

Langtang Valley & Tserko Ri Trek



Trip Highlights

- Manaslu, Annapurna, Ganesh Himal Views
- Oak and rhododendron forests
- Langtang river, Langtang Village
- The Kyanjin Gumpa
- Climb Tserko-Ri
- Amazing Himalayan, valley and forest views
- The rural village of the Langtang Region and their unique culture

Trip Duration: 11 Days

Grade: Moderate

Summary: 8 Days trek, 07-nights lodge, 3 nights hotel in Kathmandu

Welcome to Peregrine

Thank you for your interest in our Langtang Valley and Tserko Ri Trek. At Peregrine, we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or rafting with Peregrine Treks can make it happen for you. We hope you will join us for a life changing experience!!

Why travel with Peregrine?

When planning travel to a remote and challenging destination, many factors need to be considered. Peregrine Treks and Tours have been pioneering treks in Nepal since 2002. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya and leisure tour experience in the city area. Every tour and trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 3-star hotel in Kathmandu and well maintained, good quality trekking equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene, we will use good teahouses for your meals with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

Registered Address:

Thamel, Kathmandu, Nepal

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Website: <https://peregrinetreks.com>



Peregrine
Treks & Tours

Langtang Valley & Tserko Ri Trek

A beautiful ten day trek in the stunning Langtang valley, with cedar forests and Sherpa villages up to soaring 8000m peaks on the border with Tibet.



Trip Cost

Starts from USD 850

This price is based on minimum 2 people.

For 1 Pax: USD 1150

For 2-3 Pax: USD 900

4 or more Pax: USD 850

Options and Supplements

Hotel single supplement: US\$ 100

Lodge single supplement: US\$ 100

Single Supplement: US\$ 200

Note: We can't give the guarantee for the single supplement in the lodge. This is totally based on the availability)

On our Fixed Departure date Peregrine Treks does not require single travelers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

The Trip

If forests and jungle trails are it for you, then the Langtang Valley Trekking is it for you! The nearest trek from Kathmandu and it brings you the foot of the Nepalese Himalayas through fantastic jungle trails and lush green valleys. The Langtang Valley is home to the Sherpa and Tamang people. Always friendly and hardworking during the Langtang Valley trek, we can see their unique lifestyle and centuries-old traditions. Furthermore, the Kanjin Gumpa a legendary Buddhist monastery awaits our visit.

The Langtang Valley Trekking is an adventure suitable for an easy to medium level. It is advised to do some light exercise before participating in this amazing trek in Nepal. Although this trek is suitable for the whole year. Nature lovers are recommended to take this journey from September to November or from March to May. Peregrine Treks & Expedition staff will help you with advice on the best seasons to do the Langtang Valley Trek in Nepal during your booking or inquiry.

The Langtang Valley Trekking Route

With a drive to Syabrubeshi located in the Rasuwa district of Nepal, the Langtang Valley Trek starts. On the way, we get to see our first glimpses of the hilly Nepali landscapes. Along with remote villages and rice paddy fields. Officially the Langtang Valley Trekking starts from Syabrubeshi. We can also head a little bit further towards the village of Dhunche. The adventure begins as we head along the Langtang River through forests filled with rhododendron trees and wildlife.

Heading towards the Lama Hotel, a vibrant village builds of guesthouses and hotels in the forest to receive travelers with every hospitality. As we travel further towards the Langtang village, the views of the mighty Nepali Himalayas and mountains become clearer. Passing by Ghoda Tabela the Langtang Lirung, Tsergo Ri and the Yala Peak come in view. This journey is fantastic and it becomes even more so once the massive Langtang Glacier comes in sight! Upon the traveler's request, Peregrine Treks & Expedition can make the trek a bit longer and take you up to the Ancient Kyanjin Gumpa or the Ganjala Pass. The trek will end once we reach Helambu. A beautiful place with stunning views and it's from here we can go directly back to Syabrubeshi.

