



# FUTURE FOR NEPAL

## 8-day Langtang Langshisa Glacier Trek

This trip offers not only a 8-day high altitude trek to the one of the world's most famous glaciers, but a unique opportunity to see aspects of Nepalese life not available to the ordinary trekker.



Combine this with visits to some of the world's most beautiful heritage sites makes this a trip of a lifetime!!

### What is this Charity Trek?

Those brave enough to venture on this trip face one of the hardest challenges of their lives, a 7 night trek to Langtang

Langshisa Glacier. But the trip does not end there; it is centered around giving our trekkers a true feel for Nepal. They will spend 4 nights in Kathmandu, enjoying the wonders that this ancient city has to offer. Through an organized sightseeing tour in Kathmandu, our trekkers will visit Pashupati (commonly known as the death temple), Swayambhu (commonly known as the monkey temple) and Durbar Square Patan (translated as the King's Square). What makes this trip so special though is that these trekkers will personally be able to witness the activities of FFN through a visit to Alphas and a dinner with our sponsored FFN kids.

### Why do this charity trek?

With 40% of the trip's costs going directly to Future For Nepal, this charity trek will help us to give more Nepalese children a future they deserve! The money raised will either be used to pay for a specific child to study at Alpha or alternatively to fund a specific community project.

## Outline of the Charity Trek Itinerary

Day	Trek	Altitude	O/N
01	Arrival in Kathmandu	1300 m	Nirvana Hotel
02	Trek briefing, half day sightseeing of Pashupati, Swayambhu Durbar Square Patan. Visit to Alpha school in the evening and dinner with the sponsored FFN children	1300 m	Nirvana Hotel
03	<b>Drive to Syabru Besi</b>	<b>1450 m</b>	<b>Lodge</b>
04	<b>Trek to Lama Hotel</b>	<b>2480 m</b>	<b>Lodge</b>
05	<b>Trek to Langtang</b>	<b>3541 m</b>	<b>Lodge</b>
06	<b>Trek to Kyangin</b>	<b>3900 m</b>	<b>Lodge</b>
07	<b>Kyangin - Langshisa Glacier (4600m)- Kyangin</b>	<b>3900 m</b>	<b>Lodge</b>
08	<b>Trek to Lama Hotel</b>	<b>2480 m</b>	<b>Lodge</b>
09	<b>Trek down to Sybru Besi</b>	<b>1450 m</b>	<b>Lodge</b>
10	<b>Drive to Kathmandu</b>	<b>1300 m</b>	<b>Nirvana Hotel</b>
11	Day at leisure. Evening Fare well dinner	1300 m	Nirvana Hotel
12	Final departure		

### Cost of the Charity Trek:

Pax	2 – 3 pax	4 – 8 pax	9 -14 pax	15 – 25 pax
Cost per person	UKP 1,525	UKP 1,410	UKP 1,265	UKP 1,208

**NOTE: 40% of these costs go directly to Future For Nepal**

**Cost includes:**

- 4 nights accommodation in twin sharing BB basis in Kathmandu (Bed and Breakfast)
- Half day Guided sightseeing tour of world heritage sites in Kathmandu, all entrance fee, transportation
- Airport transfer as per the itinerary
- All meal during trek (Breakfast, Lunch and Dinner)
- Airfare Kathmandu – Lukla – Kathmandu for clients
- Airfare Kathmandu – Lukla – Kathmandu for guide
- 1 Trekking guide & 1 Assistant guide
- Necessary Porter ( Luggage weight max. 15 kg)
- National Park Fee
- Insurance for trekking staff
- Daily wages for Guide and porter
- Necessary equipment for trekking staff
- Fully loaded medical kit box
- Trekking kit bag

**Cost does not include:**

- International flight to Nepal
- Personal trekking equipment
- Insurance ( must cover helicopter rescue service)
- Lunch and dinner in the hotel in Kathmandu
- Nepal Visa fee (US\$30)
- Airport tax both domestic (Rs.170 ) and international (Rs.1695)
- Soft drink and alcoholic beverages
- Laundry, telephone
- Any expenses of a personal nature
- Service not included herein

**For those interested:**

**For those interested in this charity trek, please send all inquiries to:**

**[inquiries@futurefornepal.com](mailto:inquiries@futurefornepal.com)**