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## Langtang Gosainkunda Helambu Trek

- Duration: 19 Days Days
- Max Altitude: 5,184 m
- Destination: Nepal
- Trip Grade: Easy
- Best Season: Autumn, Spring

### Highlights

- Scenic drive Kathmandu / Syabrubeshi.
- Get close-up views of the peaks and glaciers at Kyangjin Ri.
- Kyanjin Gompa is an old Buddhist monastery.
- Majestic high alpine lake / frozen lake of Gosaikunda.
- Local villages of the Helambu region's ethnic and indigenous groups.

### Overview

The Langtang Gosainkunda Helambu Trek is a unique trek that extends the famous [Langtang Gosainkunda Trek](#), with the spectacular Helambu Trek - taking our trekkers on the perfect adventure to experience both mountains and culture, all at low altitude.

The trek begins on the same path as the Langtang Valley Trek but soon leads you to the stunning Tamang highlands and villages in the Helambu region, the renowned region of the Sherpas. Among the Sherpa towns along your route, you will visit the beautiful TarkeGhyang: a place that resembles the high-altitude villages of Mustang, Dolpo, and even Ladakh, without the difficulty or altitude risk and compromise.



Located in the heart of the Tarke Ghyang village is a Buddhist monastery – the start of a spiritual journey that takes you on a walk along the mountain foothills to experience the holy lakes of Gosainkund. Here you can soak in the atmosphere and experience the blissfully quiet atmosphere of the Himalayas.

Along the way, you will see the Worlds most impressive mountain peaks as you cross over rivers, through forests and remote villages, under the shadow of Everest giants, and alongside meadows and local people you will encounter.

We operate the Langtang Gosainkunda Helambu Trek in both groups and private tours. As with all our treks, we offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to know more about the itinerary options, trek cost, trek difficulty, or anything else, please don't hesitate to contact a friendly team member. Or, if you would like to read about what it's like to experience this adventure, check out our Langtang Gosainkunda Helambu Trek Blog.

Day 01

## **Arrival in Katmandu**

On arrival, you will land at Kathmandu airport, where our friendly team will greet you and take you to your hotel. Depending on what time you arrive, you are free to take a rest, or if you are itching to start exploring, you can spend the rest of the day soaking up the atmosphere of the Capital. You will then have dinner and an overnight stay in a highly recommended hotel in the city centre. : Dinner and overnight stay at a 3-star hotel in Kathmandu

Day 02

## **Sightseeing in Kathmandu valley**

After a delicious breakfast today, you can see some of Kathmandu's most famous UNESCO-listed world heritage sights, including Pashupatinath, Bouddhanath, and Swoyambhunath. Once you return, you will meet your guide and begin preparation for your trek. : Breakfast and overnight stay at a 3-star hotel in Kathmandu

Day 03

## Drive to Syabrubesi

Get ready for a long but beautiful drive today. Over the 7-8 hour journey, we will wind through traditional villages, up hills, over rivers, and alongside some of the most outstanding mountains in the World, including [Manaslu](#), Annapurna, and Ganesh Himal. The day will end with a descent into Syarumbesi and the chance to rest for the night and prepare for our next trek. : Breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 04

## Trek to Lama Hotel (Changtang)

Today we begin our trek! It begins along the Langtang Khola. We then have many ups and downs as we trek over hills and through oak and rhododendron forests. Then, once we have crossed The Langtang Khola, we have one final steep trail to ascend before reaching the Lama Hotel to rest for the night. Breakfast, Lunch, and Dinner with an overnight stay at the Lama Hotel.

Day 05

## Trek to Langtang village



### Tamang Heritage Trek

From the Lama Hotel, it's more uphill climbing as we ascend to Ghoda Tabela. As we reach higher and higher, we are surrounded by mountain peaks and pass multiple waterfalls. Ghoda Tabela then welcomes us with lush green meadows and our first peek at the Langtang Range. After we continue up the valley to a Buddhist monastery - the first spiritual insight on our journey, before our final stop in Langtang Village—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Read Only [Langtang Valley Trek](#) for a short trek in Nepal.

