

## Langtang Gosaikunda Helambu Trek

Duration: 16 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 4,610m</b>
<b>Activity: Trekking</b>	<b>Group Size: 01-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Join **Langtang Gosaikunda Helambu Trek** to explore the “Valley of Glaciers”™ which is abundant of natural and cultural diversity, majestic snowy mountains and rare species of wildlife, flora and fauna. With quaint and less traveled trails, trekkers shall have the full attention of the locals and get an insightful trekking experience. A region with the holy Gosaikunda Lake, Helambu region has some beautiful glacial lakes, lush rain forest, grassy meadows with Daisies and Primus, rugged rocks and unique cultural richness of local communities. Explore the trail over suspension bridges, high passes enveloped with mist and snow, glacial lakes and ancient monasteries in Langtang Gosaikunda Helambu Trek. From the sacred Hindu pilgrimages to the revered Buddhist cultural ensembles and from the habitation of Red Panda to the popular “Selo”™ dance of locals, you have all the diversity and contrasts in Langtang Gosaikunda Helambu Trek. Reach Syabru Besi, the District Headquarters of Rasuwa District and our trail-head, to begin the Langtang Gosaikunda Helambu Trek. Traverse through the green and lush foothills and explore quaint and culturally rich villages as you follow the mighty Bhoti Koshi River upstream. Continue ahead in the trails dominated by Tamang, Sherpa and Newar communities, as you begin the trek with a short climb to a gorge of Langtang valley opening up to glacial valleys. Move ahead through Lama Hotel and Langtang village to reach famous and ancient Kyanjing Gumpa. Climb to Kyanjing Ri (4773m) to view Dorge Lakpa, Langshisa, Gangchembu Peaks before heading to Lama Hotel and to sacred Gosaikunda Lake. Walk with the sight of Ganesh Himal and [Langtang](#) Peaks you trek through Thulo Syabru and Sing Gumpa to reach Gosaikunda. Explore the series of glacial lakes including the famous Gosaikunda and hike steeply to Lauribina Pass (4610m), the highest point of this trek, before walking through forested areas and the settlement of Ghopte and Melamchigaon. The trek from here is mainly downhill with some ups and downs in the trail which takes you through some Sherpa villages including Tarkeghyang and Kakani to reach Melamchi Pul Bazaar, the end of our trekking in the region. Return back to Kathmandu after a driver of few hours to finally wrap up this adventure of Langtang Gosaikunda Helambu Trek in this region full of natural wilderness. Langtang Gosaikunda Helambu Trek is free of uncertainties of air



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

Kaldhara Marga, Thamel, Kathmandu, Nepal

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

travel and provides you with spectacular views of Himalayas, cultural diversities of a region bordering Tibet and doesn't have the risk of altitude sickness as well. With moderate fitness level required and a moderate level of trekking difficulty, you are sure to enjoy this adventure. Taste the delicious Yak Cheese and enjoy the spectacular scenery in Langtang Gosaikunda Helambu Trek which is culturally rich and naturally diverse.



## Itinerary

### Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m)

Our airport representative will welcome you and transfer to the hotel then explain the program further, collecting the necessary documents for the trek. Enjoy your overnight stay at the hotel. B/B

### Day 02: Kathmandu day Valley Sightseeing Tour

Sightseeing of UNESCO world heritage sites in Kathmandu valley including, Swoyambhunath Temple, Boudhanath Stupa & Pashupatinath Temple and in the evening introduce to the guide. Overnight at the hotel. B/B

### Day 03: Drive to Syabru Bensi (1462m) by jeep, 7/8 hrs

Drive from Kathmandu to Syabru Bensi which takes about seven hours by bus. You head north out of Kathmandu driving through scenic foothills passing Kakani village which is also the viewpoint of Langtang Range and Ganesh Himal. While passing along the road at the bank of Trisuli River you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. The Langtang National Park starts from here and TIMS and permits are checked here. Overnight at guesthouse. B/L/D

### Day 04: Trek to Lama Hotel (2500m) 5h30 hrs

Today, the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail is gradual climbs to Bamboo passing through the Landslide area and through the forest sometimes. Afterwards, your trek ascends gently to Ramche (2400meters) through Bamboo (1960meters) which lies at the bank of Langtang Khola. You can have lunch at this place if you like. And at the end, your trail is level to the Lama Hotel. On the way, you could see red pandas, monkeys and bears if you're lucky. Overnight at guesthouse. B/L/D

### Day 05: Trek to Langtang Village (3307m) 5 hrs

The trail follows Riverside through the forest. Ghoda Tabela literally it means the Horse Stable. Then after we continue the trail towards Langtang which is slightly gradual and beautiful in the valley with the grazing Yaks. Langtang village is one of the very local and old villages along this trekking route and the view from here is more spectacular. This village is just on the lap of Langtang Lirung and there is a monastery and famous Yak Cheese Factory. Overnight at guesthouse/B/L/D

### Day 06: Langtang village to Kyanjin Gompa (3798m) 3 hrs

The trail climbs gradually to Sindum and to Yamphu (3640m). Crossing the Laja Khola, there is a beautiful stupa just before crossing the bridge, then climbs a moraine to a viewpoint where you can see Kyanjing Gompa and the dramatic icefall flowing from Langtang Lirung. After lunch in Kyanjing Gompa, we go for hiking to Kyanjing Ri (4773m) from where we can see beautiful mountains like Dorge Lakpa, Langshisa, Gangchembu and then trek back to Kyanjing Gompa. This is also an old village with the very old monastery, the name of the village is also given from this monastery Kyanjing Gompa (Monastery) and just nearby the entrance of the village, we can see Yak Cheese Factory. Overnight at guesthouse. B/L/D

