

**FIRE - Langtang Volunteer Trip  
2019 Itineraries**

**Trek / Trek**

*(7 or 8 nights in Langtang, 4 nights Kathmandu, 4-5 nights on the trail)*

March 29	June 7	Arrive in Kathmandu, shuttle to hotel
March 30	June 8	Sightseeing, shopping, or free time in Kathmandu
March 31	June 9	Jeep to Syabru Bensi (spelling varies) stay the night here
April 1	June 10	Hike to Lama Hotel or Rimche (8hr)
April 2	June 11	Hike to Langtang or Mundu (6-8hr) or take a rest day
April 3-9	June 12-18	Stay in Langtang Valley for volunteer work
April 10	June 19	Begin hike down valley to Lama Hotel or Rimche (4-7hr)
April 11	June 20	Hike to Syabru Bensi (5-7hr)
April 12	June 21	Jeep to Kathmandu
April 13	June 22	Sightseeing, shopping, or free time in Kathmandu
April 14	June 23	Fly home

**Fly / Trek**

*(7-8 nights in Langtang, 4 nights Kathmandu, 2-3 nights on the trail)*

April 1	June 10	Arrive in Kathmandu, shuttle to hotel
April 2	June 11	Sightseeing, shopping, or free time in Kathmandu
April 3	June 12	Fly via helicopter to Langtang
April 4-9	June 13-18	Stay in Langtang Valley for volunteer work
April 10	June 19	Begin hike down valley to Lama Hotel or Rimche (4-7hr)
April 11	June 20	Hike to Syabru Bensi (5-7hr)
April 12	June 21	Jeep to Kathmandu
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April 3-9	June 12-18	Stay in Langtang Valley for volunteer work
April 10	June 19	Fly via helicopter back to Kathmandu
April 11	June 20	Sightseeing, shopping, or free time in Kathmandu
April 12	June 21	Fly Home

**Fly / Fly**

*(7 nights in Langtang, 4 nights Kathmandu)*

April 1	June 10	Arrive in Kathmandu, shuttle to hotel
April 2	June 11	Sightseeing or free time in Kathmandu
April 3	June 12	Fly via helicopter to Langtang

April 4-9	June 13-18	Stay in Langtang Valley for volunteer work
April 10	June 19	Fly via helicopter back to Kathmandu
April 11	June 20	Sightseeing, shopping, or free time in Kathmandu
April 12	June 21	Fly home

**Please note**

- The above start and end dates are the arrival and departure dates from Kathmandu, Nepal. These dates are the latest and earliest dates you need to arrive in and depart from Nepal. Travel to and from your home country are additional to these dates.
- The itinerary is planned to the best of our knowledge, but please know that there may be unexpected changes. We will do our best to inform you and support you, but please be flexible.
- All rooms are shared room with two people per room at either hotel t-she or shechen guest house. Upgrades are available.
- Transportation is provided by private jeep.