Day 06

## Trek to Kyanjing Gompa

Today we head to Kyanjing Gompa, a renowned monastery in the region. The path becomes more sacred as we make our way towards this place of pilgrimage - with prayer wheels and sacred carved rocks marking our route to the giant Mani Wall in Nepal, built of prayer-inscribed stones. After our short trek, which also takes in water mills and chortens, we can spend the rest of the day exploring this sacred spot amidst the mountains—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 07

## Day trip to Tserko ri

Today is time for a well-deserved break - as we take a day to acclimate to the new altitude. We can enjoy our acclimatization day by taking a day trip to Tserko Ri. Setting off nice and early, we trail through yak pastures to reach the top of Tserko Ri at sunrise and marvel at a spectacular morning view. We then descend back to the Monastery, where you can rest and soak in the Buddhist culture—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 08

## Trek to Lama Hotel

It's time to say goodbye to the Monastery and strap our hiking boots back on as we return to The Lama Hotel. This involves going downhill through forests of flora and fauna and passing through The Tamang Village - a chance to experience a new culture within the region. On the way, you can even see [Annapurna](#). After taking in the new landscape, we can rest at the Lama Hotel for the night. : Breakfast, Lunch, and Dinner with an overnight stay at the Lama Hotel.

Day 09

## Trek to Big Sybru

Today begins with an uphill climb to the Rimche Village. A downhill walk follows this to the Langtang Khola, where we can relax as the trail becomes more accessible for the day. We then trek through bamboo woods, across bridges, and by waterfalls, before reaching Big Sybru. ; Breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 10

## Trek to Sing Gompa

Today is a nice short walk of 3 - 4 hours as we purposefully place ourselves to gradually acclimate to the high altitude we are reaching. With this in mind, we steadily gain height today, passing a Chorten and reaching a checkpoint. From here, we will head south past Garda Village and the beautiful Phulung Monastery before settling in Sing Gompa for the evening—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 11

## Trek to Gosainkunda



Today is a real treat. We get to explore some of the most beautiful lakes in the World. The day begins as we follow a ridge to enjoy panoramic views of Hiunchuli, Manaslu, Ganesh, and Langtang. We then reach Gosaikunda, the third and most holy of all the lakes is one of Nepal's most sought pilgrimage sights. Surrounded by mountains and eight other lakes, it's a spectacle. In August every year, during Janai Purnima, hundreds of Hindus visit here to worship the large rock that rests in the centre of the lake and is said to be the remains of Lord Shiva—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 12

### Explore the higher lake

Today we will have a rest day as we acclimatize, and there is no better place to do this than at Gosaikunda Lake, one of the most spectacular [lakes in Nepal](#). Four thousand nine hundred nineteen meters high, it offers breathtaking views that complement its sparkling waters—breakfast, Lunch, and Dinner with an overnight stay in a teahouse

Day 13

## Trek to Ghopte

Renegised from our rest, we begin with an ascent to the Laurebina Pass.

Prepare for a tough day as we follow a rough trail and cross moraines. There is much to delight in throughout the day, though, as we also pass by several small lakes and enjoy excellent views. Our trail then passes through Surya Kunda before we reach our resting spot of Ghopte for the night—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 14

## Trek to Melanche Ghyang

A varied hike today as we go up and downhill, making our way through dense forest to reach There Pati Village. We then climb a ridge above the village and take in the view of the hills and Soli Sanda that surround us. We then have two more suspension bridges to cross before we reach Melanche Ghyang and rest for the night—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 15



## Trek to Tarkeghyang

We begin today by passing through forests leading us to Ama Yangri, where we can find a stupa resting on a hill, crisscrossed with multi-coloured prayer flags and complete with views of Mount Shishapangma and the Langtang Ranges. Our descent takes us past yak grazing grounds to a broken stone trail leading to the Sherpa village of Tarkeghyang—breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 16

## Trek to Kakani

Today is a more leisurely trek as we slowly readjust to the altitude. Although we descend to Kakani, the journey is not steep, and we pass many villages, including Setighyang, Ghangyul, Chimighyang, and Shermathang.

