

TREKKING

# TREKKING IN NEPAL WITH NÚRIA PICAS

From Kathmandu to the heart of the Himalayas  
(Gosaikunda)



# NEPAL



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Join N ria Picas on a unique adventure through Nepal: from vibrant Kathmandu to the Langtang region. Enjoy an unforgettable trek and bathe in the sacred lakes of Gosaikunda, surrounded by nature, culture, and spirituality. A route suitable for everyone.

## RECOMMENDED MONTHS

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NOVEMBER

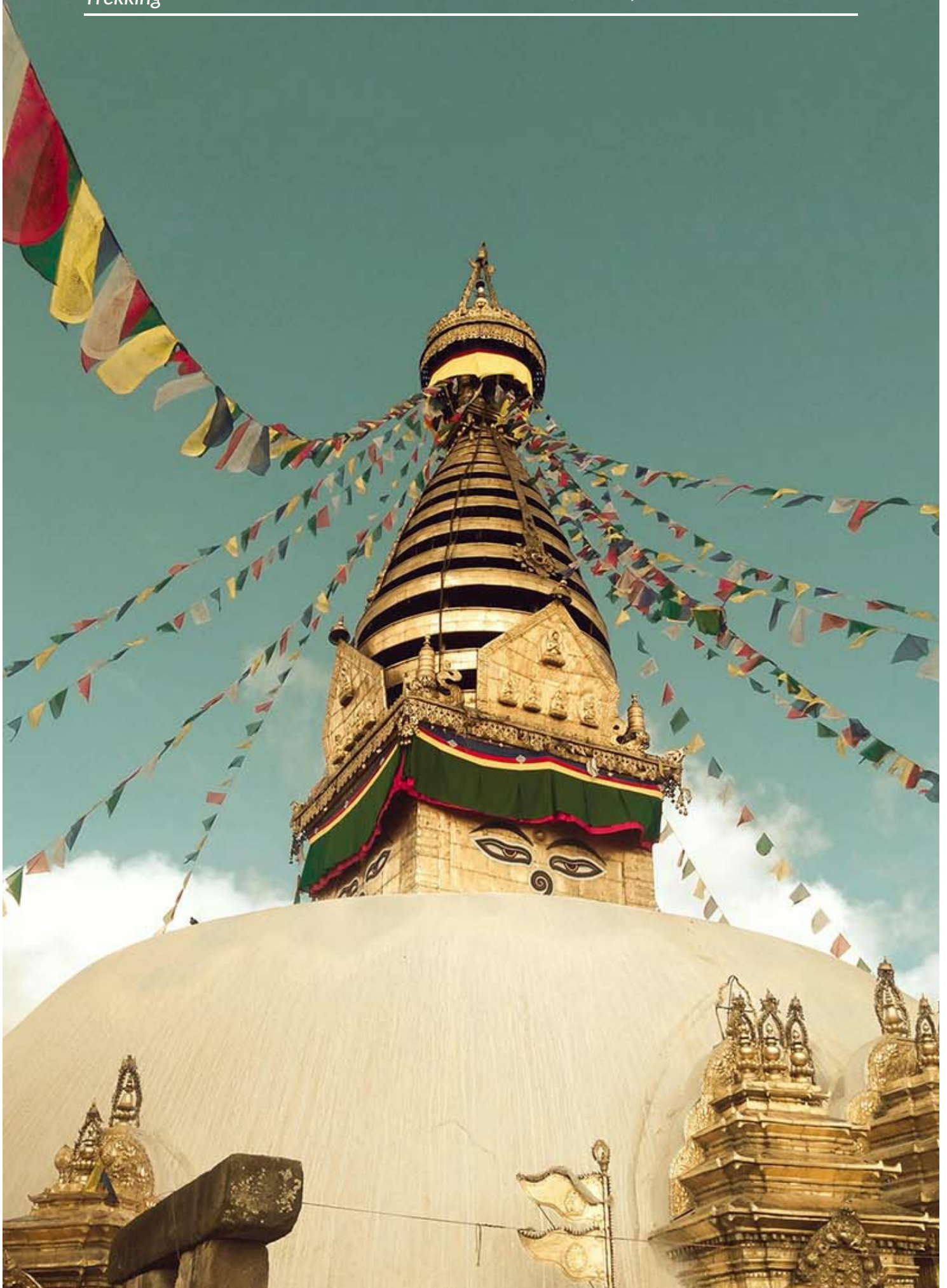


## PRICES

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**From 1.950€ /person**

Group discounts





# Highlights

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- REACH THE HIMALAYAS ON FOOT FROM KATHMANDU
- MORNING TREKKING WITH OPTIONAL SUMMIT ASCENTS ON SEVERAL AFTERNOONS
- LAURIBINA PASS (4,610 M) AND THE SACRED GOSAIKUNDA LAKE
- SMALL PRIVATE GROUP GUIDED BY NÚRIA PICAS.

# Private group

100% customizable

From (People)	Category	Availability	Days	Price per pers.
✘ No private groups available, only open groups				

Travel with your family or group of friends.

\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)

# Open group

Share the experience with other travelers

Trip Details	Dates	N° days	Avail. spots	Price per pers.
Trekking en Nepal con Núria Picas	13 Nov 2026	12	12	1.950€

\*Check availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)

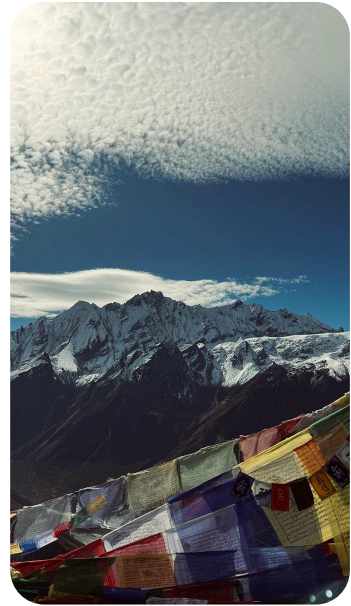


## ***Includes***

- Private transfer from and to the airport
- Tourist class hotel in Kathmandu with breakfast included (shared room)
- Private bus to Boudhanath, bus to Sundarjal, and transfer from Dunche back to the hotel in Kathmandu
- Accommodation in lodges during trekking (tea houses, shared room)
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the hike
- National park fees and TIMS fees
