Langtang Gosaikunda and Helambu Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Jeep

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: 02 - 10

Max Elevation: 5,033m

The **Langtang Gosaikunda Helambu trek** takes you through awe-inspiring mountains, glacial lakes, and Tibetan-influenced Tamang villages. The trek, through the Langtang National Park, begins from Syabrubesi and heads along the Langtang Khola river. You pass through beautiful rhododendron forests, with the possibility of seeing red pandas.

The **Langtang Gosaikunda Helambu trek** valley is situated below the massive Langtang Lirung (7,200m). The trek leads you up to Kyanjin Gompa, a spiritual setting with colorful monasteries, mani walls, chhortens and prayer flags. From this idyllic location, we move toward the Gosaikunda trail via Shin Gompa. Gosaikunda Lake, a popular pilgrimage destination for Hindus and Buddhists, is surrounded by mountains and other glacial lakes. Crossing the Lauribina Pass (4,610m), we trek down to the Helambu Sherpa valley via Ghopte. Helambu valley is dotted with Sherpa settlements, monasteries, and chhortens.

The best seasons to hike the **Langtang Gosaikunda Helambu trek** are March to May and

September to November. All our treks can be customized. Feel free to contact Nepal Hiking Trek.

Highlights

- Explore the Gosaikunda Hindu Holy Lake.
- The highest and the attractive pass-Lauribina Pass.
- Beautiful views of Naya Kanga, Ponggen Dooku, Mt Langtang Lirung, Yala Peak, Dorje Lakpa, Ganesh Himal and other surrounding peaks.
- Explore the Traditional ethnic, culture and lifestyle of the Tamang and Gurung community.
- Langtang National park with rare species of birds, and other wild animals like red panda, snow-leopard, Bengali tiger and so on.
- Beautiful viewpoint Kyangji Ri and Tsergo Ri.
- Explore the beautiful earthquake damage village.

Day to Day Itinerary

Day 01: Kathmandu arrival .

Day 02: City tour or free day.

Day 03: Drive to Syabrubesi.

Day 04: Trek to Lama Hotel.

Day 05: Trek to Langtang Village.

Day 06: Trek to Kyanjin Gompa.

Day 07: Explore day.

Day 08: Trek back to Lama Hotel .

Day 09: Trek to Syabrugaon.

Day 10: Trek to Sing Gomba.

Day 11: Trek to Gosainkunda Lake.

Day 12: Trek to Ghopte (3440m via the Lauribina Pass.

Day 13: Trek to Tharepati.

Day 14: Trek to Chisopani.

Day 15: Trek to Sundarijal (1,410m), Drive to Kathmandu.

Day 16: Departure.

Cost Includes

- Airport pick-up and drop-off by private car/van/bus.
- 3 nights accommodation in a 3-star (***) hotel in Kathmandu with the BB plan.
- Kathmandu Valley Sightseen included tour Guide, private car.
- Teahouse accommodations on the trek.
- All Land transportation by Private Jeep.
- Full board meals during the trek (3 times/day tea or coffee, breakfast, lunch, and dinner).
- Seasonal fruits during the trek.
- Expert, experienced, friendly guide and porter as well as their food, accommodation, salary, equipment, and insurance.
- Duffle bag for trek duration.
- First aid kit included oxi-meters
- All permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

Cost Excludes

- International flight tickets.

- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers