

The background of the poster is a scenic view of a mountainous region in Nepal. In the foreground, there is a village with traditional stone and wood houses built on a hillside. A suspension bridge is visible in the middle ground. In the background, there are large, snow-capped mountains under a blue sky with scattered white clouds.

# Nepal Adventure

**7 - 18 October 2019**

- Langtang Valley Trek
- Solar Energy Project
- Historical Sites of Kathmandu

**KEONA**  
A D V E N T U R E S

*Travel Experiences that Make a Difference*

# Experience the best of Nepal

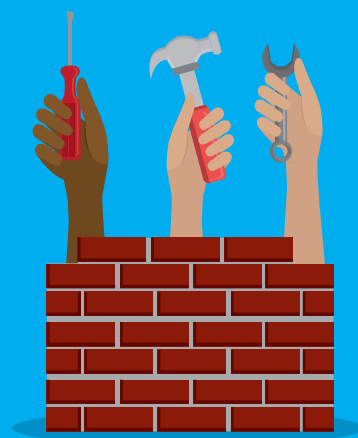
We meet in Kathmandu and spend the first day traveling to the village of Syabrubesi on the edge of the Langtang National Park. The following morning, we begin the 2-day trek to Langtang village, the site of our community project. Our visit contributes to the recovery of the local community and their economy after the 2015 earthquake. Following this, we spend a few days exploring the spectacular Himalayan environment before walking back down the valley. A rest day in Kathmandu marks the end of this very satisfying adventure.



## Maternity Project

All of our expeditions include a project phase in which our teams spend a few days working alongside local partners to complete a project that supports the community or environment.

In Nepal, we have a well established programme that involves promoting safe motherhood and reducing maternal mortality. We achieve this by providing solar electricity in remote maternity wards. We donate and install portable solar power units that power LED lighting at night and other essential medical equipment supporting labour and delivery.



## Your Leader

This expedition will be led by Tom Battye, who has led over 40 international expeditions in the past 20 years, including many in Nepal. Other examples include living in the jungle of Belize for 9 months, snow tracking wolves in Poland, camel trekking in the Sinai desert, renovating a Tibetan monastery in Nepal and building brick ovens in Vietnam.

All Keba expeditions are led by highly experienced UK-based expedition leaders, supported by local guides and trekking agencies, providing you with the maximum level of safety and support.



# Detailed Itinerary



## Arrive – Kathmandu – Independent Travel

Fly into the capital city and enjoy wandering in the labyrinthine backstreets in your own time. It doesn't take long to discover the ancient courtyards that have miraculously survived the 2015 earthquake and encounter the lesser known temples around Thamel.

## Day 1, Kathmandu to Syabrubesi

We convene after breakfast in the hotel and travel by road in our private minibus to Syabrubesi (1300m), the small town at the start of the trek. Here, we rest and prepare for the week ahead.



## Days 2 – 3, Trek to Langtang village

It is a steady walk uphill through woodland, past waterfalls and over footbridges to Lama Hotel (2480m) where we stay for the first night. The next morning, our path follows the river, up the valley to Langtang village (3430m). It is a steep walk through a forest of hemlock, maple and rhododendron.



## Days 4 – 5, Project

We partner with We Care Solar, who provide a compact solar electric system that is portable and can fit in a suitcase. The "Solar Suitcase" powers overhead LED lighting, charges cell phones, and includes LED headlamps that come with their own rechargeable batteries. This expedition will donate and install one Solar Suitcase in a health clinic that lacks reliable electricity, ensuring that fewer mothers give birth in the dark.

## Days 6 – 7, Kyanjin Gompa

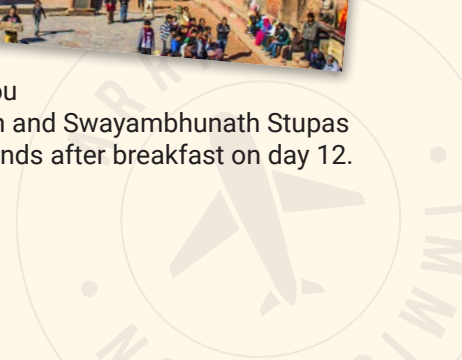
We spend day 6 walking up the valley to Kyanjin Gompa which becomes our base for 2 days. En route, we may call in at a Yak cheese factory. From Kyanjin Gompa, we'll choose a day hike to one of the stunning, nearby viewpoints, e.g. Kyanjin Ri (4600m) or Tsergo Ri (4984m).

## Days 8 – 10, Return to Kathmandu

It is a 2½-day journey back to Syabrubesi. The night of Day 8 is spent in Shepagaon, famous for its high-quality lodges. On day 9 we walk all the way to Briddim, visiting one of the oldest Gompas in the region. Finally, on day 10, we rise early and return to Syabrubesi, in time to meet the minibus at 11 am. We will arrive back in Kathmandu around 7pm.

## Days 11 - 12, Kathmandu

Day 11 is a rest day in Kathmandu. However, there are many sights worth seeing if you didn't find time at the start of the trip: Kathmandu's Durbar Square, the Pashupatinath and Swayambhunath Stupas are just three of these. We reconvene in the evening for a celebratory meal. The trip ends after breakfast on day 12.



# Other Information



## Weather

Our Nepal expeditions take place before and after the monsoon season, which occurs between June and August. We can expect average temperatures in Kathmandu of around 23-26°C but it will get much colder in the mountains.



## Level of difficulty

The trekking element of this trip is not technically difficult. However, a high level of physical fitness is required to undertake the long walking days, steep climbs and high altitude.



## Accommodation

In Kathmandu, we'll stay in hotels. Everywhere else we'll stay in guesthouses where the rooms may sometimes be shared. It will be comfortable but not luxurious.



## Culture

Since 2008, Nepal has been a secular state. However, the true culture of the country is an intricate web of Hinduism, Buddhism and other beliefs.



## Spending Money

We think that £300 should be enough to cover your personal expenses. If you expect to buy considerable quantities of soft drinks and beer you should budget accordingly. This amount should also cover the visa charges for Nepal and any tips for your local guides, porters and drivers.



## Group Size

This trip will go ahead if we have 8 or more bookings confirmed by the end of August 2019. If you register and pay a deposit, this will be returned to you unless you request that it is transferred to another trip.



## Visa

Visas are available on arrival at Tribhuvan International Airport and at some land borders. To obtain a visa upon arrival by air in Nepal you must fill in an application form on arrival and provide a passport photograph. A single-entry visa valid for 15, 30 or 90 days costs US\$25, 40 or 100.



## Flights

Once you have booked your flight, please email [info@keba-adventures.co.uk](mailto:info@keba-adventures.co.uk) with your flight arrival and departure information so that we know when to expect you.



## Insurance

Please book your own travel insurance at the time of registration. You may already have suitable cover with your home insurance or bank account. If not, then we recommend Campbell Irvine.



## Cost and inclusions

The cost of the trip is £2495 which includes all food, drinking water, transport and accommodation from 9am on Day 1 to 9 a.m. on Day 12. Other drinks (alcoholic or otherwise) are not included.



## Reserve your place

You can reserve your place on this trip via the [booking page](#) on our website. Initially, you will be asked to pay a deposit of £200. Following this you may choose to pay the remaining balance all at once or in monthly instalments, ensuring that the total amount is paid no less than two months prior to the departure date.