- A certified mountain guide (Núria Picas)
- English-speaking trekking guide (Sirdar)
- Porter (1 per every 2 people). Carries a maximum of 12 kg of luggage per person
- Daily salary, food, and accommodation for Nepalese staff
- Insurance for guides and porters
- Technical advice and equipment

## ***Not included***

- Flights and visas to Nepal (we can manage them)
- Drinks during the trek
- Lunch and dinner in Kathmandu
- Medical, rescue, and cancellation insurance (we can manage them)
- Expenses due to roadblocks, landslides, natural disasters, or strikes
- Anything not listed under the "INCLUDED" section.





# Itinerary

## DAY 1: DEPARTURE FLIGHT TO KATHMANDU

Departure flight to Kathmandu.

## DAY 2 : ARRIVAL IN KATHMANDU

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: you can visit the Swayambhu stupa (Monkey Temple), wander through the streets of Thamel, or have your first Dal bhat dinner (the most traditional dish of Nepali cuisine).

Accommodation: 3-star hotel

## DAY 3: FROM BOUDHANATH TO CHISPANI

Early morning hotel pick-up and transfer of the entire group to the great Boudhanath Stupa. It is one of the most sacred sites in Buddhism and is also highly revered by Hindus. It is the largest circular stupa in Eurasia and is surrounded by Buddhist schools and Tibetan refugee communities. Pilgrims traditionally walk around the stupa three times while praying; we will do the same, asking for good luck for the journey ahead. A bus will then take us to Sundarijal (on the outskirts of Kathmandu), where our trek will begin. However, for those who feel like adding a bit more adventure, it is possible to run directly from Boudhanath to Sundarijal (adding just 8 km to today's route). We immediately enter the forest and begin an almost 10 km hike that will take us to the small village of Chisapani, at an altitude of 2,170 m.