Don't miss out on this unique cultural trek called Langtang Valley trekking in Nepal!

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Want a private trip

Book this trip as a private departure just for you and your group on your chosen date. Contact us for conditions, costs and availability

Accommodation

You will stay in Samsara Resort or Hotel Arts Kathmandu during your trek. A solo traveler needs to share the room with same-gender another traveler. If you need a single supplement, you will have to pay an additional cost of about USD 250. During the trek, most of your accommodations contain attached bathrooms, while some of the teahouses may not have and you may have to share the washing and toilet facilities in that case. Kathmandu and the trekking regions in lower elevation will have single room facilities, but it will be hard to find them at higher elevations.

Meals

You will enjoy typical Nepalese food and international cuisine (Tibetan, Continental, India, etc.) as well during your trek. Be sure that the lodges or teahouses will provide breakfast, lunch, and dinner as per their available menu. You may not be served breakfast somewhere during your trek. You may get opportunities for welcome and farewell dinners for guests.

Trip dates

Please follow [website](https://peregrinetreks.com) (<https://peregrinetreks.com/langtang-valley-trekking>)

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At a glance

Day 01 Arrival in Tribhuvan International Airport
Day 02 Bus Drive to Syaprubeshi (1550 m/5100 ft), 7-8 hrs
Day 03 Syaprubeshi to Lama Hotel (2380 m/7830 ft), 6-7 hrs
Day 04 Lama Hotel to Mundu (3543 m) via Langtang village, 6-7 hrs
Day 05 Mundu to Kyanjin Gompa (3870 m/ 12697 ft), 3-4 hrs
Day 06 Kyanjin Gompa to Tsergo Ri (5000 m/ 16404 ft), 6-7 hrs
Day 07 Trek down to Lama Hotel from Kyanjin Gompa, 6-7 Hrs
Day 08 Lama Hotel to Syapru Besi, 4-5 hrs
Day 09 Bus Drive to Kathmandu 7-8 hrs
Day 10 Kathmandu Sightseeing & Farewell Dinner
Day 11 Transfer to airport for your departure

What is included?

- ✓ Airport pickups and drops in a private vehicle
- ✓ A three-star hotel in Kathmandu with breakfast
- ✓ Room in the best available lodge and all meal (Breakfast, Lunch, and Dinner) during trekking
- ✓ Tourist Bus to and from Kathmandu
- ✓ Kathmandu Valley guided city tour in private vehicle
- ✓ All entrance fees during sightseeing and trekking
- ✓ An experienced English or other Language speaking guide and one assistance guide for more than five trekkers
- ✓ One porter for two trekkers
- ✓ Guide, porter and necessary staff salaries, insurance, accommodation and food
- ✓ Down jacket and sleeping bag (to be returned after trip completion)
- ✓ Trekking bag/duffel bag, t-shirt, achievement certificate, and trekking map are free services from the company.
- ✓ All necessary Permit and TIMS
- ✓ First Aid Medical Kit or essential medicine
- ✓ Seasonal fruits during the trek
- ✓ Farewell dinner
- ✓ All applicable government and local taxes

What is not included?

- χ Nepalese visa fee and international airfares
- χ Hotel accommodation, Lunch and Dinner in Kathmandu because of an early arrival in Nepal or late departure from Nepal, prior return from the mountain because of any reason than the scheduled itinerary.
- χ Travel and rescue insurance for trekkers only
- χ Personal expenses (phone calls, laundry, soft or hard beverages, recharge the battery, bottled/boiled water, extra porters, hot shower, a pot of tea, etc.) during trekking
- χ Tips and gratuities for guide(s), porter(s) and driver(s)



Fast facts

Destination:	Nepal
Duration:	11 Days
Group Size:	Minimum 1 pax
Arrival on:	Kathmandu
Departure:	Kathmandu
Max Altitude:	4984 meters
Difficulty:	Moderate
Visas:	No (you can get visa upon arrival in Kathmandu)
Vaccinations:	Please consult a travel vaccination specialist for up to date information
Private Groups:	Private group options are available for this trip
Singles:	A single supplement is available for this trip
Leader:	Expert local leader

Thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimize the impact of our presence, protect what is precious and where we can leave a positive impact.

