

## Langtang valley and Gosainkunda, Helambu Trek - 16 Days

The Langtang trek is famous in Nepal for its stunning natural beauty, diverse landscapes, and unique cultural experiences. Trekkers are drawn to the region for its panoramic views of snow-capped mountains, lush forests, and picturesque villages inhabited by Tamang and Sherpa communities. The trek offers a more remote and less crowded alternative to popular routes like Everest Base Camp and Annapurna Circuit, making it an attractive option for those seeking a quieter and more authentic Himalayan experience.

Additionally, the Langtang trek is known for its relatively moderate difficulty level, making it accessible to a wide range of trekkers, from beginners to experienced hikers. Overall, its combination of natural beauty, cultural richness, and accessibility has made the Langtang trek a beloved destination for adventurers visiting Nepal.

## PRICE INCLUDES

- Accommodation in the mountains (dinner, breakfast and lunch)
- 3 nights hotel in Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off, Kathmandu - Sybru beshi & Sundarijal - kathmandu .
- Trekking permit in the national park and TIMS Card
- One Expert trek leader, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 guests)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your own use)
- All government and local taxes.
- Nepali staff's insurance
- Welcome dinner and Farewell dinner

## PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport
- (TIA) (approximately 50 USD) per person per month.
- Sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone battery charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- Tips for the guide and porter after the trek.
- insurance ( its mandatory to have for your immediate rescue or evacuation )
- International flight

## ITINERARY IN DETAIL

### Day 1: Day 1 Arrival in Kathmandu

Upon arrival in Kathmandu you will sort out your visa and immigration sites and one of your team members will be there to receive you and your baggage then you will be dropped in one of the best hotels. Depending on your arrival time you will have some free time to hike around your hotel.

### Day 2: Day 2 Drive to Syapru Bhesi (1450m )

Early in the morning, we take the bus towards Syabrubesi, Syapru Bhesi is a small shopping and tourist town at the entrance to the Langtang park at the foot of the mountains toward Dhunche. It takes around 7 hours of drive.

### Day 3: Day 3 Trek to Lama Hotel (2480m)

After crossing a Bhoté Koshi river, we arrive in one small village and we pass by the left side of the Langtang khola. We walk for two hours on a Nepalese flat (succession of ups and downs) in an often humid subtropical forest, and in which it is sometimes possible to observe monkeys.

We lunch at silent Bombo village (1970m) at the side of the river. Then, it is by a fairly steep climb of one hour that we reach the village of Rimche (2400m). Half an hour further, we reach Lama Hotel (2480m), a small hamlet located in the middle of the forest.

### Day 4: Day 4 Trek to Langtang ( 3410 m )

We embark towards important village of this region, which region is named by that village (Langtang).

We walk in the forest, the valley widens, dominated by Langtang Lirung (7225m). An hour and a half later we arrive at Ghodabela (2972m, lunch break at Thayangsyap (3140m). We start to see Tserko-Ri (4984m). (The path climbs gently and in two hours we reach the village of Langtang (3410m) whose inhabitants are mainly of Tibetan origin. On the horizon we see the snow-covered slopes of Ganchenpo (6387m).

The village was completely destroyed during the 2015 earthquake following an avalanche (rock, snow, ice).

The new village is rebuilt slightly higher in the valley. We can see the still the traces of the earthquake.

### Day 5: Day 5 Trek to Kyangjin Gompa ( 3860m )

We start to climb of pretty steeply towards where we can see long manies with lots of mantras written in the stones.

We pass through some beautiful villages of Mundu and Singdum then the relatively easy climb continues to the Yamphu, which we cross just before arriving at Kyanjin Gompa (3860m) at the foot of the Langtang Lirung glacier.

We stay near to Buddhist monastery. Kyanjin Gompa mainly serves as summer pasture for herds of yaks. After lunch, we can climb towards Kyanjin Ri 1st to acclimatize (4350m), magnificent viewpoint over the upper Langtang valley and the surrounding peaks: Langtang Lirung (7225m), Yansa Tsenji (6575m), Ganchenpo (6387m).

