



# Langtang Gosainkunda Helambu Trek

Url: <https://www.glorioushimalaya.com/trip/langtang-gosainkunda-helambu-trek/>

## Duration

16

## Max. Altitude

5,000m

## Difficulty

Moderate

## Group Size

2+ Pax

## Per Person Cost

USD 1200

## Transport

Bus, Jeep, Car

## Meals

Breakfast, Lunch, Dinner

## Accommodation

Hotel And Lodges

## Starts At

Kathmandu

## Ends At

Kathmandu

## Highlights

- Tserko Ri (5,000m.) - viewpoint to see a range of mountains
- Gosainkunda, a mythological lake
- Langtang National Park, home to 7000 m peaks and Red Panda.
- Helambu village, where the culture is intact
- Kyanjin Gompa to enjoy yak cheese and surrounded glacier views.

## Overview

**Langtang Gosainkunda Helambu trek**, which is the ingredients of three flavors, consists of mountains view, culture, and flora fauna that keep on coming to your eyes as you trek from one place to another. These mountains range from 5000 meters to 7000 meters fulfill your desires in a way you have thought. Standing beautifully in the lap of the Himalayas, they inspire you to click the button of your camera. As you leave them behind by walking on an uphill trail and a downhill trail, you will enjoy the remaining itinerary in the same way as you have enjoyed the previous part.

On-going trekking trail that you are going to follow heads off to show you another highlight, for example, the Gosainkunda, a mythological lake, which has impressed thousands of trekkers who want to know the fight that took place in the sea between Hindu gods and Hindu demons, who wanted to drink an immortal drink thousands of years ago, far from Langtang Valley.

When it comes to beautiful mountain lakes, you will see it surrounded by snow-capped mountains, which make Gosainkunda as beautiful as a clear blue sky, but the lakes freeze when the weather of Langtang becomes extremely cold in the winter. The height of the Gosainkunda Lake is 4,320 m. Apart from Gosainkunda, Langtang also has Bhairavkunda, another highlight, another lake, and another place to visit.

The long trekking trail of Langtang Gosainkunda Helambu Trek, which is difficult in nature, gives you relief when it takes you to the midst of the rhododendron forest as well as near the waterfalls. Ahead, the trekking trail that you are going to follow becomes easy when it reaches Helambu, the village, which shows you the magnificent view of sunrise and sunset, and the impressive view of the mountains if its weather is fine and sunny. Culturally, this Helambu village is famous for its Buddhist study center, as well as it is famous for its delicious apples.

Since this trek takes place in Langtang National Park, you may spot Red Panda, but one thing that you can enjoy 100% is its main highlights, such as Kyanjim Gompa and Tserko Ri, which will compel you to praise Langtang Gosainkunda Helambu Trek often.

Check out our design itinerary for **Langtang Gosainkunda Helambu Trek** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 01: Arrival Kathmandu and transfer to the hotel (1,400m.)**

Welcome to Kathmandu, the city of temples. Our airport representative will receive you at the airport, transfer you to the hotel and brief you about tomorrow's activities. If you have any questions, then please ask a representative. Overnight at the hotel inclusive breakfast.

#### **Meals Include**

Breakfast

### **Day 02: Kathmandu sightseeing tour and trip preparation**

Our city guide will come to pick you at the hotel in a car after you have your breakfast. Today, you will visit all the UNESCO World Heritage Sites of Kathmandu. These include temples, monasteries, stupas, and palaces. Back to the hotel for overnight inclusive breakfast.

#### **Meals Include**

Breakfast

### **Day 03: Drive from Kathmandu to Syaphrubesi (1,400m.) - 7/8hrs drive**

A trekking guide will come to pick you up and take you to a bus park from where you head off to Syabrubensi. The journey is about seven hours and takes you to the Trisuli River, terraced fields, and green hills. Overnight at a local tea house on full board meals.

#### **Meals Include**

Breakfast, Lunch & Dinner

### **Day 04: Trek from Syaprubesi to Lama Hotel (2,470 m.)**

Today is the first day of the trek and takes you to the Bhote Koshi River, the Langtang River, and the bamboo forest. On the way, you might encounter Red Panda. The trekking trail is an uphill climb most of the time. Overnight at a local tea house on full board meals.

#### **Meals Include**

Breakfast, Lunch & Dinner

### **Day 05: Trek from Lama Hotel to Langtang Village (3,430 m.)**

This trek takes you to the Langtang River includes an uphill climb, as well as hemlock, maple, and rhododendron forest. Other things include a great view of LangtangLirung Mountain and U-shaped glacier valley. Overnight at a local tea house on full board meals.