Trip grading

Introductory to Moderate

These adventures involve trekking for up to 6 or 7 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 4984m and are usually between 09 and 15 days in duration. You will need a good level of fitness and be in good health.

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Detailed Itinerary

Day 01: Arrival in Kathmandu

- Arrival at the airport and transfer to your hotel by our representative
- Hotel rest / explore the streets of Thamel
- Trek preparation
- Overnight stay at your hotel in Kathmandu

Meals: Not Included

Day 02: Bus Drive to Syarubeshi (1550 m/5100 ft), 7-8 hrs

- Hotel breakfast and checkout
- A scenic drive through the Nepalese highlands until reaching Syarubeshi
- The road takes us to the rural Rasuwa District of Nepal and passed Nuwakot
- Overnight stay in Syarubeshi village

Meals: Breakfast, Lunch and Dinner

Day 03: Syarubeshi to Lama Hotel (2380 m/7830 ft), 6-7 hrs

- Breakfast and departure
- Our first trek goes to the Lama Hotel
- The trail leads us passed Tamang villages and into the forest
- After a few hours, we can see the Lama hotel located in the bamboo and rhododendron forest
- Overnight stay at the Lama Hotel

Meals: Breakfast, Lunch and Dinner

Day 04: Lama Hotel to Mundu (3543 m/11621 ft) via Langtang village, 6-7 hrs

- Early breakfast and departure
- Starting with a forest trail and the path goes slightly uphill
- After exiting the open forest land gives way to incredible views
- After passing the Langtang village that was struck by the 2015 landslide, we head to Mundu
- Overnight stay at Mundu village

Meals: Breakfast, Lunch and Dinner

Day 05: Mundu to Kyanjin Gumpa (3870 m/ 12697 ft), 3-4 hrs

- Breakfast and departure
- Start the trek, about 2 hours upwards to Kyanjin
- Enjoy the views from the Kyanjin Gumpa
- Evening Buddhist prayer ceremony
- Overnight stay in Kyanjin

Meals: Breakfast, Lunch and Dinner



Suggested preparation

45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

Adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your guide or tour leader.

Customize this trip

Just tell us about your preferences, interests and the amount of time available to you and we will take care of the rest. We will help design a tour and work out a comfortable itinerary that best suits your needs.

Extending Your Trip

- ✚ Pokhara Tour (2 Night 3 Days)
- ✚ Chitwan Jungle Safari (2 Night 3 days)
- ✚ Yoga retreat in Kathmandu

Day 06: Kyanjin Gompa to Tsergo Ri (5000 m/ 16404 ft), 6-7 hrs

- Breakfast and departure
- The amazing 5-hour hike brings us up to Tsergo Ri
- Relax and enjoy the views from up here
- Heading back down to the Kyanjin Gompa
- Overnight stay at Kyanjin

Meals: Breakfast, Lunch and Dinner

Day 07 Trek down to Lama Hotel from Kyanjin Gompa, 6-7 Hrs

- Early breakfast and departure
- Following the same trail back as day 4 and 5
- Entering the forest and hike down until reaching the Lama Hotel
- Overnight stay at the Lama Hotel

Meals: Breakfast, Lunch and Dinner

Day 08 Lama Hotel to Syapru Besi, 4-5 hrs

- Breakfast and departure
- Our last day of trekking brings us downwards
- Following easy-going descending trails and passing various villages
- Arrival at Syabrubhesi
- Enjoy the last evening in the Langtang area
- Overnight stay in Syabrubhesi

