

Langtang Gosainkunda Helambu Trek

Duration: 19 Days Days

Max Altitude: 5,184 m

Destination: Nepal

Trip Grade: Easy

Best Season: Autumn, Spring

Trip Highlights

Highlights of Langtang Gosainkunda Helambu Trek

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

Trip Overview

The Langtang Gosainkunda Helambu Trek is a unique trek that extends the popular 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 Sherpa's. 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 TarkeGhyang village is a Buddhist monastery - the start of a spiritual journey that further 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 of 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 who you will encounter along the way.

We operate the Langtang Gosainkunda Helambu Trek in both groups and private tours, and as with all of our treks, offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to anymore about the itinerary options, trek cost, trek difficulty, or

anything else at all, then please don't hesitate to get in touch with a friendly member of our team. Or, if you would like to read about what it's like to experience this adventure, then check our Langtang Gosainkunda Helambu Trek Blog.

Detailed Itinerary

Day 1: 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 center. : Dinner and overnight stay at a 3-star hotel in Kathmandu

Day 2: Sightseeing in Kathmandu valley

After a delicious breakfast, today you will have the opportunity to 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 3: 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 get ready for the start of our trek the next day. : Breakfast, Lunch, Dinner with an overnight stay in a teahouse.

Day 4:Trek to Lama Hotel (Changtang)

Today we begin our trek! It begins along the Langtang Khola. We then have lots of 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, Dinner with an overnight stay at the Lama Hotel.

Day 5:Trek to Langtang village

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, Dinner with an overnight stay in a teahouse.

Day 6: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 largest Mani Wall in Nepal, built of prayer inscribed stones. After our short trek, which also takes in water mills and chrotens, we are free to spend the rest of the day exploring this sacred spot amidst the mountains. Breakfast, Lunch, Dinner with an overnight stay in a teahouse.

Day 7:Day trip to Tserko ri

Today it's time for a well-deserved break - as we take a day to acclimatize 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 are free to rest and soak in the Buddhist culture. Breakfast, Lunch, Dinner with an overnight stay in a teahouse.

Day 8: Trek to Lama Hotel

It's time to say goodbye to the Monastery and strap our hiking boots back on as we make our way back 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. After taking in the new landscape we can rest for the night at the Lama Hotel. : Breakfast, Lunch, Dinner with an overnight stay at the Lama Hotel.

Day 9: Trek to Big Sybru

Today begins with an uphill climb to the Rimche Village. This is followed by a downhill walk to the Langtang Khola, where we can begin to relax as the trail becomes easier for the day. We then trek through woods of bamboo, across bridges, and by waterfalls, before reaching Big Sybru. ; Breakfast, Lunch, 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 in order to gradually acclimatize to the high altitude that 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, 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 that allows us 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 over pilgrimage sights. Surrounded by mountains and 8 other lakes, it's a spectacle to behold. In August every year, during Janai Purnima, hundreds of Hindus visit here to worship the large rock the rests in the center of the lake and is said to be the remains of Lord Shiva. Breakfast, Lunch, 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 then at Tilicho Lake, one of the most spectacular lakes in Nepal. 4919 meters high, it offers breathtaking views that complement its sparkling waters. Breakfast, Lunch, Dinner with an overnight stay in a teahouse.

Day 13: Trek to Ghopte

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

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

Day 15:Trek to Tarkeghyang

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

Day 16:Trek to Kakani

Today is an easier trek as we take it slow to readjust to the altitude. Although we descend all the way to Kakani, the journey is not steep, and we pass many villages including Setighyang, Ghangyul, Chimighyang, and Shermathang.

Breakfast, Lunch, 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 rest and reflect on our achievements!

Breakfast, Lunch, 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 - first from Jhuphal to Nepalgunj, and then on to Kathmandu. Rest at the hotel or continue the excitement by further exploring the Capital before our farewell dinner. Breakfast, Lunch, 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'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) in whole trekking
- Kathmandu - Sybrubensi - Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- 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 charge

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)
- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



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