### Day 07: Kyanjin Gompa- Lama Hotel (2500m) 5/6 hrs

Today we come back all the way downhill to Lama Hotel. We will see fantastic views of the towering mountain what you have

missed on the way up. The lunch will be at Ghodatabela. Take your time to best enjoy nature and you are suggested to walk slowly. Overnight at guesthouse. B/L/D

#### **Day 08: Lama Hotel - Thulo Syabru (2,235m) 5-6 hours**

After breakfast, we descend to the river and reach at Rimche where we cross the river and continue descending down to Bamboo through forest. We will take lunch at Pahiro which is located just nearby the Langtang river then we climb to Thulo Syabru. You will see the attractive view of Langtang Himalayan range and more. On the way, we will pass through Pine, Rhododendron and Junipers forests. Overnight at guesthouse. B/L/D

#### **Day 09: Thulo Syabru- Sing Gompa/ Chandanbaari (3,330m) 4 hours**

After breakfast, we start walking steep up to DursaGang passing some houses and teashops through the forest. In spring, beautifully blooming rhododendron flower(national flower) attract your sight on this way. We will tea break at Dursagang and if the weather is clear, we have a good view of Langtang range and Ganesh Himal range. Then our trail to Chandanbari is quite flat through the forest. This place is famous for the Cheese factory and there is also one of the oldest monasteries in this region. Overnight at guesthouse. B/L/D

#### **Day 10: Shing Gompa to Gosaikunda (4380m) 5/6 hours**

In the first part of the trail we steadily climb up to Laurebina through a forest and we reach to Chyolang Pati where we take a tea break. Then we walk steep up to Laurebina and take lunch. We will have an exotic feeling here since the cool air slightly blows and we will see the view the Manaslu range, Ganesh Himal range, Tibetan peaks and Langtang Lirung. Even the Annapurna range can be seen rising up behind on a clear day. We will pass a few huts in the high pasture of Laurebina, on the top, there is a beautiful stupa where you can take a few minutes rests and behold the beauty of surrounding hills and mountain. Then we cross a small ridge and have the first view of lake Saraswati Kunda. With the continuation of our trail, we see Bhairav Kunda, Dudh Kunda and finally the holy lake, Gosaikunda. This lake is said to be never frozen and just in the centre, we see a small stone which is taken as Shiva lingam. In August, there is a big festival called Janai Purnima, where hundreds of shamans and thousands of pilgrims pay a visit. According to legend, Gosaikunda was created by Shiva when he pierced a glacier with his trident to obtain water to quench his thirst after having swallowed a poison that threatened to destroy the world. Overnight at guesthouse. Overnight at guesthouse. B/L/D

#### **Day 11: Gosaikunda to Ghopte (3,430m) via Laurebina Pass (4,610m) 6h30**

Leaving Gosaikunda behind, we climb through rock path passing small lakes to the Laurebina La (4610m), the highest point of this trek. We keep on looking back since the spectacular views of Manaslu, Ganesh Himal range, as well as the Langtang Lirung, attract us. We take photos and enjoy the pass then descend steeply down to Phedi where we will have lunch. After lunch, the trail to Ghopte is quite ups and down. Overnight at guesthouse. B/L/D

#### **Day 12: Ghopte to Malemchigaon (2530m) Duration: 6h30**

We will walk down through a forested area and climb through forest to arrive at Kharka that is surrounded by rhododendron forest. We continue climbing through the forest to arrive at Thadepati(3690m). We will have a nice view of the Jugal Himal area. Here will be our lunch. There are two trails, one is the trail to Chisapani but we take the trail to Melamchigaun/Melamchighyang which is steep down through the rhododendron forest. After we cross a small river, we slightly ascend to reach Melamchigaun. This area is known as Helambu where Sherpa(HYOLMO) ethnics live. Overnight at guesthouse. B/L/D

#### **Day 13: Malemchigaon to Tarkeghyang (2600m)4h30**

The day begins walking through Sherpa village called Helambu Region, we pass a monastery on our way before we leave the village and walk steeply down to the stream. There are a tea shop and a stupa. This is half of the day, we will have a tea break here. Then our trail goes up passing Sherpa villages walking through the field to reach Tarkeghyang. After lunch here, we can enjoy visiting Sherpa traditional village and monasteries. The stone houses are close together with a narrow alley separating them. Overnight at guesthouse. B/L/D

#### **Day 14: Tarkeghyang to Kakani (1996m) 6 hours**

We will cross a small forest with the view of the beautiful village of Helambu region. The trail makes a sweep around the wide valley of Gangyul, Sherpa village. There are monasteries and mani walls. We may see Sherpa people working in the field. The people of this village follow Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Then we continue to Sermathang where we have our lunch. There is a check post as well. We descend slightly to Kakani passing some villages and stupas. Overnight at guesthouse. B/L/D

#### **Day 15: Kakani to Melamchi - Pul Bazaar(870m) 3hrs → Kathmandu(1350m) 3 hours drive**

We walk down to Melamchi Pul Bazaar with many Sherpa villages and stupas. We will have lunch here then take Jeep/bus to Kathmandu. Farewell dinner in a Nepali restaurant sharing trekking experience. Overnight at guesthouse. B/B

#### **Day 16: Departure Day**

Final departure day. Our staff drop you at the international airport in Nepal.

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu in a B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup in high places.
- => Three times meal in the trek.
- => Three times tea/coffee in a day.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => Medical Kits.
- => Trip completion certificate.
- => Trekking map as itinerary.
- => T-shirt from the company.

## Cost Excludes

- => Entry Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, battery, bar bills and laundry during the trek.
- => Extra night accommodation in Kathmandu in exception of the itinerary.
- => Tips for guide and porters.