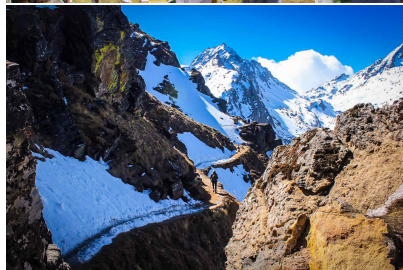


# Langtang Gosainkunda Helambu Trek



## Overview

Langtang Gosaikunda Helambu Trek combines three major areas north of Kathmandu along the border of Tibet. This is a 13 days trek in the Langtang region of Nepal designed with an expert team of Himalayan Social Journey. Langtang is a narrow valley that lies just south of the Tibetan border. It is sandwiched between the main Himalayan range to the north and a slightly lower range of snowy peaks to the south. This trek offers an opportunity to explore villages to climb small peaks and to visit glaciers at a comfortably low elevation. Trekking in Langtang region is another most travelled trekking destination in Nepal after the Everest region and Annapurna region. This region is comparatively cheaper than the Everest and Annapurna region. Likewise, the trail is also less crowded and tea house accommodation are easily available.

### Journey Route to Langtang Gosainkunda Helambu Trek

Langtang Gosaikunda Helambu Trek commences with a guided sightseeing tour of UNESCO listed world heritage sites of Kathmandu valley. Next on the journey is a scenic drive to Syabru Bensi or Dhunche from Kathmandu which is at the same time adventurous too. The drive through the off the beaten roads are exciting to travel through. The trek offers some of the incredible views of the mountains like Annapurna, Mt Shipangama (8,027 m) which is the fourteenth highest mountain in the world and one of the hardest mountains to climb. Likewise, you will also get to witness Annapurna range, Huinchuli, Manaslu, Ganesh, Lauribinayak and many more.

The trek will give you insights on the daily lifestyle of people living in high altitude areas and their culture, tradition and customs. In Langtang region, mostly Tamang, Sherpas have resided therefore, you can experience their authentic traditional culture. Also, you can visit religiously important Lake Gosainkunda (4300m) where thousands of Hindu pilgrims visit the lakes during the full moon festival in August. The lake is sacred to Buddhists followers as well. Gosainkunda is actually the largest of three main lakes the other two being Saraswatikunda and Bhairabkunda. Hindu legend has it that the lakes were formed when the God Shiva plunged his trident (Trisuli) into the

ground in order to obtain water. The Trisuli River has its source in the lakes thus the name.

The trek finishes off with an exploration of Helambu valley which is very famous for its natural beauty and wonderful climate with superb views of magnificent snow-covered mountains. The area covers typical highland Sherpa villages along with beautiful Rhododendron forests. This region extends from the north to Tamarang to the Gosaikunda Lake and the lower Jugal Himal from the north. The valley is approached from Trishuli River north of Kathmandu.

#### Highlights

- Guided sightseeing tour of cultural heritage sites of Kathmandu valley
- Explore the religiously famous Holy Lake Gosaikunda
- Get insights on the Tamang and Sherpa Culture
- Witness the breathtaking view of Langtang range, Annapurna, Mt. Shishapangma, Manaslu, Ganesh Himal and so on

#### ***Our Langtang Region trekking programs include:***

13 Days LANGTANG GOSAINKUNDA HELAMBU TREK  
16 Days Tamang Heritage Trek  
11 Days Langtang Valley Trek  
12 Days Langtang Gosainkunda Trek

# Outline Itinerary ( 13 Days )

## Day 1 : Arrival in Kathmandu

Arrival in Kathmandu airport (1345meters)and transfer to hotel. At evening orientation meeting and welcome dinner at hotel.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Drive to Dhunche

You will be driving to Dhunche, about 7 hours away by bus after an early morning meal. It's a breathtaking drive that passes through a spectacular landscape. After arrival to Dhunche in the late afternoon you will be making your mind to head to Langtang in the evening.

**Max Altitude** Dhunche (2,030 m)

**Duration** 7 hrs

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Trek to Thulo Syabru

We can see SyabruBensi from the road that divides in Pahiro, passing through the Bamboo settlement. We've been heading up to ThuloSyabru village for the last few hours. We can see SyabruBensi from the road that divides in Pahiro, passing through the Bamboo settlement. We've been heading up to ThuloSyabru village for the last few hours. ThuloSyabru is a lovely Tamang town of Langtang, which is relatively more important.

**Max Altitude** Thulo Syabru (2,250 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 4 : Trek to Sing Gompa

We walk uphill slowly along the bamboo and oak forest after breakfast, visit the village of Deurali and Dimsa and enter Sing Gompa for overnight. Sing Gompa has a well-known temple, so it's really popular in the area. The location has a large view of the himalayan scenery of Langtang.

