



## MAYA DEVI HERITAGE DESTINATION DEVELOPMENT AND PROMOTION PROJECT

On 25th November 2024, NATTA successfully organized a meeting with the USAID International Development Institute (IDI) to discuss the future of Nepal's cultural heritage tourism.

The meeting, chaired by NATTA President Mr. Kumar Mani Thapaliya, brought together board members and USAID representatives to focus on the Maya Devi Heritage Destination Development and Promotion Project. This initiative aims to position Maya Devi, a site of immense historical and cultural importance, as a prominent global heritage destination.

A comprehensive presentation was delivered during the meeting, showcasing key strategies and initiatives to preserve the sanctity and significance of Maya Devi while enhancing its appeal to international and domestic tourists. The discussion emp-

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hasized sustainable development practices, cultural preservation, and innovative promotional efforts to elevate Nepal's heritage on the global stage.

This collaboration signifies a critical milestone in strengthening Nepal's identity as a hub of heritage tourism, contributing to both local community development and the global appreciation of Nepal's rich history.

# NATTA AND TURKISH AIRLINES DISCUSS AVIATION CHALLENGES



On 29th November 2024, NATTA President Mr. Kumar Mani Thapaliya, along with board members, held a fruitful discussion with Mr. Serkan Basar, Country Manager of Turkish Airlines, at the NATTA Secretariat. The meeting focused on addressing pressing issues within the aviation sector that directly impact Nepal's tourism industry.

NATTA reiterated its commitment to working closely with aviation stakeholders to identify sustainable solutions and ensure the seamless movement of travelers, which is crucial for the growth of Nepal's travel and tourism sector. The meeting ended on a positive note, with both sides agreeing to continue their engagement for mutual benefit.

During the discussion, both parties delved into critical topics such as improving flight connectivity, resolving operational challenges, and exploring collaborative efforts to enhance the overall travel experience for inbound and outbound passengers. With Turkish Airlines being a key player in connecting Nepal to major international destinations, the dialogue also emphasized strengthening partnerships to boost Nepal's tourism potential.



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# Trekking Langtang valley without a guide: itinerary and planning



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# Travel blog

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**Sarah**

<https://whirled-away.com/trekking-langtang-valley-without-guide-itinerary/>

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This post is about our experience trekking from Syabru Besi to Kyanjin Gompa, and then doing some day treks from there. You can follow along or adapt any part of our itinerary to suit yourself, breaking up the days according to where you'd like to stop for the night.

All the trekking times here include stops to look around, take photos, or eat lunch. We are both in reasonably good shape so rarely found the hike in itself challenging in terms of exertion, but there are steep or rocky sections, and a ridge or two so it's a tiny bit hairy in places. There are also a lot of steps and upward climbing which is tiring of course, especially once you factor in the steadily increasing altitude. And, depending on time of year and seasonal considerations, you can get stretches that are wet, muddy, or snowy (we had all of those at one point or another on the day hikes from Kyanjin Gompa). Remember to take it slow and give yourself time to acclimatize to the altitude, especially if you aren't used to high-altitude hiking and don't know how you might react. If you would like to do more hiking in the area you can also set off for Gosainkunda.

### **DAY 1 – Syabru Besi (1440 meters) to Lama Hotel (2500 meters)**

When you set off from Syabru Besi your very first stop before leaving town is at the tourist police. They asked if we had a guide and didn't seem at all bothered when we said no. Again, they recorded our passports and local phone number, and gave us a list of emergency contacts in the park.

It's about 12 kilometers from Syabru Besi to Lama Hotel ascending around 1100 meters. After about an hour you'll reach the first of many teahouses, and then the trail gets steeper. We reached the settlement called Bamboo two hours after that and stopped for lunch. After Bamboo the trail got steeper again and there was only one small teahouse (with no accommodation) before Rimche where we saw two guesthouses.



Accommodation in Lama Hotel seems to be pretty crowded and noisy.

We both found this day the hardest in terms of the trail just getting steeper all the time.

**Time:** 6-7 hours

**Kilometers:** 12



**DAY 2 – Lama Hotel (2500 meters) to Langtang (3400 meters)**

The second day was another 12 km hike ascending around 900 meters. After about three hours we reached Ghoda Tabela where there are a couple of teahouses with accommodation. Here you have to register with the tourist police again and show them your National Park entry permits. This whole stretch was really beautiful in the spring time with flowering rhododendrons.

