

Langtang Gosainkund Helambu Trek

Langtang Gosainkunda Helambu Trek is combination of three popular trekking destinations of Langtang region which is of altogether 18 days program. This unique trek to Langtang valley, Gosaikunda lake, and Helambu offers; great view of the Himalayan peaks, exposure to Tamang and Sherpa ethnic cultural heritages, alpine region's lifestyle, and unparalleled adventure experiences.

This Trek starts with a drive to Syabru Bensi passing historic towns like Trishuli, Betrawati, and Syabrubensi. You explore the Langtang village – the most severely damaged village from the Gorkha Earthquake of 2015 – and Langtang valley. After exploration of Langtang valley, you return through the same trail for two days and then off to Gosainkund Lake – a prominent alpine freshwater lake which is taken as holy lake for Hindus and each year thousands of devotees trek to take bath in this Lake believing that a dip into this lake will washes away their sins. The lake is situated at an altitude of 4,380 m/ 14,370 ft above sea level. You cross over high Himalayan pass at 4,610 m/ft namely Laurebina La and reach another sacred region of Helambu.

Our another trekking program in the region called Ganja La pass trek offers similar experiences and exposure in Langtang valley and Helambu region less Gosainkund Lake, but is more hazardous than this one. So, for those who seek moderate trekking experience in the region, this is ideal one for you.

The trek offers splendid and spellbound view of the peaks including Langtang Lirung 7,234 m/ 23,734 ft, Langtang Ri 7,205 m/ 23,638 ft, Langsisa Peak 6,427 m/ 21,086 ft, Yala Peak 5,520 m/ 18,110 ft, Ganjala Peak, west of the Himal Chuli (7,893 m/ 25,896 ft), Manaslu (8,156 m/ 26,758 ft) and Ganesh Himal (7,406 m/ 24,298 ft) and ranges.

Itinerary in Details:

Day 01: Drive Kathmandu – Syabrubensi (1,550 m/ 5,085 ft) - 8 hrs Drive:

You drive quite long today in the mountainous landscape – but pleasant indeed – in which you can enjoy magnificent view of the Himalayan peaks, beautiful river valley, terraced farming field, small dotted settlements and villages all awe-inspiring.

You drive through historic town of Betrawati – where Nepal and Tibet under Qing Dynasty signed a treaty in 1792 to settle the Sino-Gorkha war.

Once you reach Syabrubesi, you can explore the town, that provides with interesting fusion of modernity and village life. You spend the night at local lodge.

Day 02: Trek Syabrubensi - Lama Hotel (2,560 m/ 8,399 ft) – 6 hrs walk:

You start your day with crossing the river Bhoté Koshi, and again Langtang Khola. The trail ascends all the time along the Langtang Khola Gorge.

You enjoy your lunch in a small place called Bamboo and start to walk steep uphill of about two hours to reach Lama Hotel – your night stop. The altitude is manageable and attainable on this day. **Overnight at local lodge.**

Day 03: Trek Lama Hotel – Langtang Valley (3,455 m/11,335 ft) - 5 hrs walk:

After breakfast you walk through the beautiful forest section towards the Langtang valley. You gain elevation slowly and that can make it harder than previous day. The second part of the trek after lunch might be tougher depending on your physical ability.

Langtang village was the most severely hit and destroyed due to Gorkha Earthquake in April 2015 – that approximately claimed more than 300 lives including dozens of foreigners and their crew members. Life here begins with hope and aspiration and new lodges are built now for your accommodation. Overnight stay at the lodge.

Day 04: Trek Langtang Village – Kyanjing Gompa (3,870 m/ 12,697 ft) - 3.30 hrs walk: .

You head to open and incredible Langtang valley today. As you start walking and climb a small hillock near the village, you walk past one of the longest Mani walls of the world. The trail is equipped with beautiful mountain surrounding and cultural and spiritual richness. The trail that winds up and up in the barren landscape tests your endurance.

You reach to Kyanjin Gompa – wide and open pastureland where Buddhist monastery is located and now developed with tourist facilities – by lunch. Enjoy the lunch and you have a half-day to explore around or relax. **Overnight local lodge.**

Day 05: Rest day or Exploration/Acclimatization Day at Kyanjing Gompa

Today you explore the Langtang valley and enjoy the splendor. Either you will relax yourself and immerse yourself in the beautiful environment of Kyanjing Gompa or walk all the way to view spectacular ice faces and glaciers of Langtang Lirung or even climb up Kyanjin Ri (4,773m / 15,655 ft) or even Tserko Ri at approximately 5,100 m – two famous mountain peaks to climb for the view of the majestic Himalayan peaks. You can visit cheese factory established under the technical assistance of Swiss man in early 1950s and enjoy world famous Yak Cheese.

You can even choose to walk to Langshisa Kharka instead and explore the glacier.

Any of these will bring you with equal joy and adventure. You spend your second night at the local lodge in Kyanjing Gompa.

Day 06: Trek Back Kyanjing Gompa to Lama Hotel - 7 hrs walk:

You can enjoy the breakfast with magnificent view of the Himalayan peaks and get ready to explore another region – Helambu.

The walk back to Lama hotel. On your way, you will enjoy the trail equally as the view is different from what was on going upwards. You spend your night at Lama hotel.