Meals: Breakfast, Lunch and Dinner

Day 09 Bus Drive to Kathmandu 7-8 hrs

- Breakfast and departure
- The bus ride back to Kathmandu (about 7 hours)
- After arriving back in Kathmandu, we will transfer you to your hotel
- Rest of the evening free for leisure
- Overnight stay in Kathmandu

Meals: Breakfast and Lunch

Day 10 Kathmandu Sightseeing & Farewell Dinner

- Hotel breakfast and pick up by our driver for sightseeing
- Sightseeing a full day at:
 - The Famous Hindu Temple Pashupatinath
 - The amazing Buddhist Stupa Boudhanath
 - The Monkey Temple Swayambunath
 - The Royal Durbar Square in Kathmandu
- A special thank you and farewell dinner in a traditional Nepali Restaurant
- Overnight stay in Kathmandu city

Meals: Breakfast

Day 11 Transfer to airport for your departure

- Hotel breakfast and check out
- Transfer to the international airport about 3 hours before your departure time

Meals: Breakfast

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Equipment and Packing List

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Peregrine Treks inclusive in the service. The weight limit for your luggage is 33 pounds or 15 kg. Remember that your porter will carry your luggage but you are required to carry a day pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.

Important documents and items

- Valid passport (at least 3 month validity), 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, also useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops

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How to book

To book a Peregrine Treks' trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 20% non refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.
Current A/c: 019 08274760015
Paying Bank: Himalayan Bank Limited
Branch: Thamel
Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal
SWIFT CODE: HIMANPKA

Bank service charges related to submitting a deposit are the responsibility of the client.

More Information

Best time to go to Langtang Valley Trek

Although Langtang Valley Trek is done all year round, March to May and September to November are considered the best seasons for the expedition due to the warm climate and favorable weather.

However, in the past, every expedition and every season has provided a unique experience. Winters can be promising as we see the areas covered by a thin layer of snow, and there are much fewer expeditions sharing the trail.

Accommodation during the Langtang Valley Trek

There are several well-accommodated lodges and tea houses while on the Langtang Valley Trek. We would recommend you to have a mixture of luxury lodges and local tea houses to stay for nights while on the trek.

Trekking Group

Generally, for the Langtang Valley Trek 10 trekkers is considered the best number according to our findings. There is one leader, assistant guide (6 trekkers = 1 assistant guide), and Sherpa porters/carriers (2 trekkers = one porter) to make this trip successful even if some uncertainties occur. However, upon client requests, we can also arrange a trek for more than ten people or a private trek too.

Food and Dietary Restriction

During Langtang Valley Trek, we provide three times meals (Breakfast, Lunch, and dinner) with tea and coffee. Many lodges at the expedition cook a variety of vegetarian cuisines like Italian, Continental, and Indian, etc. The foods contain a lot of garlic for acclimatization purposes. We would discourage you from drinking beer or whiskey or meat items as they increase the chances of getting sick while trailing the heights. The dinners and breakfast will be served in the lodge we stay for the night. The lunch will be made on the way to the destination. We will have a farewell dinner and breakfast in Kathmandu. Please let us know beforehand if you have any dietary plans.



- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket *
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves
- 1 pair of lightweight wool or fleece gloves
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, "broken in")
- 1 pair of trainers or running shoes and/or sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (good to -20 degrees C or 28 degrees F)*
- Fleece sleeping bag liner (optional)

Water

We suggest you buy water purifying tablets along the way and carry a bottle of a couple of liters. Purchase water bottles would only encourage pollution in the region. You can use water taste enhancers to cover up the unpleasant taste of the tablets.

Altitude Acclimatization

Trailing up, then the height of 2500 m can increase the risk of Acute Mountain Sickness (AMS). Altitude Acclimatization is the key to avoid acute mountain sickness. Make a slow climb to help your body acclimatize. Drink plenty of liquid-like garlic soup that helps the body with the process. There are drugs like acetazolamide (also called Diamox) that help the body maintain the amount of oxygen. However, our trips itineraries are designed, keeping in mind the time for acclimatization for a human body.

