities

Hiking

Lama Hotel - Lāngtāng

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 2

Lama Hotel - Lāngtāng

6h-7h

12km

Climb through hemlock forest, past rhododendrons above the Langtang Khola before ascending to Ghora Tabela at 2,970m (9,744.1 ft). Keep going up from there to Langtang (3,420m/11,220.5 ft).

Day 6

Lāngtāng/Kyanjing Gompa

Enjoy a full day hiking to Kyanjing Gompa. Hike through yak pastures and the small villages of Muumdu and Sindum en route. After entering a wide valley, descend to Kyanjing Gompa.

Today is a relatively easy walking day, gradually walking uphill for about 4 hours before reaching Kyanjing Gompa.



Today's Activities

Hiking

Lāngtāng - Kyanjing Gompa

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 3

Lāngtāng - Kyanjing Gompa

4h-5h

9km

Cross small watercourses and moraines and enjoy the views of Dorje Lakpa, Langtang Ri, and Langtang Lirung. Pass a Yak Cheese factory and a small monastery along the way to Kyanjing Gompa (3,780m/12,401.6 ft).

Day 7

Kyanjing Gompa

Embark on an excursion to nearby viewpoint, Tshkori. From here, view all of the Langtang range and peaks such as Langtang, Langtang Ri, Tshkori, Gangchempo, and Dorje Lakpa.



Today's Activities

Tshkori Viewpoint Excursion

Kyanjing Gompa

4h-5h

Hike to the nearby viewpoint, Tshkori. Take in the breathtaking views of the Langtang mountain range.

Day 8

Kyanjing Gompa/Lama Hotel

It's another full day hiking. Return to Lama Hotel, following the route to Langtang village and downwards from there.

Repeat the path following the Langtang Khola to Langtang Valley and on to the Ghore Tabela. Stop for a lunch break at Ghore Tabela then continue onwards on the vertical trek to Lama Hotel.



Today's Activities

Hiking

Kyanjing Gompa – Lama Hotel

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 4

Kyanjing Gompa – Lama Hotel

8h-9h

21km

Retrace the route from Kyangjin back to Lama Hotel.

Day 9

Lama Hotel/Thulo Syabru

Strap your boots on, there's more uphill hiking today. Head to the village of Thulo Syabru, home to the Tamang community. Stop in the village to learn about some of the local traditions and culture.

The trek today will be approximately 6 hours. Spend the first half of the trek to reach the lunch break point. Following this, it will be another uphill trek to reach Thulo Syabru.



Today's Activities

Hiking

Lama Hotel – Thulo Syabru

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 5

Lama Hotel – Thulo Syabru

6h-7h

11km

Trek to the village of Thulo Syabru (2,250m/7,382 ft). Visit the local village and learn about the Tamang community.

Day 10

Thulo Syabru/Chandanbari

Today will be another full day hiking to Chandan Bari. Climb further upwards today, with spectacular Himalayan views on all sides. Follow a steep path through a line of Chortens and enjoy views of Langtang Himal, Ganesh Himal, and Tibetan Mountain.

Through a steep forest of oak and hemlock, then past a rhododendron forest, trek for 5-6 hours to reach Chandanbari.



Today's Activities

Hiking

Thulo Syabru - Chandanbari

6h-7h

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 6

Thulo Syabru - Chandanbari

4h-5h

6km

Enjoy a full day hiking to Chandanbari (3,330m/10,925 ft). Climbing further upwards today, enjoy spectacular Himalayan views on all sides.

Day 11

Chandanbari/Gosāin Kund

It's a full day of hiking to Gosainkunda. Two to three hours into the hike, reach Cholang Pati for a tea break. Experience amazing landscapes on the way of waterfalls and rhododendron forests. Walk uphill for an hour and reach Lauri Binayak. Stop here for lunch and to take in the breathtaking mountainous views.