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 17

## Trek to Melamche Bazar



Today is the final day of our trek! One last push before we can rest. We will trek today through meadows, fields, and beautiful villages on our way to Melamchi Bazar. On arrival, we can relax and reflect on our achievements!

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse.

Day 18

## Return Kathmandu

Is it time to begin our journey back to Kathmandu and take two short flights – from Jhuphal to Nepalgunj, then to Kathmandu? Rest at the hotel or continue the excitement by exploring the Capital before our farewell dinner—breakfast, Lunch, and Dinner with an overnight stay in a 3-star hotel in Kathmandu.

Day 19

## Departure

It's time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport. Breakfast.

# What To Expect?

## What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Sybrubensi - Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

## What's not included

- Meals in Kathmandu before and after trekking,
- Your travel insurance ( Rescue )
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking ( 2 person 1 Porter ).
- Personal shopping and laundry etc
- Personal trekking equipment.

## FAQs

### Where is Helambu Located?

Helambu is a highland village region in Nepal. It is located at a distance of around 80 kilometres from Kathmandu.

### How long is the Helambu Trek?

Helambu trek can be completed in 5 days with a daily 6 hours of trekking. If you are an inexperienced trekker, you might need additional days to complete it. However, the Langtang Gosaikunda Helambu Trek is a round 18 days of journey.

### What is Helambu Famous For?

It is famous as a Buddhist pilgrimage centre with artistic Buddhist monasteries. During this Trek, you enjoy the brilliant landscape with the seasonal snowfall. Sweet apples are also the known fruit of this region.

## What is Helambu Altitude?

Helambu is located at an altitude of around 3500m with a maximum of 3690m.

## What is Kathmandu to Helambu Distance?

Helambu is located northeast of Kathmandu at a distance of around 80 kilometres.

## What permits are Needed for this Trek?

You need a TIMS card with a Langtang National Park entry permit and a [Shivapuri National Park](#) entry permit.

## Additional Information

### Langtang Gosainkunda Helambu Trek Cost

The Gosaikunda Helambu Trek, one of the nearest and most affordable trekking routes, costs around \$1150 for an 18-day trek with MyEverestTrip. This price is subject to change based on individual preferences, whether you're trekking solo or in a group, and the specific services you select.

**Personal Cost:** Your expenses during the trek, including any additional purchases you may make, will likely range from \$200 to \$300.

**Clothing and Equipment Cost:** Your clothing and equipment costs will depend on what you own and need to buy or rent. Renting equipment from reputable stores can be an affordable option.

**Insurance Cost:** Travel insurance is critical for a trek, covering risks such as flight cancellations, delays, lost luggage, and medical emergencies. Typically, a one-month travel insurance policy will cost around \$150.

### Langtang Helambu Trek Permit

You'll need a TIMS card and a Langtang National Park Entry Permit to embark on this trek. The TIMS card costs \$20 for solo trekkers, \$10 for group trekkers, and \$6 for SAARC nationals. The Langtang National Park Entry Permit is \$30 for foreign nationals and \$15 for SAARC nationals.

### Accommodation and Food in Helambu Langtang Trek

Accommodation costs in Kathmandu range from \$5 to over \$150 per night, depending on the standard of the hotel. During your trek, accommodation will cost between \$10 and \$15 per night during the high season. Teahouses, which offer both food and accommodation, are a budget-friendly option. Food at higher altitudes ranges from \$6 to \$10.



# Helambu Weather and Best Season for Trek

The Helambu trek is doable all year round, but each season has advantages and disadvantages. Autumn is the most popular season due to its pleasant weather and clear blue skies. Spring is another excellent season, characterized by clear skies and warm weather. Winter brings snowfall and clear skies but can be extremely cold. Summer, which coincides with the monsoon season in Nepal, is hot and wet, making the trekking routes slippery.

## Strenuousness of the Helambu Trek

The Helambu trek is of moderate difficulty, with no steep slopes to climb. The trek's highest point is 3597 meters, at which altitude sickness is less likely but not impossible. On average, you will trek for about five hours per day over a period of five days. The scenic beauty of the grasslands and mountain peaks makes the trek an enjoyable experience.

Should you have any more questions or need further clarification, feel free to ask!

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## Map



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