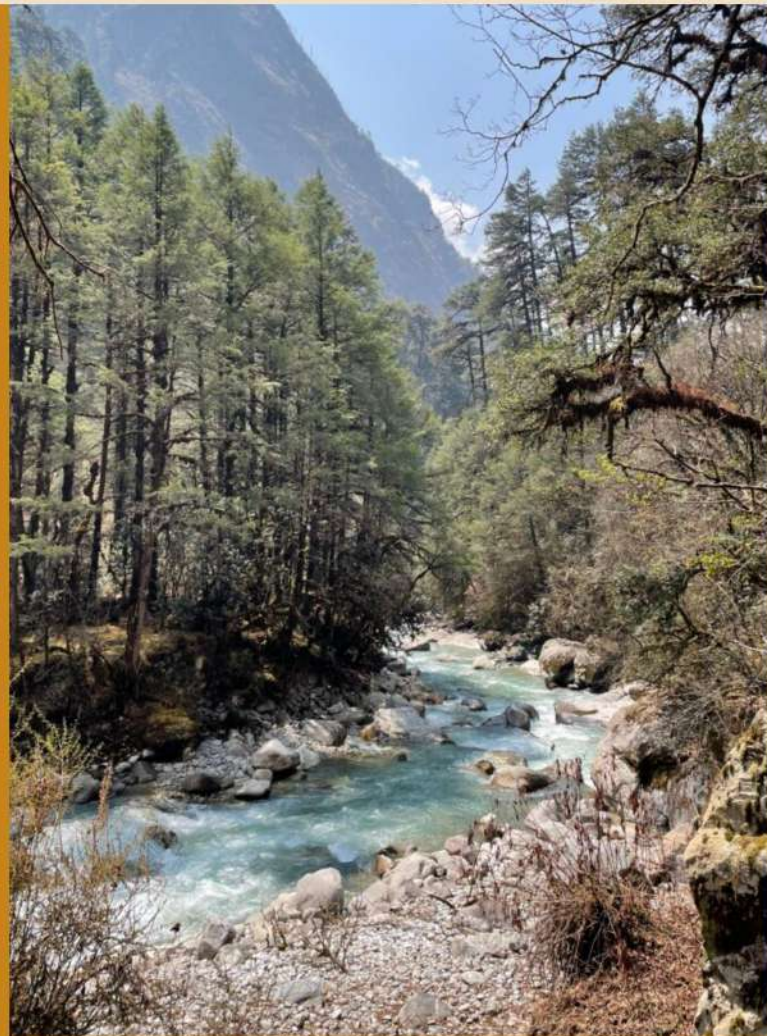
From Ghoda Tabela we just kept hiking onwards another three hours to Langtang and the valley started opening up in front of us. There are accommodation options just before and right after Langtang, as well as in the town itself.

In Langtang we stayed at Memorial Guesthouse, which was nice and clean. They have WiFi and a comfy living room all centered around a wood stove (where you could string up your wet clothes to smolder during dinner:)). There are some bakeries and cafes here too.

**DAY 3 – Langtang (3400 meters) to Kyanjin Gompa (3840 meters)**

The leg from Langtang to Gompa is only a six km hike ascending 440 meters. It's after 3000 meters that some people will start getting symptoms from high altitude sickness (headache, general fatigue, breathlessness, loss of appetite, difficulty sleeping etc.). It's better to stay put or descend if the symptoms persist. Hydration is really important – you should drink three to four liters of water a day. Ascend gradually after 3000 meters and pay attention to how you feel.

We reached Gompa early and decided to enjoy the little town (i.e. eat cake in the very popular bakery there). Gompa is the local metropolis and the base for many treks in the area and we stayed three nights for that reason. There are many nice walks you can do from Gompa, including ones



**Time:** 7 hours  
**Kilometers:** 12



where you don't have to climb, and that's good if you are taking some time to rest and acclimatize (we met many people who were). We stayed at Himalyan Hilton, which was nice and clean. They have WiFi and serve up good food. It is also a little removed from the heap of guesthouses in town.

**Time:** 6-7 hours  
**Kilometers:** 12

**DAY 4 – climbed Kyanjin Ri (4773 meters)**

The sun was shining, and snow fell the last night before. The weather was amazing. This day was the highlight for us both.

The hike up to the peak at 4773 meters is moderately challenging (remember your trekking poles and bring the sunscreen). Follow your map and be aware that the trail does fork at one point, where you should keep left. The route to the right is the alternative easier way down.



There is a lookout on the way. We plotted it into Maps.me first, and it took us about 1.5 hours to reach it at 4360 meters. After the lookout we had to go over a bit of a ridge which one of us found somewhat alarming, but it is certainly doable. Another hour and we reached the peak at 4773 meters! There are beautiful views in all directions.