Day 07: Trek to Syabru Village (Thulo Syabru) (2,200 m/ 7,218 ft) – 6 hrs walk:

Until the river bed near Syabru Bensi, the trail is same. From here, you take the upper fork to reach Syabru Village or called Thulo Syabru. You will enjoy the flora and fauna of the trail today more than previous day as you are descending today.

Syabru village is quite a big settlement of Tamang people – located in the ridge with beautiful view of the terraced field below, jungle above, and beautiful mountains in front. Enjoy your evening and the night stay here in the lodge.

Day 08: Trek Syabru - Chandanbari/Sing Gomba (3,350 m/ 10,990 ft) - 4 hrs walk:

Your days are now tougher than previous days. You are walking steep uphill at first for good hour in the forest, and walking in the gentler section at the end you reach Sing Gumba or known as Chandanbari as well. On your way up you can view the peaks from Langtang Himal, Ganesh Humal, Tibetan mountains.

There is a another cheese factory here and a Buddhist monastery as well if you want to explore. Enjoy your rest of the day, and Overnight at the local lodge.

Day 09: Trek Shing Gompa to Gosaikunda (4,380 m/ 14,370 ft) - 6 hrs walk:

After breakfast you start to climb in the ridge again. Throughout the walk you will be greeted by one or other Himalayan peaks. You will observe a range of Annapurna, Himchuli, Manasalu, Ganesh Himal and Langtang from the ridge while climbing uphill.

It is considered to be of holy importance for Hindus around the world. On a festive occasion of Janai Purnima – that falls in the month of July-August, the lake is destination to thousands of pilgrims. Besides its cultural importance for Nepali, the sight is also sought after for its heavenly beauty. Mountains surround the lake from all four direction giving it a scenic prominence. There are other numbers of lake system in the region. Overnight at the local lodge.

Day 10: Gosainkunda to Ghopte (3,440 m/ 11287ft) via Lauribina La Pass (4,610 m/ 14124ft) – 7 hrs walk:

You enjoy your breakfast and be ready for a long day. You hike around the lake's shore and passes few smaller lakes before ascending towards the Laurebina Pass (4,610 m/ft). From the top of the pass Helambu region begins. Long downhill from this pass is rough and crosses moraines and you reach Ghopte.

Overnight at local lodge.

Day 11: Trek Ghopte to Thadepati (3,650 m/ 111975ft) – 5 hrs walk:

From Ghopte to Thadepati you walk up and downhill on a trail that passes through dense forests. Walking this path through the forest takes us to Thadepati – a small village and place with few tourist facilities on the ridge. From the ridge view of mid-hill mountains and Soli Danda in particular is beautiful. **Overnight at local lodge.**

Day 12: Trek Thadepati– Tarke Ghyang (2,743 m/8999ft) – 6 hrs walk:

The walk from Thadepati today is a wonderful exploration of the Helambu region. You first walk steep down to the river in the forest and then walk up after crossing the stream to reach Melamchi Gaun and then to Tarkeghyang. Tarke Ghyang is an incredible place to explore a mixture of culture and spirituality of Sherpa people. **Overnight at local lodge.**

Day 13: Trek from Tarke Ghyang to Sermanthang (2,620 m/8596ft) – 5 hrs walk:

You start your day with breakfast at the lodge. After you walk small forest section enjoying numerous dotted villages of the Helambu region, you past some villages to reach Sermanthang. It is another village rich in Sherpa culture and practices Buddhism.

Overnight local lodge.

Day 14: Trek Sermanthang to Melamchi PulBazar(940m/3084ft) – Drive to Kathmandu – 4 hrs walk and 5 hrs drive:

This is the final day of your trek and you end with a short walk down to the river valley at Melamchi Pul Bazar. You trek down with splendid view of the Himalayan peaks, and wide Indrawati and Melamchi river bed and walk past numerous villages with rural life.

Once you reach MelamchiPul Bazar, we stop for the lunch before setting off on a drive back to Kathmandu.

Cost : NPR: 1,17000 Per person (2 pax basis private trip)

Cost Includes:

- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ All meals in the trekking (Breakfast, Lunch& Dinner.)
- ✓ Accommodation in the tea house lodges during the trekking
- ✓ Hot drinks. (Tea & coffee) 3 times a day.
- ✓ 4 wheel jeep (Kathmandu- Syabrubensi | Melamchi Pul Bazar – Kathmandu by car)
- ✓ TIMS (Trekking Information Management System)
- ✓ Langtang National Park entry Permit.

- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.
- ✓ All taxes and Services charge.

Cost Excludes:

- ✗ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- ✗ Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
- ✗ Travel insurance that must include emergency helicopter evacuation

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous/Optional:

- 1) One pair of Trekking poles (although listed in optional or miscellaneous this item help you tremendously in trekking, so we recommend to have it)
- 2) Passport and extra passport photos (2 copies).
- 3) Durable wallet/pouch for travel documents, money and passport.

- 4) Pocket knife.
- 5) Bandanas.
- 6) Favorite snack foods and energy bars
- 7) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 8) Binoculars.
- 9) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

If you feel something required or not required from this list, you can write to us.