

# Langtang Gosaikunda and Helambu Trekking

## Package Highlights

- Sightseeing at main monuments in Kathmandu with our professional tour guide
- Scenic drive of Kathmandu Shyaprubensi via mountain terrain road
- Trekking inside Langtang National Park - The second biggest national park in Nepal
- Tibetan culture influence villages, Buddhist monasteries and Shrine
- Kyanjin Guma, old Buddhist Gumpa (Monastery)
- Climb Tserko Ri (5,000m) and another Highest pass Lauribinayak (4,600m)
- Tourist standard local tea house for accommodation and hygienic foods
- Langtang glacier and Panoramic view of Mountain
- Trekking through dense forest flora, fauna, waterfalls
- Gosaikunda Lake (4,360m) and other small lakes surroundings
- Lauribina La Pass (4,610 meters)
- Helambu: traditional villages, Rich in cultures

## Trip Facts

- Starting Price: US\$1185.00 (Per Person)
- Duration: 17 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Tsergo Ri 5,150m
- Min. Pax: Any
- Best Season : march to May & Sept to Nov

## Itinerary Details

### **Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m**

Representative from Nepal Highland Treks will pickup up from Airport and transfer to hotel. Hotel is in Thamel which is tourist hub of Kathmandu. You can find trekking equipment shops, money exchange counters, restaurants and bars around. If time permits talk about your program and trip.

### **Day 02 : Sightseeing in Kathmandu valley and trip preparation. Overnight at hotel**

After your breakfast in Hotel, our tour guide lead you to sightseeing in Kathmandu valley. A biggest Hindu temple, Pashupatinath. A biggest Buddhist stupa Baudhanath and old

King palace Bhaktapur durbar square. back to hotel and final preparation of the trekking.

**Day 03 : Drive Kathmandu to Syaprubensi (7/8 Hours - 1450m) Overnight at local tea house**

Take early breakfast in your hotel. Start driving from Kathmandu to Syaprubensi. It is only 117 kilometer but long driving because of mountain road through local villages. It is also one of the scenic drives. Stop on the way at scenic place and for Lunch. Reach at Syaprubensi at around 2pm. Check in your room and have hot tea.

**Day 04 : Trek Syaprubensi to Lama hotel (6/7 hours - 2480m) Overnight at local tea house**

After your breakfast in Syaprubensi, start trekking through Rhododendron forest to Lama Hotel. We cross Bridge of Trisuli River and walk again bank of Langtang River. Starting trekking route is slightly uphill but at end of the day is with tough uphill. We also cross several suspension bridges and local tea houses

**Day 05 : Trek Lama Hotel to Langtang vilalge (5/6 Hours - 3540m) Overnight at local tea house**

Walking again with dense Rhododendron forest today. After walking minor uphill, you will reach at Ghoda Tabela. There are small tea house rebuild after earthquake in Nepal. We also can see beautiful Mountain View of Langtang Lirung and Naya Khang. Reach Langtang valley which was a biggest Tamang village before earthquake. Now again locals are establishing their houses but enough tea houses are rebuild for trekkers

**Day 06 : Trek Langtang village to Kyanjin Gumpa (3/4 hours - 3900m) Overnight at local tea house**

Start your trek as usual time. Today we are going to trek short and reach Kyanjin Gumpa by lunch time. You could see beautiful mountain range around and largest Buddhist Mani walls on the way of trekking. Reach at Kyanjin Gumpa, last village of Langtang valley Trekking. Spend rest of the afternoon exploring by Buddhist Shrine and beautiful mountain ranges. You also can walk around and visit Yak cheese factory.

**Day 07 : Day hike to Tserko Ri (5150m) and exploration around. come back to Kyanjin Gumpa and overnight**

Early in the morning, we start walking to Tserko Ri. Tserko Ri is the highest hill of this trekking. We try to get there before sunrise to view good sunrise view. You may will have difficulties of breathing in less oxygen in high altitude. We can see Langtang Glacier, Langshisha Kharka (The big pasture of Yak) and panoramic mountain views. Back to Kyanjin Gumpa for overnight.

**Day 08 : Trek back to Lama Hotel (6/7 Hours - 2480m) Overnight at local tea house**

After breakfast in Kyanjin Gumba, we trek down same way back to Lama Hotel. It is long walking day through dense forest, local villages with ethnic peoples. Peoples in these villages are Nepalese Tamang but practicing similar cultures as Tibetan

**Day 09 : Trek Lama Hotel to Thulo Syabru (5/6 Hours - 2,230m) Overnight at local tea house**

Start trekking after breakfast. Trekking trail slightly goes landslide area and leads you to Thulo Syabru (2,260m). Thulo Syabru is a beautiful Sherpa and Tamang village from where you can observe the miraculous vista of Langtang Himal and Ganesh Himal