You can go the same way down, but there's the other route I mentioned which seemed an easier descent and also made a nice loop, so we took it. It's marked on Maps.me.

**Time:** 6 hours

**Kilometers:** 5 km

**DAY 5 – climbed Tserko Ri (disputed at 4985/5033 meters)**

The hike started out quite easy and gradually got harder as we went along. It didn't get technical, but early in the season there was a fair bit of snow on the top and muddy tracks from melting snow.

Check the weather forecast before you set off and keep in mind weather changes fast in the mountains.

It took us about three hours to reach the top at 5000 meters. Since it was very misty we went down the same way, about two hours. There's an alternative way down on Maps.me, which makes a loop around the mountain.



**Time:** 7 hours

**Kilometers:** 8

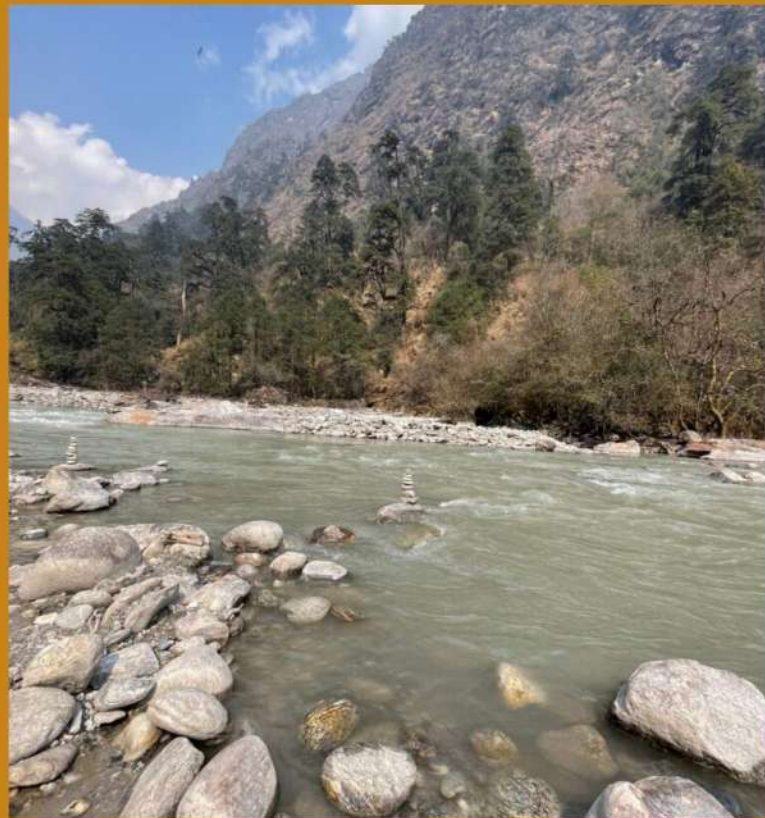
**DAY 6 – Kyanjin Gompa (3840 meters) to Gumnachok (2790 meters)**

Time to go! On our way up the valley we'd scoped out Riverside guesthouse (Gumnachok), about 1.5 hours walking past Lama Hotel. Having spent the night in Lama it was a bit soon to stop again so we decided to stay there on the way back down. They only have a handful of rooms, so during high season if you want to stay there get their WhatsApp number and book ahead. As it was we walked in quite early in the afternoon and got the last room.

If you want to you could probably walk all the way back to Syabru Besi in one loong day. We wanted to stay at Riverside and weren't in a hurry so we split it up.

**Time:** 5.5 hours

**Kilometers:** 11

**DAY 7 – Gumnachok (2790 meters) to Syabru Besi (1440 meters)**

We had plenty of time so we just hung out at Riverside having a breakfast and coffee. The walk back down the rest of the way was a bit tedious as it felt like never-ending steps (somehow didn't seem like that on the way up).

Beer in Syabru Besi tasted really good when we got there. We'd planned to just return to the guesthouse we stayed at the first night, but then we stumbled onto the Royal Himalayan Hotel. It cost just a bit more and felt like paradise: hot showers, very comfy beds, bright room, all clean.

**Time:** 5.5 hours

**Kilometers:** 13

**Kathmandu, and moving on**

We bussed back down from Syabru Besi the next morning. The above hotel is right next to the bus stand which is handy. Same as the way up, we did not book in advance (but noticed that many others did). Shared jeeps run back down too.

Back in Kathmandu afterwards: beer and momos all around!