### Day 6: Day 6 Hike to Kyangjn Ri and hike back to Kyangjin Gompa

This day is known as rest day but we do most important activities, where we do the highest summit of this trek. Early in morning we climb towards the summit of Tserko Ri (4985m), from where we have a magnificent viewpoint over Tibet and the surrounding peaks. Towards the north, Yala Peak (5500m) and Yansa Tsenji (6575m) mark the border. Towards the east, Langshisa Ri (6424m) and Ganchempo (6387m). Towards the south, Ponggen Dokpu (5930m)

and Naya Peak (5844m).

### **Day 7: Day 7 Trek back to Lama hotel (2480m)**

We will hike back the same way to Lama hotel along the Langtang Khola. While descending down you will come along the coniferous trees and beautiful trails.

### **Day 8: Day 8 Trek to Thulo Shyapru ( 2240m )**

We continue to descent towards the village of Thulo Syabru, a pretty and large village in the region which is located in the ridge with a Buddhist monastery. We follow the path that we climbed on the first day of trekking towards Bomboo and Pairo. After 3 hours of walking, we change the path and go up to our Thulo Syabru evening camp. We cross the suspension bridge to arrive at the pretty village.

### **Day 9: Day 9 Trek to Shing Gompa ( 3580m)**

We leave the charming village of Syabru to head towards Singh Gompa. As this hike progresses, we discover some typical houses, potato crops as well as pleasant tea rooms upon arrival at Dursagang Danda. We continue our hike through a forest of rhododendrons and big pines trees, before arriving at the top of the ridge where we discover an old chörten. We then enter the second valley and arrive at our lodge for the night. The small Buddhist monastery of Singh Gompa is 100 meters down the path on the left. We can visit cheese factory.

### **Day 10: Day 10 Trek to Gosaikunda lake ( 4380m)**

We will find different vegetations and landscapes that we saw to another side of the trek. We find pretty open area. From Shing Gompa, we hike gradually extends through the rhododendron and big pines forest up to Chandanbari (3330m), We follow the ridge towards the side of Langtang and cross a new forest to arrive at the Cholang Pati summit (4165m) from where we can see a magnificent panorama view of the Langtang Lirung peaks, to the north of the ridge, and to the west, Ganesh Himal, Himalchuli and Manaslu. We start to walk gradually on the balcony towards to holy lake Gosaikunda. The path becomes narrower but the village community has managed well now, We can see two more lakes before reaching sacred lake Gosaikunda, near which we spend the night. There are lots of peligrim who come to workshop Hindu god Shiva, Shiva had created this sacred lake many years ago.

### **Day 11: Day 11 Trek to Laurebina Pass ( 4600m ) - Ghopte ( 3430 )**

Our journey begin by walking on the bank of the holy lake, we can see the temple and some cabins made for the pilgrim to shelter. After Gosaikund, we climb up pretty steep stone part towards where Shiva created water. And gradually climb to the Lauberina Pass (4610m), this pass is not so difficult and long then another passes of treks. After an hour of walking, we discover the stone huts of the shepherds who use these paths. We cross numerous lakes like Surya kunda and streams. After the summit, we descends towards the Phedi (Base camp 3730m) where we stop for lunch break and we go back up to a new ridge and arrive at Ghopte. The path are beautiful but pretty hard as well. We find different up and downs path and arrive at slient and peace place Ghopte which is surrounded by forest of rhododendrons. Ghopte is our camp for the night.

### **Day 12: Day 12 Trek to Manghen Goth ( 3420m ) - Kutumsang ( 2471m)**

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gradually climb to the Lauberina Pass (4610m), this pass is not so difficult and long then another passes of treks. After an hour of walking, we discover the stone huts of the shepherds who use these paths. We cross numerous lakes like Surya kunda and streams. After the summit, we descends towards the Phedi (Base camp 3730m) where we stop for lunch break and we go back up to a new ridge and arrive at Ghopte. The path are beautiful but pretty hard as well. We find different up and downs path and arrive at slient and peace place Ghopte which is surrounded by forest of rhododendrons. Ghopte is our camp for the night.