**Day 10 : Trek Thulo Syabru to Sing Gumpa 3250m. (6/7 Hours) Overnight at local tea house**

From Thulo Syabru village the trail slightly goes uphill through beautiful rhododendron, Bamboo and pine forest. Along the trail you will past several mountains village to reach Chandan Bari and to Sing Gumpa

**Day 11 : Trek Sing Gumpa to Gosaikunda Lake 4360m. (7/8 Hours) Overnight at local tea house**

The trail climbs gradually up. Panoramic mountain views of Nepal and Tibet Himalayan range can be seen from here. Then continue trek up to a small temple with a statue of Sakyamuni and further climbing you can see good views of Saraswati kunda and Bhairav Kunda and reach to Gosaikunda

**Day 12 : Trek Gosaikunda to Gopte 3440m. (7/8 Hours) Overnight at local tea house**

Morning explore around Gosaikunda lake. After your breakfast, we start trekking uphill through rocky trail. Cross glaciers, moraines and reach high Lauribina La Pass (4,610m). Before reaching pass, we cross four small lakes. The trails then descend steeply down to Phedi, continue drops till Ghopte by crossing rocky hills, Rhododendron forest.

**Day 13 : Trek Ghopte to Tharepati 3650m. (7/8 Hours) Overnight at local tea house**

Today after breakfast we head towards our next point, Therpati. The trail descends from the ridge of Ghopte with numerous ups and downs across ravines and boulders of old moraines. The trail then descends slightly passing through rhododendron, oak and juniper forests up to Tharepati. A steep path rises above the village to a fluttering white prayer flag on a windswept hilltop, offering a perfect panorama of the Langtang Himalaya.

### **Day 14 : Trek Thadepati to Tarkeghyang (2560m/6 hours) Overnight at tea house**

Trek Thadepati to Tarkeghyang (2560m/6 hours) overnight at tea house Trek start after your breakfast. Starting trail descend until Melamchi Khola and reach Melanchi Gaun. Explore Tamang village, old monasteries. Than trekking trail ascend to Tarkeghyang. There is one of the oldest monastery of this region in this village. Explore big Sherpa village Tarkeghyang, from where best sunrise view can be viewed

### **Day 15 : Trek Tarkeghyang to Sermathang (2,610m / 3/4 Hours) overnight at tea house**

Very easy walking today to reach Sermathang village. low land region including forests, streams, and waterfalls. The trail makes a sweep around the wide valley end between Parachin and the Sherpa village of Gangyul. From Gangyul, we arrive at Sermathang. Discover the village. There is also a Buddhist monastery at the highest point of the village

### **Day 16 : Trek to Malemchi Puul Bazaar: Drive back to Kathmandu: 3 hrs trek and 2 hours driving. Overnight at hotel**

Trekking down to Melanchi Puul Bazar by crossing local villages of variety ethnic group. Take local bus from Melamchi Puul and drive back to Kathmandu. Check in hotel, get fresh. Evening dinner with Nepal Highland Treks team. Share your trekking experience

### **Day 17 : Departure**

Representative from Nepal Highland Treks take to airport before 3 hours from your flight time. if you get time before this, you can make shopping tour around. You also can choose other sightseeing in Kathmandu valley

### **Cost Includes**

- All arrival and departure arrangement
- Accommodation in Kathmandu on twin sharing room with breakfast
- Accommodation in local tea houses during trekking days, best available on twin sharing
- A full day sightseeing in Kathmandu valley with private transportation, tour guide and entrance fees
- Private jeep Kathmandu - Shyaprubensi
- Local bus and private car drive back to Kathmandu from trekking ending point
- Langtang National Park entry fee and TIMS card for trekking
- Entrance fees of Helambu
- Friendly and helpful trekking guide and supporter (2 pax = 1 supporter) with their salary, foods, equipment, insurance and accommodation
- Foods (Breakfast, Lunch and Dinner) with cups of hot drinks during trekking days
- Free duffel bag for trekking

- Warm sleeping bag in returnable based if you need
- Government tax official service charge
- First aid kit

## **Cost Excludes**

- Lunch and Dinner in Kathmandu
- Personal equipment for trekking
- Personal Medical expenses, personal insurance, rescue in case of any emergency
- Soft drinks including drinking water and bar bills
- Nature of personal
- Tipping to staff

Our cost is based on 2 pax a group. If you are more than 2 pax, your cost will reduce and if you are only one pax cost increase. In our cost, we are providing you private Jeep driving from Kathmandu to Syaprubensi. If you choose to drive with local bus, total cost decrease. Driving with local bus is not comfortable and we do not recommend it.

## **Useful Note**

## **Trip Note**

## **Departure Note**

Langtang Gosaikunda and Helambu trek can organize with any number of trekker. Single person trip also is possible. It is not a big important to follow our fixed departure dates. Kindly suggest us your suitable date to organize this trekking in your own comfortable date.