Trip Safety

Your safety is always our priority. Our trips are well planned to take every precaution in mind. The team will be well equipped with cell phones, emergency satellite phones, extensive medical kits, and other necessary apparatus. You will always be in connection with our Kathmandu office. Our team makes sure you are safe throughout the trip. Pre-trip administration such as compulsory medical questionnaires and travel insurance is all done keeping your safety in mind.

Preparing for the Challenge

Terrain

The terrain in the Langtang Region varies as we move along the route. During Langtang Valley Trek, we pass through valleys, forests, mountains, and steep paths. Trekkers must be healthy to be on this trek. This trek takes us to 4984m of altitude and some; people might have symptoms of altitude sickness despite precautions. The accurate distance cannot be measured due to the lack of accurate maps. However, we would be delighted to talk to you through the trip if you have any worries about your fitness at any age.

Weather

Nepal has cold winters, hot and wet summers, pleasant autumns, and moist winters. The best time for the Langtang Valley Trek would be sprung. However, every season has a unique specialty and delighers.

Fitness Level

Langtang Valley Trek requires a reasonable level of fitness maintained. One must be used for some exercise. However, your gears and sleeping bags will be carried by porters and animals. So your daily pack will be light, and just, the altitude trail can seem a significant issue. We walk daily, and with days, you must feel fit and healthy and push your limits. We expect our fellow participants to get used to exercise and train hard before the Langtang Valley trek. However, we design our treks equal to every gender or age. We believe that trekking is not a race and a collective trail. So there is equal participation of all the trekkers.

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Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag *
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter and 1 matches
- digital camera with extra cards and batteries
- 2 water bottles (1 liter each)
- 1 small folding knife (Swiss Knife is better)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer

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Vaccinations

We recommend vaccinations for diseases like Malaria, Small Pox, Typhoid, Titanus, Meningitis, Rabies, Hepatitis and, Polio to be on the safer side. That may be the best precaution to be taken before the Langtang Valley Trek. Please consult your doctors and carry your health certificates if they are required in any case.

Travel Insurance

Before commencing any of the Peregrine Treks, we make sure our participants have enough insurance covering any misfortunes that may occur while the trip. You are welcome to source your insurance and provide this proof 15 days before the trip.

Passport and Visa

All nationalities except Indians require a visa. A visa can be easily acquired through different embassies or Tribhuvan International Airport (TIA) upon arrival. To obtain a visa at the airport, you'll have to wait in a queue, but this is the easiest way to get one. You'll be required to submit a passport size photo along with fees in US dollars or equivalent convertible currency. Please note that the costs and regulations for visa change frequently, so please be updated with the contemporary rules with your nearest Nepalese embassy or consulate.

Environmental Care and Sustainable Tourism

Tourism Industry depends upon the conservation of fragile nature. And we want our future generations to enjoy the beautiful Himalayas just as we do with our clients. With increasing trekkers, increases our responsibility towards the environment. We make sure our customers enjoy every bit of the trip with no harm to nature. We evade the damage by carefully designing our itineraries, educating guides, and having an active environmental policy that is persistently reviewed. Our team is ensured to follow the environmental policy and also encourage the trekkers to help preserve the precious Himalayan eco-system.

Transport

We in Peregrine Treks and Tours chose low emission vehicles that are fuel-efficient and environment-friendly. We use local cars whenever possible, to decrease per person emission and also support the local economy.

Social networking

FACEBOOK: Like our page at <https://www.facebook.com/peregrinetreks/>
INSTAGRAM: @peregrine_treks
Follow us at https://www.instagram.com/peregrine_treks/
Twitter: https://twitter.com/peregrine_treks

Trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters.



- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash
- Sanitary Pad (for menstruation period)

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime. We ask that you check your trip availability with our team at your earliest convenience.

How to book

To book a Peregrine Treks' trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 20% non refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

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