### **Day 13: Day 13 Trek to Chiso Pani (2194m)**

From kutusang village, we start to cilmb up and straight way which is very pleasent. We can see some effects done by wild-pork. After we descents and meet lots of small vilages, local people and cultivation. We join time to time the roads as well. We left the roads and descents down and pass through villeges like Golphu bhanjyag and Chipling. We climb up steepy part by following old path which is narrow sometimes. In one hour of climb, we arrive at the summit of Chisapani (2194). Chisapani is very famous for the panaroma views of Langtang Himal range and sunrise in morning. We can see local toursites, as it is not so far from kathamandu mostly in the week-end. We can still see some effects of earthquake of 2015 at Chisapani.

### **Day 14: Day 14 Trek to Sundarijal ( 1460m) and to Kathmandu (1350)**

We can see maqnificent view of Langtang himal range with Dorje Lakhpa Himal (6966m). It is one of the best place from where we can observe both sunset and sunrise. We continue our trek towards Mulkharka village and pass through Shivapuri National Park with one small pass in the forest. We descents down up to Sundarijal which is small city where we can find our vehicule to go to Kathmandu. The water from Sundarijal are supplies to Kathmandu.

### **Day 15: Day 15 Rest and Explorations day in Kathmandu**

### **Day 16: Day 16 Depart to your Home Country**

## FAQ

### 1. What is the Langtang Valley and Gosainkunda, Helambu Trek?

The Langtang Valley and Gosainkunda, Helambu Trek is a popular trekking route in Nepal that combines the scenic beauty of the Langtang Valley with the spiritual significance of the Gosainkunda Lake and the cultural richness of the Helambu region. This trek offers a unique blend of natural landscapes, including glaciers, alpine meadows, and rhododendron forests, and a chance to experience the traditional Tamang and Sherpa cultures.

### 2. How difficult is the Langtang Valley and Gosainkunda, Helambu Trek?

In the Langtang Valley and Gosainkunda, Helambu Trek is considered moderately complex. It requires a good level of physical fitness, as it involves steep ascents, high altitudes, and long walking hours. The highest point on the trek is the Laurebina Pass, at 4,610 meters. However, most trekkers can complete this trek with proper acclimatization and preparation.

### 3. How long does the Langtang Valley and Gosainkunda, Helambu Trek take?

The Langtang Valley and Gosainkunda Helambu Trek typically take 15-17 days to complete, depending on the specific itinerary and pace. This duration includes days for acclimatization and exploration in the Langtang Valley and time to visit the sacred Gosainkunda Lake and trek through the Helambu region.

### 4. What is the best time to do the Langtang Valley and Gosainkunda, Helambu Trek?

The best time to undertake the Langtang Valley and Gosainkunda Helambu Trek is during the spring (March to May) and autumn (September to November) seasons. These periods offer stable weather, clear skies, and moderate temperatures, making it ideal for trekking. Spring is lovely, with blooming rhododendrons, while autumn offers stunning mountain views.

### 5. What kind of accommodation can I expect on the Langtang Valley and Gosainkunda, Helambu Trek?

The accommodations on the Langtang Valley and Gosainkunda, Helambu Trek, typically consist of tea houses or lodges. These provide basic facilities, including a bed, shared bathrooms, and meals. While the amenities are simple, the hospitality of the local people makes the experience comfortable and enjoyable. It is advisable to carry a sleeping bag, especially during the colder months.

### 6. Is it safe to do the Langtang Valley and Gosainkunda, Helambu Trek?

Yes, the Langtang Valley and Gosainkunda, Helambu Trek is generally safe for trekkers. However, being prepared for the high-altitude environment and changing weather conditions is essential. Hiring an experienced guide and

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porter can enhance safety and make the trek more enjoyable. Always ensure you have adequate travel insurance that covers high-altitude trekking.