Trek 1: Sundarijal to Chisapani (2170 m) (9.7 km, +1081 m -289 m; 4 h) (Optional extension: start from Boudhanath +8 km)

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 4: FROM CHISAPANI TO KUTUMSANG

We continue our route through the Helambu area, moving further away from Kathmandu and gradually ascending to achieve good acclimatization. Today will be the longest day of the entire trek, covering 16 km at a steady pace, including a good break for lunch in one of the small villages we will cross before arriving at Kutumsang (2,456 m).

Trek 2 From Chisapani to Kutumsang (2,456 m) (16.0 km, +1,280 m -987 m; 7 h).

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## **DAY 5: FROM KUTUMSANG TO MANGENGOTH**

Today awaits a much calmer day of less than 7 km to properly recover from the effort of the previous day until reaching a small lodge located in Mangengoth at 3,390 m. For those wanting more, in the afternoon we will ascend a nearby peak of 3,470 m, from where several peaks of almost 7,000 m can already be seen. The rest of the group will enjoy a yoga session during the sunset.

Trek 3 Kutumsang to Mangengoth (3,390 m) (6.6 km, +916 m -149 m; 4 h) (Optional extension: summit at 3,470 m).

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## **DAY 6 : FROM MANGENGOTH TO THADEPATI**

We leave Mangengoth and head to Thadepati at 3,690 m. Today we will also do a calm and easy 6 km route with little elevation change. In the afternoon, the whole group will climb a 3,840 m mountain behind our lodge to help with acclimatization. If anyone feels up to it, we can continue to another mountain at 4,490 m and together decide whether to watch the sunset from the summit or from our lodge.

Trek 4 Mangengoth to Thadepati (3,690 m) (6.1 km, +496 m -611 m; 3 h) (Optional extension: summit at 3,840 m or 4,490 m).

Accommodation: Tea house

Comida: desayuno + almuerzo + cena.

## **DAY 7 : FROM THADEPATI TO PHEDI**

We have now left the Helambu region behind and entered the Himalayas. Today we will reach the last inhabited place on this side of the Gosaikunda Pass. In less than five hours, we aim to reach Phedi (3,630 m). Today is a day to rest and regain strength for tomorrow, when we will face the highest point of the entire route.

Trek 5 From Thadepati to Phedi (3,630 m) (8.0 km, +712 m -594 m; 5 h).

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## **DAY 8: FROM PHEDI TO GOSAIKUND**

Today we will all cross Lauribina Pass (4,610 m), the highest point of the route. Afterwards, a short descent will take us to the sacred lakes of Gosaikunda. Gosaikunda is dedicated to the god Shiva, and pilgrims from all over the world come to take a ritual bath in its icy waters for purification. We just need to step into the water and run back to our lodge (or watch how others do it). We can also hike up to a nearby viewpoint for spectacular views.

Trek 6: From Phedi to Gosaikunda (4,419 m) – 6.5 km, +915 m / -262 m; ~5 h. Optional extension: Viewpoint at 4,610 m.

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 9: FROM GOSAIKUND TO CHANDANBARI

We begin a trail that almost continuously descends to the bottom of the Langtang Valley. Today's route takes us along a comfortable ridge with stunning views of Langtang Lirung (7,200 m) until we reach Chandamhari. In about 4 hours—or less—we can arrive at this village and visit the Shing Gomba Buddhist monastery (3,330 m).

Trek 7: Gosaikunda to Chandamhari – 9.0 km, +70 m / -1,176 m; ~4 h

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 10: FROM CHANDANBARI TO DUNCHE

Last day of trekking. Today we face a long descent to the bottom of the valley to reach Dunche. Be on the lookout for the forests in this area, which are full of wild monkeys. We have now arrived at the last town before the Tibetan border and the end of our route.

Trek 8: Chandamhari to Dunche (1,950 m) – 11.6 km, +100 m / -1,750 m; ~5 h

Accommodation: Tea house

Meals: breakfast + lunch + dinner.