Today's Activities

Hiking

Chandanbari - Gosāin Kund

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 7

Chandanbari - Gosāin Kund

5h-6h

8km

Enjoy a full day of hiking to Gosainkunda, which sits at 4,380m (14,370 ft). Reach one of the highlights of the trek today, hiking to Gosainkunda lake. This area was once a sanctuary for the red panda and the alpine territory is simply stunning.

Day 12

Gosāin Kund/Thāre Pāti

Lace up your boots for another full day of hiking. Trek over the Gosainkunda Pass, the highest point on the journey. Continue downwards to the lodges of Tharepati. Today's trek will be a mixture of uphill and downhill walking.

Lace up your boots for another full day of hiking. Trek over the Gosainkunda Pass (4,610m/15,124.7 ft), the highest point on the journey. Continue downwards to the lodges of Tharepati (3,690m/12,106.3 ft).

Today's Activities

Hiking

Gosāin Kund - Thāre Pāti

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 8

Gosāin Kund - Thāre Pāti

6h-8h

16km

Trek over the Gosainkunda Pass, which, at 4,610m (15,124.7 ft), is the highest point on the journey. Continue downwards to the lodges of Tharepati, at 3,690m (12,106.3 ft).

Day 13

Thāre Pāti/Nakote

Today trek downhill to reach Nakote, a community located alongside a small river. Trekking today will be approximately 6 hours through a dense forest of rhododendrons.

Today's Activities

Hiking

Thāre Pāti - Nakote

1h-2h

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 9

Thāre Pāti - Nakote

6h-7h

13km

Continue to Nakote (2621m) today, a community located alongside a small river. Trek through dense forest of rhododendrons for approximately 6 hours.

Day 14

Nakote/Kathmandu

The first half of the day will be through a trail to reach Timbu for lunch. After lunch, get on a private transfer back to Kathmandu.

Spend the morning trekking for 5-6 hours from Nakote to Timbu. In the afternoon, transfer back to Kathmandu.



Today's Activities

Hiking

Nakote - Timbu

5h-6h

Lace up your hiking boots and get to the next stop under your own power.

Langtang Trekking Day 10

Nakote - Timbu

3h-5h

11km

Hike down from Nakote for Timbu, with the last chance to soak up the mountain views.

Private Vehicle

Timbu - Kathmandu

4h-5h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 15

Kathmandu

Depart at any time.



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

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What are the main highlights of this trip?

Uncrowded trails among the impressive peaks of the Himalayas, trek upwards through differing ecosystems, marvel at rhododendron and larch forests, visit small villages and monasteries.

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Uncrowded trails among the impressive peaks of the Himalayas, trek upwards through differing ecosystems, marvel at rhododendron and larch forests, visit small villages and monasteries.

Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

1 breakfast, 1 lunch, 1 dinner

What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. If breakfasts are included, they will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, unless otherwise specified on the Overview page. For meal budget refer to the Overview page.

What are the modes of transportation on my trip?

Private van, walking.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Standard hotel (4 nts), community homestay (1 nt), tea house (9 nts).

What kind of accommodation can I expect on this trip?

A tea house is the combination of guest house, restaurant, and social hang out. Private rooms are available in most tea houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are sparse with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or western style. Most tea houses have running water. The majority of tea houses only have cold showers, a few may have hot water available at an additional cost. However, we discourage our groups from using water heated by wood, as lack of firewood in villages is a big environmental concern in Nepal.

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Some tea houses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a tea house trek you will usually have breakfast and dinner at the tea house, lunch will be eaten at one of the trail side restaurants. Every tea house serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and french fries. Soft drinks, snacks and beer are available in most of the tea houses and trail side restaurants. And, of course, Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose off and have become an environmental problem.

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 700-800 NPR. Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should I take on my trip?

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 10 Kg/22lbs per passenger. 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.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. 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.

What should be on my packing list?

Available for Rent:

- Sleeping bag (100 - 200 NPR per day)
- Trekking poles

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

All departure taxes should be included in your international flight ticket.

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-30 USD per person, per week can be used.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites. While visiting monasteries, please make sure you wear long trousers and open your shoes and stay quiet before entering the monasteries.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.