**Max Altitude** Sing Gompa (3,250 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 5 : Trek to Gosaikunda

Today's trek to Gosaikunda 's holy lake is special. This path is one of the most scenic on the entire trip as we pass pastures and small streams to Gosaikunda. The most important lake of our tour is Gosaikunda. Nevertheless, the town is surrounded by over hundreds

of small and large lakes. Within a few hours of walking, all these beautiful lakes can be reached.

**Max Altitude** Gosaikunda (4,460 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 6 : Trek to Ghopte

We will begin our day trip to Gopte after having seen the lovely sunrise from Gosaikunda. Next, we'll find the Lauribina La pass, also the highest point of our trek. We will continue our uphill rocky ascent to Pass Lauribina through three small lakes along the way. When in the peak, the rocky hills and the snow-covered mountains of the horizon are breathtaking, at 360 degrees. We will continue the descent to the village of Gopte after spending some time on the road.

**Max Altitude** Ghopte ( 3,430 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 7 : Trek to Melamchi Gaon via Tharepati Pass

You walk steeply up Melamchi Gaon through settlements like Nakotegaon, where you pass the Melamchi Bridge before reaching them. You can enter Melamchi Gaon after almost two hours passing this iron bridge with steep uphill trails. A monastery, a church, chortening, flags of the priests are floating in the sky, and a few cabins and lodges are seen. The panoramic views of this village are lush hills.



In fact, there is an ancient cave with a background of legend, which was once home for Guru Ringboche.

**Max Altitude** Tharepati Pass (3,650 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 8 : Trek to Tarkeghyang

From the pass, the trail goes down to Tarkeghyang, surrounded by a small settlement by a pine and rhododendron tree. One of the oldest Buddhist monasteries can be visited here, along with Sherpa villages. Such villages are populated by wealthy, well-settled and very prosperous local residents. We are very wealthy.

**Max Altitude** Tarkeghyang (3,771 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 9 : Trek to Shermathang

It takes nearly four hours. This day, the walk through open country with spectacular trees on the way is much smoother. You pass along the way across a few small streams. On the way to Shermathang there is a lovely village. To add to your happiness, Shermathang is another lovely town where some old monasteries can be visited. Through the north side of the village of Shermathang you can see the Jugal Himal.

**Max Altitude** Shermathang (2,621 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 10 : Trek to Melamchi Pul Bazaar

It takes five hours or so. The path proceeds slowly across wetlands and planted fields to Melamchi Pul Bazaar. You will encounter some old villages with a different history along the way. Walking this day is really fun, because it connects with local people with mountain views.

**Max Altitude** Melamchi Pul Bazaar (846 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast included

## Day 11 : Drive to Kathmandu

You travel through a gravel and bumpy path up to Lamidanda and then you follow the pitched road up to Kathmandu.

**Max Altitude** Kathmandu (1,400 m)

**Duration** Drive (5-6 hrs)

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast included

## Day 12 : Kathmandu Sightseeing Tour

Sightseeing in historical and cultural places in Kathmandu valley(Pashupati, Monkey Temple, Bouddhanath, Patan durbar square,



Swoyambhunath Temple). At evening farewell dinner.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast and Dinner included

## **Day 13 : Transfer to the international airport**

Today our airport representative will transfer you to the Kathmandu International Airport for your flight back to home after early morning breakfast.

**Meal** Breakfast included

## **Include / Exclude**

- Airport pick up and drop
- Transportation by bus (KTM-Dhunche-Melamchibazzar-KTM)
- Three star category hotel in Kathmandu (Himalayan Suite Hotel) in twin sharing bed and breakfast basis
- Accommodation in lodge with breakfast during the trek
- All meals, accommodation, insurance and other expenses of trekking crew
- Necessary permit, TIMS and national park fees
- Welcome and farewell dinner
- Guided sightseeing tour in Kathmandu by car
- Necessary equipments (Sleeping bag and trekking pole) during the trek.
- Thirty minute special massage at Himalayan Suite Spa
- Lunch and dinner in Kathmandu and trekking days. (Meal costs about 4\$ - 6\$ dollar per item depending on the place where you eat)
- Personal equipment and clothing
- International flight ticket (We can help you to book)
- Your travel insurance (Compulsory)
- City sightseeing monuments entrance fee in Kathmandu (NPR 250+400+1000)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

[reservation@hsj.com.np](mailto:reservation@hsj.com.np)

+977-01-4952211, +977-9865452271 (Whats app)