## DAY 11 : FROM DUNCHE TO KATHMANDU

A bus will pick us up early in the morning, and we will begin our return to Kathmandu, arriving in about 5 to 6 hours. In the afternoon, we can explore Thamel or simply enjoy our last dinner in Nepal.

Accommodation: Hotel.

Meals: breakfast + lunch.

## DAY 12: RETURN FLIGHT

We can take advantage of the early morning to do last-minute shopping. Afterwards, we will be picked up at the hotel to take us to the airport. Flight back home.

Meals: breakfast.

Extra Services :

All our tours in Nepal can be extended and customized. These are the most popular additional services:

- Morning Everest flight: approximately 1-hour flight to see/touch Mount Everest (we will fly just 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 a.m. and return by breakfast time)
- KTM Cultural Tour 1: 1-day tour to visit 3 UNESCO World Heritage sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Cultural guide included (speaks English, Spanish...), additional hotel night and meals not included)
- KTM Cultural Tour 2: 1-day tour to visit 3 UNESCO World Heritage sites: Patan City + Kathmandu Durbar Square + Swoyambhu Nath Stupa. (Cultural guide included (speaks English, Spanish...), additional hotel night and meals not included)
- Extra night: One additional night in KTM (includes breakfast in shared or private room)

You can book additional services when reserving your trip or later.



## ***Payment and cancellation policy***

Initial reservation: To secure your spot, a down payment of 30% of the total trip price is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The client may purchase travel cancellation insurance to be able to receive a refund of the total amount paid (according to its conditions).

The end user may cancel the contracted trip, having the right to a refund of the amounts paid, except for the indicated penalties, but must also pay the Agency the amounts indicated below once the trip is confirmed. If the trip does not take place due to not reaching the required minimum number of spots, the client may keep the credit for future trips or request a full refund of the reservation.

Cancellation policy 3:

### **FULL REFUND UNTIL 24H AFTER PURCHASE**

- Up to 60 days before the trip, 100% refund of the trip amount.
- Up to 45 days before the trip, 50% refund of the trip amount.
- For periods shorter than those described in the cancellation policy, no amount already paid will be refunded.

\*A management fee of 250€ applies.

\*Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable fees already issued, these will also not be refunded and will be deducted from the amount to be paid.

\*The cancellation cost of issued flights is 100% of the amount.

Off Trail S.L. acts as the organizer in this combined trip. For scheduled open departures, the trip will require a minimum of 7 confirmed registered persons, and the traveler will be informed through the client portal when this minimum is reached to confirm the departure. In case the minimum number is not reached, the organizer may cancel the trip and notify the traveler within the applicable legal period of up to 20 calendar days before departure. For private departures or tailor-made trips, the program is considered confirmed from the acceptance of the booking, as it is a trip specifically designed for the number of people indicated in the contract and priced accordingly. In case of cancellation due to not reaching the required minimum, the traveler will be entitled to a full refund of the amounts paid, without additional compensation.

## Packing List

### FUNCTIONAL CLOTHING

- Hardshell jacket (waterproof Gore-Tex)
- Light waterproof pants
- Warm jacket: down jacket or Primaloft jacket
- Light fleece jacket
- Thermal pants and shirt for sleeping at the refuge
- Trekking trousers (short and long)
- Technical or merino shirts (quick-drying)
- Swimsuits
- Underwear (recommended not cotton)

### HEAD

- Lightweight sun hat
- Wool hat
- Neck warmer (buff style)
- Sunglasses

### HANDS

- Thermal gloves for cold weather
- Trekking poles

### FEET

- Socks (recommended not cotton)
- Trail running shoes or trekking boots
- Flip-flops for the lodge or trekking sandals with heel straps

### BACKPACKS

- Trail running vest or lightweight backpack
- Rain cover for backpack
- Duffel bag (max. 12.5 kg per person)

### LODGE EQUIPMENT

- Sleeping bag
- Earplugs

### ACCESSORIES

- Headlamp and spare battery or batteries
- Sunscreen, lip balm, and after sun

### FOOD/DRINK

- Minimum 1 litre hydration system (Camelbag or water bottle)
- Thermos (optional)
- Snacks, nuts, energy bars...