#### **Meals Include**

Breakfast, Lunch & Dinner

### **Day 06: Trek from Langtang Village to Kyanjing Gompa (3,870 m.)**

Today's trek is short, which takes you to monasteries and cheese factories. It will also show you the mountain scenery. Overnight at a local tea house on full board meals.

#### **Meals Include**

Breakfast, Lunch & Dinner

### **Day 07: Kyanjing exploration day - hike to Kyanjing-Ri (4,600m.) 2-3 hrs. or**

## **Tsergo-Ri (4,984 m.) 7-9hrs.**

Today is a day to explore, for example, you can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and then hike to Tserko Ri to see a breath-taking view of Langtang peak. Overnight at local tea house on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 08: Trek back to Lama Hotel**

The trekking trail is downhill and takes you to Lama Hotel. It shows you beautiful mountains. Overnight at a local tea house on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 09: Trek from Lama Hotel to Thulo Syphru (2,280 m.)**

The trekking trail descends to the river, crosses the river, shows you beautiful mountains, heads off to the pine and juniper forest. Overnight at local tea houses on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 10: Trek from Thulo Syaphru to Cholang Pati (3,650 m.)**

The trekking trail is steep, heads off to a dry vegetation area, and takes you to the home of Red Pandas. From the home, the trekking trail becomes steeper before it reaches Laurebina from where you can see the outstanding view of mountains, such as Annapurnas, Manaslu, Ganesh Himal, and Langtang Lirung. Overnight at local tea house on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 11: Trek from Cholang Pati to Gosaikunda (4,460 m.)**

Today, we climb along the ridge from where you can see lakes. The famous lakes that you see

are Bhairav Kund and Gosaikunda. It takes about 40 minutes to walk around the Gosaikunda Lake. Overnight at local tea house on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 12: Trek from Gosainkunda to Ghopte (3,440 m.) via Lahure Bina-La pass (4,610 m.)**

The trekking trail is steep and passes by lakes before it finally reaches Laurebina La Pass (4610m). From this pass, we follow a rocky trail that descends through forests and that climbs the valley to take you to Ghopte (3440m). Overnight at local tea house on full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 13: Trek from Ghopte to Kutungsang (2,450 m)**

From Ghopte, the trekking trail descends, climbs uphill, heads off to the area of boulders and ascends to Tharepati, from where the trekking trail connects you to Helambu. This trekking trail passes through the alpine countryside and meadows, climbs to a small pass called Mere Danda, enters rhododendron forest and descends to Kutungsang. Overnight at the local tea house with full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 14: Trek from Kutungsang to Chisopani (2,140 m.)**

The trekking trail climbs uphill and then descends in a forested area and takes you to villages, such as Gul Bhanjyang, Thodang Betini, and Pati Bhanjyang. This village is the village of Brahmin and Chettri people whose culture is completely different from that of the Tamang people, who live in the Langtang National Park, where you have trekked. Overnight at a local tea house with full board meals.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 15: Trek from Chisopani to Sundarjial and then drive to Kathmandu (1400m)**

Before you start your trek, early in the morning, you see a satisfying view of mountains, such as Ganesh Himal, Manaslu, Gaurishanker, Dorjelakpa, Langtang Ranges, and Annapurnas. The trekking trail climbs uphill and then descend to Mulkharka (1800m). From here, it is a short walk to Sundarjial. Then, we drive to Kathmandu. Overnight at the hotel inclusive breakfast.

### **Meals Include**

Breakfast, Lunch & Dinner

## **Day 16: Departure from Nepal**

Our airport representative will pick you up from the hotel and take you to the airport in a private car. You will reach the airport before 3 hours of your departure time.

### **Meals Include**

Breakfast

## **Trip Includes**

- All airport pick-ups and drop-offs by private vehicles.
- 3 nights of 3-star standard hotel accommodation in Kathmandu inclusive breakfast.
- 12 nights of twin sharing local lodges accommodations while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- All the required long-range ground transfers by local jeeps/bus as per the itinerary.
- An experienced and government certified local guide for the trek.
- Supporting porters to carry your luggage during the trek.
- Full board meals while on the trek. (breakfast, lunch & dinner).
- All essential trekking permits and official paperwork for the trek.
- First aid medical kit for the trek.
- Water protection duffel bag and sleeping bag to use for the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show in Kathmandu.
- Pre-meeting in Kathmandu before the trek.

# Trip Exclude

- International airfare and Nepal entry visa.
- Lunch and dinner in Kathmandu hotel except for farewell dinner.
- Your personal expenses such as cold drinks, mineral bottled water, hot shower, charging, use of WIFI while on the trek.
- Your travel insurance.
- Tips to the trekking crews (guide and porters).

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.



## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

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