

Event for Dec 2016 organized by Himalayan Ski trek@ Langtang

Date: 18th dec - 30th dec (Flexible)

Day 1: 18th Dec 2016

Morning : Conference Himalayan Ski trek

Afternoon: Cultural walking tour of Kathmandu

The sheer number of temples located in Kathmandu and the surrounding valley has given it the nickname "City of Temples." You could easily spend your entire trip hopping from one temple to the next. There is opportunity to explore rich Nepali Culture. Everyday there will be fresh varieties of Nepali Food.

Visit to Bodhnath Stupa

Bodhnath Stupa, besides being one of the largest stupas in the world, is the most important and holiest Tibetan Buddhist site outside of Tibet. The white 14th century structure is said to house a bone once carried by the Buddha. Worshippers come here to circumambulate the stupa while spinning prayer wheels and praying to the 108 small images of the Buddha surrounding the structure.

Evening: Swayambhunath

Even if you're not big on temple visits, making your way southwest of Kathmandu to Swayambhunath Temple is worth it for the stunning views of the city below. This Buddhist temple, nicknamed Monkey Temple by locals due to the large population of monkeys that call the complex home, is instantly recognizable by its golden spires with ominous-looking eyes painted on them.

Day 2: 19th Dec 2016

Morning: Administration

Afternoon : Visit to Pashupatinath and Patan Durbar Square

Pashupatinath: Located just east of Kathmandu on the banks of the Bagmati River, the Pashupatinath temple is dedicated to the Hindu god Shiva and is best known for its magnificent architecture. The two-story pagoda structure houses a sacred phallic symbol, or *linga*, of Shiva, making it one of the most important Hindu temples in Nepal and the most important Shaivite temple in the subcontinent. Pashupatinath is also the site of the most-used cremation spot in the Kathmandu Valley.

Patan, the oldest of all the three cities of Kathmandu valley. It is the best known for its artistic heritage. It is probably one of the oldest Buddhist City in the world.

Day 3: 20th Dec 2016

Morning: Administration

Afternoon: Cultural visit to Bhaktapur Durbar Square

Bhaktapur was founded in the 12th century and is replete with pagodas and terra-cotta monuments, as well as fascinating palaces and temples.

Bhaktapur Durbar Square is the plaza in front of the royal palace of the old Bhaktapur Kingdom, 1400m above sea level. It is one of three Durbar Squares in the Kathmandu Valley in Nepal, all of which are UNESCO World Heritage Sites.

Trek and Ski touring to Kyanjin Gompa (21st Dec -30th Dec)

Our trip is unique from trekking to Skiing in Himalayas which is dream of every adventure people. Ultimate adventure from beginning to end.

Ski touring which is first unique experience in heart of Himalayas.

During this trek along unbeaten trails and offering a total wilderness experience you will explore traditional Tamang villages, unspoiled and virtually untouched culture, life, crafts and nature. You will receive a warm welcome by the locals rich in their distinct colorful costumes, their houses adorned with beautiful woodcarvings. This region offers a wilderness experience with beautiful landscapes of alpine terrain, flat meadows and rhododendron forests.

Each day there will be fresh food locally produced. Stop over for Sherpa Tea house. There will be media coverage nationally and internationally through out our trip.

Highlights: This year we are organizing Disabled skiing/ adaptive skiing programs in Langtang area

Heli Ski available

There is two way for this trip:

1. Trekking
2. Heli : Approx 20 mins flight from Kathmandu to Langtang valley

From Syabrubesi the track continues to Kyanjin Gompa (3,740 m). This is the site of the Yala Cheese Factory. Visiting to the Yala Cheese Factory (4.633 m) and the small lakes beyond Yala are worthwhile. Yala peak can be reached within half a day from Kyangjin Gompa. From Kyangjin Gompa, a continuation to the pastures of Langsisa (4.084 m) provides the good views of numerous glaciers.

Day 04: Drive from Kathmandu to Syabrubesi(1610m) by Bus. 7 hours driving. Beautiful view on the way .

Day 05: Trek from Syabrubesi to Lama hotel (2480 m.) Walking 5:30 hours, Slow and steady walk for acclimatization. Night stay at Lama Hotel

Day 06: Trek from Lama Hotel to Langtang village (3541 m.) Langtang valley to Kyanjin Gompa (3,740) Walking 6-7 hours, Slow and steady walk for acclimatization. Night stay at Kyanjin Gompa

Day 07:

Morning: Welcome Speech

Introduction

Breakfast

Day time activities: Skiing Introduction for beginners /Ski Touring in local area

Evening activities: Local Tibetan Tea making workshop

Day 08:

Day time activities :Skiing/Ski touring

Trek from Langtang village to Kyanjin Ri (4773m/ 14526ft) and back to Kyanjin Gompa.
Walking 5 hours, Panoramic view of Himalayas
Evening Activities: Local Tibetan Cultural Show

Day 09:

Day time activities: Skiing

Archery competition with local villagers

Evening Activities: Night skiing and adventure

Day 10:

Day time activities: Skiing /Ski touring

Evening Activities: Farewell

Certificate distribution

Media interviews

Local dance and Live Music

Day 11:

Trek down to Lama hotel (2480 m.) Walking 6 hours

Alternatively Heli Down from Langtang valley to Kathmandu

Day 12:

Trek down to Syaprubensi. Walking 5 hours

Day 13:

Drive back to Kathmandu by Bus. 7 hours driving

Disabled skiing/ adaptive skiing programs at the bottom of page with highlights

What Is Included

- All airport/hotel transfers
- 3 nights in a 3-star hotel in Kathmandu with breakfast
- All accommodation and meals during the trek
- Welcome and farewell dinner
- Pickup and drop, Kathmandu-Syabrubesi- by local bus
- An experienced English-speaking trek leader (trekking guide), assistant trek leader and Sherpa porters to carry luggage
- All skiing gear