### TRAVEL GEAR

- Casual clothes
- Passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route tracking (optional)
- Power bank, camera, charging cables, headphones, book...

# FAQs

## What physical and technical level is required?

You need a minimum level that allows you to do a mountain route of 1200m of elevation gain in one day. It is not a demanding route, and short hikes are interspersed throughout the day to ensure proper acclimatization and recovery from the trekking sessions. During the route, we can carry a small backpack with the things we will use during the day. Porters will transport our backpacks to the next lodge. For those who are always looking for more, we have several extensions available during the afternoons to ascend peaks near our lodges.

## How to organize the bag with the equipment that the porter will carry?

The porter carries the gear for two people (maximum 12kg per person). You should share one bag between each person and give it to the porter. Ideally, a duffel bag of approximately 80L will fit. The other bag will stay at your hotel in Kathmandu.

## Backpack during the route

Bring a small backpack that can hold a jacket, a water bottle, and some snack bars or nuts. The porters will carry all the gear you don't need during the day.

## Crampons

Snow or ice may be present in the higher elevations of the trek, although this is rare. Conditions can change rapidly, especially on the highest passes. Some people wear chain crampons to improve grip on slippery surfaces; spiked crampons are not necessary for trekking.

## Cash

In Kathmandu, you can usually pay by card, but not everywhere. After that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

## Recommended cash amount

It is recommended to bring a minimum of €250 in cash for non-included expenses, such as drinks or meals in Kathmandu, souvenirs and tips.

## Tips

Tips are usually given at the end of the trip (not mandatory, but highly recommended), in cash (they don't have a credit card machine). Guides: \$5-\$10 per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase, reaching \$10-\$15 per person per day. Porters: \$3-\$5 per day per person. On longer or more demanding treks, you might consider increasing this to \$5-\$7.

## Hygiene conditions in the lodges

As you gain altitude, accommodations become much more basic. It's recommended to bring wet wipes and a sleeping bag.

## **Showers and hot water**

At higher altitudes, hot showers are very rare. It's very easy to catch a cold, which increases the risk of altitude sickness. We recommend avoiding showers. Wet wipes are a good alternative for maintaining hygiene.

## **Where will we stay?**

The first and last nights will be spent at the International Guest House in Kathmandu. The remaining nights will be spent in lodges along the way. The program offers shared accommodation. If you prefer a single room, please specify this when booking.

## **Medications for the altitude**

The routes are gradual to avoid altitude sickness (as much as possible). The guides carry a complete first-aid kit, including an oxygen saturation monitor. For medications such as Edemox or similar, consult your doctor, although they are not necessary.

## **Mobile Phone and SIM card**

You can buy a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A €15-€20 top-up will give you enough data to use WhatsApp when there's coverage. Regular calls are much more expensive.

## **Is it necessary to take any type of supplement or recovery supplement?**

Supplements can be helpful, but they're not essential. It's a good idea to take iron in the days before starting an activity at altitude. You can consult your doctor or nutritionist about this.

## **Water purification tablets**

It is recommended to always purchase bottled or boiled water at the lodges. It is also recommended to bring a water bottle or a thermos that can carry hot water.

## **Mosquito Repellent**

Repellent may be useful the first few days, but in high altitudes it is not necessary.

## **Vaccination card**

There are no mandatory vaccines required to travel to Nepal. We recommend consulting your doctor regarding the recommended vaccinations.

## **Plug adapters**

They are the same ones that exist in Europe.

## **What are the passport and visa requirements?**

It is important to have a valid passport with at least six months validity. Nepal offers visa on arrival for most nationalities. Upon arrival at Tribhuvan International Airport, go to the machines to fill in a visa application form. After that, proceed to the immigration officer's counter with your original passport to make the payment in cash and process the visa. Immigration policies can change frequently, so if you require a visa, stay updated and check the latest information closer to your planned travel date. Currently (January 2026), the Nepal tourist visa fees are approximately: • 15 Days: USD 30 • 30 Days: USD 50 • 90 Days: USD 125



## Contact

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