

# Langtang Gosainkunda Helambu Trek

**Duration:** 16 Days

**Starts At:** Kathmandu

**Grade:** Moderate

**Accommodation:** Deluxe Hotel & Local Tea Houses

**Transport:** Local Bus And Private Jeep.

**Altitude:** 4460m

**Ends At:** Kathmandu

**Group Size:** 1 Min -20 Max

**Meals:** Breakfast, Lunch, Dinner

## Highlights

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

## Overview

**Langtang Gosainkunda Helambu trek**, which are the ingredients of three flavors, consist of mountains view, culture and flora fauna that keeps 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 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 a relief when it takes you to the midst of 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 mountains if its weather is fine and sunny. Culturally, this Helambu village is famous for the 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 Gumpa 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 drive to the hotel (1,350m.)**

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.

#### **Meals Include**

Breakfast

### **Day 02: Visit cultural and historical heritage sites of Kathmandu**

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.

#### **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.

#### **Meals Include**

Breakfast, Lunch & Dinner

### **Day 04: Trek from Syapru Benshi 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.

**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 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.

**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 local tea houses.

**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 examples, you can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and then hike toTserko Ri to see a breath-taking view of Langtang peak. Overnight at local tea houses.

**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 local tea houses.

**Meals Include**

Breakfast, Lunch & Dinner

**Day09: 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.

**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 houses.

**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 houses.

**Meals Include**

Breakfast, Lunch & Dinner

**Day 12: Trek from Gosaikunda 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 houses.

**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 local tea houses.

**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 local tea houses.

**Meals Include**

Breakfast, Lunch & Dinner

**Day 15: Trek from Chisopani to Sundarjal and then drive to Kathmandu**

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 Sundarjal. Then, we drive to Kathmandu. Overnight at the hotel.

**Meals Include**

Breakfast, Lunch & Dinner

**Day 16: Back to your home (Departure day)**

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:**

- Hotel and airport shuttle as per itinerary.
- All the surface transportation from Kathmandu-Syabrubesi-Sudarjal-Kathmandu.
- 3 nights hotel accommodation in Kathmandu city inclusive breakfast.
- One day Kathmandu sightseeing escorted by our city tour guide.
- An experienced trekking guide salary/accommodation/ meals and accidental insurance.
- Supporting porters to carry your bags and their salary/accommodation/ meals and accidental insurance.
- Langtang national park entry fees and other essential permits.
- Full board meals with lodges accommodation while on the trek.
- Medical kit box and Langtang region trekking route map.
- Farewell dinner at a typical local restaurant with a cultural dance show.

## **Trip Exclude:**

- Nepal visa which obtained at the airport on arrival {bring 4 copies passport size picture too}
- Restaurant food bills, if the client decide to go to other restaurants during the trek
- Alcoholic beverages, bottled mineral water, soft drinks and snack foods
- Tips to trekking staffs